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| **ALDI Meal Plan week of 10/24/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Yogurt marinated chicken drumsticks, lemon glazed carrots |
| **Monday** | Squash-age harvest vegetable stew, baguette |
| **Tuesday** | Easy spice rubbed fish tacos, leftover stew |
| **Wednesday** | Gyros inspired pasta, side salad |
| **Thursday** | Beef & sausage salsa verde chili, apples |
| **Friday** | Vegetarian elote tortilla casserole, apples |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 10/23):**

*Note: I was having a heck of a time balancing this week’s budget, given increases in produce and meat prices. If you have some ingredients already on hand and/or some wiggle room in your budget, a couple of optional things I would****add****to this list to elevate the meals include: Bunch of green onions ($.79, for the pasta, casserole, tacos, and chili) and a couple more avocados ($.89 each, for the casserole and tacos).*

*Dairy & refrigerated*

Friendly Farms 32 oz plain whole milk Greek yogurt, $3.49 (Sun, Weds, Thurs, Fri)
12 oz Happy Farms shredded cheddar, $3.49 (Tues, Fri)
4 oz Emporium Selection feta crumbles, $2.29 (Weds)

*Frozen*

Season’s Choice elote style corn, $2.19 (Fri)

*Grocery*

Specially Selected French baguette, $1.49 (Mon)
2 jars 16 oz Specially Selected salsa verde, $3.98 (Thurs, Fri)
2 packs El Milagro flour tortillas, $1.96 (Tues, Fri)
32 oz Chef’s Cupboard chicken broth, $1.19 (Mon)
12 oz Reggano farfalle (bowtie pasta), $.99 (Weds)
Can Dakota’s Pride garbanzo beans (chickpeas), $.59 (Mon)
Can Dakota’s Pride black beans, $.59 (Fri)

Can Dakota’s Pride kidney beans, $.59 (Thurs)
Can Simply Nature organic pinto beans, $.99 (Thurs)
Can Happy Harvest cut green beans, $.49 (Mon)
2 cans Happy Harvest tomato paste, $.98 (Mon, Thurs)
Can Happy Harvest fire roasted diced tomatoes, $.79 (Thurs)

*Meat*

Parkview Polska kielbasa, $2.39 (Mon)
3.5 lbs chicken drumsticks, $5.22 (Sun)
2 lbs 80/20 ground beef, $6.98 (Weds, Thurs)
16 oz roll Appleton Farms hot pork sausage, $2.49 (Thurs)
1 lb fresh tilapia fillets, $3.89 (Tues)

*Produce*

3 lbs gala apples, $1.99 (Thurs, Fri)
2 lbs lemons, $3.49 (Sun, Tues, Weds)
2 lbs carrots, $1.29 (Sun, Mon)
8 oz baby bella mushrooms, $1.89 (Mon)
2 bags 8 oz spinach, $2.98 (Mon, Fri)
Bag Little Salad Bar garden salad, $1.19 (Weds)
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Thurs, Fri)
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs, Fri)
1 medium acorn squash, $.90 (Mon)
3 Roma tomatoes, $.60 (Tues)
1 avocado, $.89 (Fri)

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**Total: $65.86**

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

*Olive oil, butter, smoked paprika, cayenne, cinnamon, cumin, garlic powder, black pepper, sea salt, brown sugar, salt, Italian seasoning, chili powder, oregano, Kosher salt, parsley, rosemary, basil*

*\*\* 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.*