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| **ALDI Meal Plan week of 10/25 – Find the recipes at MashupMom.com** |
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| **Sunday** | Easy cheesy beautiful spaghetti squash skillet, garlic bread |
| **Monday** | Ricotta frittata with spinach & mushrooms, English muffins, blueberries |
| **Tuesday** | Slow cooker salsa chicken tacos, Mexican roasted broccoli |
| **Wednesday** | Bacon wrapped chicken, steamed broccoli w/ cheddar, peaches |
| **Thursday** | Basic easy chili, toasted sourdough |
| **Friday** | Sausage, egg, & spinach hand pies, peaches |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 10/24):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.00 (Mon, Fri)
16 oz Happy Farms shredded mild cheddar, $3.99 (Tues, Weds, Thurs, Fri)
Emporium Selection whole milk ricotta, $1.69 (Sun, Mon)
8 oz block Happy Farms mozzarella, $1.85 (Sun, Mon)
Bake House Creations refrigerated pie crust, $1.69 (Fri)

*Grocery*

Specially Selected sourdough square loaf, $2.99 (Sun, Thurs)
L’Oven Fresh English muffins, $1.19 (Mon)
16 oz Casa Mamita restaurant style salsa, $1.89 (Tues)
Reggano Simply marinara sauce, $1.49 (Sun)
El Milagro flour tortillas, $.98 (Tues)
2 cans Dakota’s Pride black beans, $.98 (Tues, Thurs)
Can of Dakota’s Pride kidney beans, $.49 (Thurs)
Can Happy Harvest fire roasted diced tomatoes, $.89 (Thurs)
Can Happy Harvest tomato paste, $.39 (Thurs)
Casa Mamita taco seasoning, $.39 (Tues)

*Meat*

2 lbs 80/20 ground beef, $4.98 (Sun, Thurs)
4 lbs boneless skinless chicken breast, $6.76 (Tues, Weds)
12 oz Appleton Farms center cut bacon, $3.99 (Weds)
Appleton Farms hot pork sausage roll, $2.49 (Thurs, Fri)

*Produce*

2 lbs peaches, $2.58 (Weds, Fri)
Pint blueberries, $2.49 (Mon)
2.5 lb spaghetti squash, $1.73 (Sun)
3 heads garlic, $1.29 (Sun, Thurs, Fri)
3 lbs yellow onions, $2.19 (Sun, Thurs, Fri)
2 packs 8 oz white mushrooms, $3.78 (Sun, Mon)
8 oz fresh spinach, $1.35 (Mon, Fri)
1.5 lbs broccoli crowns, $2.24 (Tues, Weds)
2 avocados, $1.58 (Tues)
2 Roma tomatoes, $.40 (Tues)

**Total: $59.75**

***Staple items you’ll need – AKA: Pantry spices & condiments used in this week’s recipes.***

*Olive oil, butter, brown sugar, cocoa powder, sea salt, Kosher salt, black pepper, oregano, salt, crushed red pepper, garlic salt, chili powder, garlic powder, onion powder, cumin, paprika, smoked paprika, Italian seasoning, basil, cayenne*

*Note: In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*