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| **ALDI Meal Plan week of 9/26/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Simple roast chicken & vegetables, roasted Brussels sprouts, mandarins |
| **Monday** | Leftover chicken soup with butternut squash & kale, baguette, salad |
| **Tuesday** | Deconstructed vegetarian enchiladas skillet, apples |
| **Wednesday** | Sheet pan sausage, peppers, & pierogies, carrots need butter & thyme |
| **Thursday** | Butternut squash & kale browned butter pasta, apples, salad |
| **Friday** | Creamy smoked sausage & white bean chili over baked potatoes, mandarins |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 9/25):**

*Dairy & refrigerated*

8 oz brick Happy Farms cream cheese, $1.29 (Tues, Fri)  
Countryside Creamery butter quarters, $2.99 (Mon, Weds, Thurs)  
8 oz block Happy Farms cheddar cheese, $1.99 (Tues, Fri)  
Priano shredded Parmesan, $1.99 (Sun, Mon, Thurs)

*Frozen*

2 boxes Bremer roasted garlic pierogies, $3.98 (Weds)

*Grocery*

Specially Selected baguette, $1.79 (Mon)  
16 oz jar Casa Mamita restaurant style salsa, $1.89 (Tues)  
48 oz box Simply Nature organic chicken broth, $2.19 (Mon)  
32 oz box Chef’s Cupboard chicken broth, $1.19 (Fri)  
12 oz box Reggano farfalle (bowtie) pasta, $.99 (Thurs)  
Can of Happy Harvest fire roasted diced tomatoes, $.89 (Mon)  
2 cans of Happy Harvest whole kernel corn, $.98 (Tues, Fri)  
2 cans Dakota’s Pride black beans, $1.18 (Tues)  
Can Dakota’s Pride Great Northern beans, $.69 (Fri)  
Can Dakota’s Pride Cannellini beans, $.59 (Fri)  
3 cans of Pueblo Lindo chopped green chiles, $2.37 (Tues, Fri)  
El Milagro corn tortillas, $.39 (Tues)

*Meat*

2 packs Parkview Polska kielbasa, $4.78 (Weds, Fri)  
6 lb whole chicken, $5.70 (Sun, Mon)

*Produce*

3 lb bag Gala apples, $1.89 (Tues, Thurs)  
3 lb butternut squash, $1.77 (Mon, Thurs)  
3 lb bag mandarins, $2.69 (Sun, Fri)  
2 lb bag of carrots, $1.29 (Sun, Mon, Weds)  
1 cucumber, $.59 (Mon, Thurs)  
2 packs 8 oz white mushrooms, $3.38 (Sun, Weds)  
12 oz bag Simply Nature organic chopped kale, $2.89 (Mon, Thurs)  
3 ct romaine hearts, $2.49 (Mon, Thurs)  
1 lb Brussels sprouts, $1.89 (Sun)  
5 lb bag baking potatoes, $2.49 (Sun, Fri)  
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Thurs, Fri)  
3 pack multi-colored bell peppers, $2.99 (Tues, Weds)

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**Total: $65.70**

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

*Olive oil, Kosher salt, seasoned salt, black pepper, paprika, rosemary, thyme, smoked paprika, basil, crushed red pepper, salad dressing of choice, cumin, chili powder, Italian seasoning, oregano, garlic powder, sage, cayenne*

*\*\* 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.*