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| **ALDI Meal Plan week of 10/3/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Cheddar-garlic oven fried chicken breast, apples, salad |
| **Monday** | Sheet pan sausage, green bean, & potato dinner, roasted veggies |
| **Tuesday** | Bowties & beans pasta, Italian bread, pineapple |
| **Wednesday** | Sheet pan balsamic BBQ turkey meatloaf dinner, cruciferous crumble |
| **Thursday** | Ground turkey stir fry with cauliflower rice, egg drop soup, apples |
| **Friday** | Sausage, peppers, & onions frittata, oven roasted potatoes |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 10/2):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.19 (Weds, Thurs, Fri)
8 oz block Happy Farms cheddar, $1.99 (Sun)
2 containers 5 oz Priano shredded Parmesan, $3.96 (Sun, Mon, Tues, Weds, Fri)
Emporium Selection garlic herb goat cheese, $1.99 (Fri)

*Frozen*

12 oz Season’s Choice plain riced cauliflower, $1.89 (Thurs)

*Grocery*

Specially Selected Italian bread, $2.89 (Tues)
Burman’s BBQ sauce, $.95 (Weds)
Priano balsamic vinegar, $1.99 (Weds)
8 oz Stonemill minced garlic in water, $1.99 (Sun, Mon, Tues, Weds, Thurs, Fri)
32 oz Chef’s Cupboard chicken broth, $1.19 (Thurs)
15 oz Chef’s Cupboard breadcrumbs, $.95 (Sun, Weds)
12 oz box Reggano farfalle (bowtie pasta), $.99 (Tues)
2 cans Happy Harvest diced tomatoes, $1.38 (Tues)
2 cans Dakota’s Pride cannellini beans, $1.18 (Tues)

*Meat*

Parkview Polska kielbasa, $2.39 (Mon)
4 lbs split chicken breast, $3.96 (Sun)
36 oz Kirkwood 85/15 fresh ground turkey, $5.99 (Weds, Thurs)
Never Any chicken apple sausage, $3.19 (Fri)

*Produce*

2 lbs honeycrisp apples, $2.49 (Sun, Thurs)
Pineapple, $1.69 (Tues)
5 lb bag yellow potatoes, $1.99 (Mon, Weds, Fri)
Bunch green onions, $.89 (Sun, Thurs, Fri)
16 oz broccoli crowns, $1.49 (Weds, Thurs)
1 lb French green beans, $2.99 (Mon, Weds)
8 oz white mushrooms, $1.69 (Thurs)
1 cucumber, $.59 (Sun)
Little Salad Bar garden salad, $1.69 (Sun)
8 oz bag spinach, $1.49 (Tues)
Head of cauliflower, $2.29 (Mon, Weds)
3 lbs yellow onions, $2.29 (Sun, Mon, Weds, Thurs, Fri)
3 pack multi-colored bell peppers, $2.99 (Mon, Thurs, Fri)
2 Roma tomatoes, $.40 (Sun)

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**Total: $65.03**

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

*Olive oil, butter, garlic powder, seasoned salt, black pepper, Italian seasoning, rosemary, oregano, basil, crushed red pepper, sea salt, Dijon mustard, parsley, soy sauce, brown sugar, sesame oil, ground ginger, canola oil*

*\*\* 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.*