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| **ALDI Meal Plan week of 11/1 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Potato soup with spinach – and lots of bacon, apples, garlic cheddar sour cream biscuits |
| **Monday** | Slow cooker buffalo ranch chicken potato casserole, apples |
| **Tuesday** | Slow cooker chipotle chicken chili, grapes, toasted bagels |
| **Wednesday** | Black bean, tomato, & spinach frittata, oven roasted potatoes, grapes |
| **Thursday** | BBQ potato chip turkey cheeseburger bowls, potato chips |
| **Friday** | Turkey taco stuffed sweet potatoes, side salad |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 10/31):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.00 (Wed, Fri)  
Happy Farms sour cream, $1.49 (Sun, Weds, Fri)  
Emporium Selection gourmet spreadable garlic & herb cheese, $2.99 (Sun)  
Three 8 oz blocks Happy Farms cheddar, $5.37 (Sun, Mon, Weds, Thurs, Fri)

*Grocery*

L’Oven Fresh bagels, $1.49 (Tues)  
Burman’s hot sauce, $1.89 (Mon)  
Tuscan Garden ranch dressing, $1.29 (Mon, Thurs)  
Clancy’s barbecue potato chips, $1.35 (Thurs)  
48 oz box Simply Nature organic chicken broth (this size box is seasonal — at one store it was by the broth, at the other, in the special buys aisle), $2.09 (Sun, Tues)  
Can Happy Harvest fire roasted diced tomatoes, $.89 (Tues)  
8 oz can Happy Harvest tomato sauce, $.29 (Fri)  
Dakota’s Pride 15.5 oz can Great Northern beans, $.49 (Tues)  
Dakota’s Pride 15.5 oz can kidney beans, $.49 (Tues)  
2 cans of Dakota’s Pride black beans, $.96 (Weds, Fri)

Can of Happy Harvest corn, $.49 (Tues)  
Pueblo Lindo chipotles in adobo, $.99 (Tues, Weds)

*Meat*

16 oz Appleton Farms sliced bacon, $3.49 (Sun, Mon)  
3.5 lbs boneless skinless chicken thighs, $5.92 (Mon, Tues)  
36 oz Kirkwood 85/15 fresh ground turkey, $5.99 (Thurs, Fri)

*Produce*

2 lbs honeycrisp apples, $2.29 (Sun, Mon)  
2 lbs red grapes, $1.98 (Tues, Weds)  
8 oz bag spinach, $1.39 (Sun, Weds)  
3 hearts of romaine, $2.29 (Thurs, Fri)  
1 cucumber, $.59 (Thurs, Fri)  
Bunch green onions, $.79 (Sun, Mon, Fri)  
3 lbs yellow onions, $2.19 (Sun, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Fri)  
5 lbs yellow potatoes, $3.29 (Sun, Mon, Weds)  
4 medium sweet potatoes, $3.00 (Fri)  
Pint grape tomatoes, $1.89 (Weds)  
2 Roma tomatoes, $.50 (Thurs)

**Total: $60.45**

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

*Olive oil, crushed red pepper, black pepper, flour, baking powder, salt, baking soda, butter, Kosher salt, smoked paprika, cumin, oregano, cayenne, chili powder, sea salt, bay leaf, Italian seasoning, BBQ sauce*

*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.*