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| **ALDI Meal Plan week of 11/29/20 – Find the recipes at MashupMom.com** |
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| **Sunday** | Paprika roasted chicken & potatoes, oranges |
| **Monday** | Creamy tomato hummus soup, roasted asparagus grilled cheese |
| **Tuesday** | Italian chicken, veggie, & pasta skillet, sourdough toast, grapes |
| **Wednesday** | Deconstructed vegetarian enchiladas skillet, oranges |
| **Thursday** | Sheet pan sausage, green bean, & potato dinner, green beans w/ red peppers, any leftover enchiladas skillet, grapes |
| **Friday** | Italian chicken thighs w/ zucchini + red potatoes, side salad |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 11/28):**

*Dairy & refrigerated*

10 oz Park Street Deli roasted red pepper hummus, $2.49 (Mon)
8 oz Happy Farms cream cheese, $1.29 (Sun, Weds)
7 oz Emporium Selection deli sliced havarti, $2.29 (Mon)
Priano shredded Parmesan, $1.99 (Mon, Tues, Thurs, Fri)
8 oz brick Happy Farms mozzarella, $1.89 (Tues)
8 oz brick Happy Farms cheddar, $1.89 (Weds)

*Grocery*

Specially Selected sourdough round, $2.99 (Mon, Tues)
28 oz can Happy Harvest crushed tomatoes, $.89 (Mon)
14.5 oz can Happy Harvest Fire Roasted diced tomatoes, $.89 (Tues)
14.5 oz can Happy Harvest diced tomatoes, $.59 (Fri)
8 oz can Happy Harvest tomato sauce, $.29 (Tues)
Can Happy Harvest whole kernel corn, $.49 (Weds)
2 cans Dakota’s Pride black beans, $.96 (Weds)
32 oz Simply Nature organic vegetable broth, $1.89 (Mon)
16 oz box Reggano penne rigate pasta, $.99 (Tues)
16 oz jar Specially Selected salsa verde, $1.99 (Weds)

4 oz can Pueblo Lindo chopped green chiles, $.69 (Weds)
Can Casa Mamita diced tomatoes with green chilies, $.69 (Fri)
El Milagro corn tortillas, $.39 (Weds)

*Meat*

6 lb whole chicken, $5.70 (Sun, Tues)
3 lbs bone-in chicken thighs, $2.97 (Fri)
Parkview Polska kielbasa, $2.39 (Thurs)

*Produce*

4 lbs navel oranges, $2.49 (Sun, Weds)
2 lbs red grapes, $1.98 (Tues, Thurs)
16 oz asparagus, $2.49 (Mon)
16 oz green beans, $1.69 (Thurs)
Little Salad Bar garden salad, $1.35 (Fri)
8 oz white mushrooms, $1.79 (Tues)
3 lb yellow onions, $1.19 (Sun, Mon, Weds, Thurs)
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs, Fri)
5 lbs red potatoes, $3.29 (Sun, Thurs, Fri)
3 pack multi-colored bell peppers, $2.99 (Wed, Thurs, Fri)
2 lbs zucchini, $2.58 (Tues, Fri)
2 Roma tomatoes, $.40 (Fri)

**Total: $60.17**

***Staple items you’ll need – AKA: Pantry spices & condiments used in this week’s recipes, but not in the shopping list***

*Olive oil, balsamic vinegar, smoked paprika, thyme, Kosher salt, sea salt, seasoned salt, garlic powder, cayenne, black pepper, thyme, basil, oregano, crushed red pepper, Italian seasoning, cumin, chili powder, rosemary*

*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.*