

|  |
| --- |
| **ALDI Meal Plan week of 10/17/21 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Sheet pan chicken thighs with potatoes & mushrooms, cheesy broccoli |
| **Monday** | Easy 25 minute veggie fajitas, garlic & lemon black beans |
| **Tuesday** | Caprese chicken + kale skillet, grapes |
| **Wednesday** | Sheet pan gnocchi with sausage & veggies |
| **Thursday** | Chicken & cauliflower sheet pan dinner, sauteed spinach |
| **Friday** | Easy flounder & asparagus packets, grapes |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 10/16):**

*Dairy & refrigerated*

8 oz block Happy Farms cheddar, $1.95 (Sun, Mon)
8 oz block Happy Farms mozzarella, $1.95 (Mon, Tues)
5 oz Priano shredded Parmesan, $1.99 (Tues, Weds, Thurs, Fri)

*Grocery*

Pueblo Lindo flour fajita flour tortillas, $2.29 (Mon)
1 can Dakota’s Pride black beans, $.59 (Mon)
Priano potato gnocchi, $1.69 (Weds)

*Meat*

Parkview Polska kielbasa, $2.39 (Weds)
4 lbs bone-in chicken thighs, $5.96 (Sun)
3.5 lbs boneless skinless chicken thighs, $6.27 (Tues, Thurs)
16 oz Fremont Fish Market flounder fillets (frozen), $6.99 (Fri)

*Produce*

2 lbs green grapes, $1.70 (Tues, Fri)
24 oz dynamic duo potatoes, $2.99 (Sun)
2 lbs lemons, $3.29 (Sun, Mon, Weds, Thurs, Fri)
3 packs 8 oz white mushrooms, $2.97 (Sun, Mon, Weds)
16 oz broccoli crowns, $1.69 (Sun)
1 head cauliflower, $2.49 (Thurs)
12 oz bag Simply Nature organic chopped kale, $2.99 (Tues, Weds)
8 oz bag spinach, $1.49 (Thurs)
1 lb asparagus $2.79 (Fri)
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Thurs)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 pack multi-colored bell peppers, $2.99 (Mon)
8 oz jalapeños, $.69 (Mon)
2 avocados, $1.78 (Mon)
Pint grape tomatoes, $1.89 (Tues)
2 Roma tomatoes, $.40 (Mon)

-----

**Total: $65.80**

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

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

*\*\* 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.*