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| **ALDI Meal Plan week of 9/12/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan Parmesan chicken drumsticks with carrots & potatoes, apples |
| **Monday** | Squash-age harvest vegetable stew, baguette, grapes |
| **Tuesday** | Low carb taco casserole, apples |
| **Wednesday** | Sheet pan chicken dinner with roasted Brussels & potatoes, grapes |
| **Thursday** | Easy beef, tomato, & spinach tortellini, side salad |
| **Friday** | Chicken & cauliflower sheet pan dinner, roasted potatoes, sour cream & bacon dip |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 9/11):**

*Dairy & refrigerated*

Priano three cheese tortellini, $1.49 (Thurs)  
2 containers Priano shredded Parmesan, $3.98 (Sun, Thurs, Fri)  
8 oz block Happy Farms cheddar, $1.99 (Tues, Fri)  
16 oz Friendly Farms sour cream, $1.69 (Tues, Fri)

*Grocery*

Specially Selected baguette, $1.79 (Mon)  
2.5 oz Tuscan Garden bacon bits, $1.29 (Weds, Fri)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Mon)  
Can of Dakota’s Pride chickpeas (garbanzo beans), $.59 (Mon)  
Can of Happy Harvest cut green beans, $.49 (Mon)  
Can of Happy Harvest tomato paste, $.49 (Mon)

*Meat*

14 oz Polska kielbasa, $2.39 (Mon)  
2.5 lbs chicken drumsticks, $3.23 (Sun)  
2 lbs 80% lean ground beef, $6.58 (Tues, Thurs)  
2.5 lbs boneless skinless chicken breast, $6.73 (Weds, Fri)

*Produce*

3 lb bag gala apples, $2.99 (Sun, Tues)  
2 lbs red grapes, $2.38 (Mon, Weds)  
2 lbs carrots, $1.49 (Sun, Mon, Thurs)  
Bag of garden salad, $1.69 (Thurs)  
2 bags 8 oz spinach, $3.98 (Mon, Thurs)  
Bunch green onions, $.79 (Tues, Thurs, Fri)   
8 oz baby bella mushrooms, $2.09 (Mon)  
2 heads cauliflower, $3.98 (Tues, Fri)  
16 oz Brussels sprouts, $2.99 (Weds)  
3 lbs yellow onions, $2.29 (Mon, Weds, Thurs, Fri)  
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs)  
5 lb bag yellow potatoes, $2.99 (Sun, Weds, Fri)  
1 medium acorn squash, $1.49 (Mon)  
5 Roma tomatoes, $1.00 (Thurs)

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**Total: $65.36**

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

*Olive oil, butter, parsley, basil, oregano, paprika, garlic powder, crushed red pepper, sea salt, black pepper, smoked paprika, Italian seasoning, cinnamon, cayenne, seasoned salt, chili powder, cumin, onion powder, Dijon mustard, honey*

*\*\* 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.*