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| **ALDI Meal Plan week of 11/8 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Baked lemon chicken w/ asparagus & mushrooms |
| **Monday** | Simple summer salad with chicken & blueberries, apples |
| **Tuesday** | Caprese chicken + kale skillet |
| **Wednesday** | Vegetarian lemon chickpea wraps, apple slices, blueberries |
| **Thursday** | Sheet pan gnocchi with sausage & veggies |
| **Friday** | Garlic shrimp w/ roasted cauliflower, white beans, & tomatoes, salad |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 11/7):**

*Dairy & refrigerated*

Emporium Selection 4 oz feta crumbles, $2.29 (Mon, Fri)  
8 oz Happy Farms mozzarella cheese block, $1.79 (Tues)  
Priano shredded Parmesan, $1.99 (Tues, Thurs, Fri)

*Grocery*

L’Oven Fresh spinach wraps, $2.49 (Weds)  
Southern Grove 6 oz pepitas, $2.29 (Mon, Fri)  
32 oz Chef’s Cupboard chicken broth, $.99 (Sun)  
2 cans Dakota’s Pride garbanzo beans, $.98 (Weds)  
1 can Dakota’s Pride Great Northern beans, $.49 (Fri)  
1 can Happy Harvest fire roasted diced tomatoes, $.89 (Fri)  
17.6 oz oz Priano potato gnocchi, $1.79 (Thurs)

*Meat*

Parkview Polska kielbasa, $2.39 (Thurs)  
4.5 lbs boneless skinless chicken breast, $7.61 (Sun, Mon, Tues)  
12 oz Fremont Fish Market medium raw peeled shrimp (frozen), $5.69 (Fri)

*Produce*

Pint blueberries, $2.29 (Mon, Weds)  
3 lbs Gala apples, $1.49 (Mon, Weds)  
2 lbs lemons, $2.99 (Sun, Mon, Weds, Thurs, Fri)  
1 lb asparagus, $1.89 (Sun)  
16 oz Simply Nature organic spring mix, $4.19 (Mon, Weds, Fri)  
12 oz Simply Nature organic chopped kale, $2.99 (Tues, Thurs)  
2 packs 8 oz white mushrooms, $3.58 (Sun, Thurs)  
Medium head of cauliflower, $2.49 (Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 lbs yellow onions, $1.89 (Tues, Weds, Thurs)  
Pint grape tomatoes, $1.89 (Tues)  
2 Roma tomatoes, $.50 (Weds)  
3 avocados, $1.77 (Mon, Weds)

**Total: $60.93**

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

*Olive oil, butter, sea salt, black pepper, parsley, oregano, Italian seasoning, Dijon mustard, honey, crushed red pepper, basil, balsamic vinegar, smoked paprika*

*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.*