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| **ALDI Meal Plan week of 10/10/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sweet & savory stuffed acorn squash dinner, side salad |
| **Monday** | Vegetarian white bean wraps, mangoes, grapes |
| **Tuesday** | Keema inspired ground beef quesadillas, glazed carrots, peas |
| **Wednesday** | Sheet pan chicken & harvest vegetable dinner salad, grapes |
| **Thursday** | Slow cooker salsa chicken tacos, salad |
| **Friday** | Skillet pork chops with apples & onions, broccoli |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 10/9):**

*Dairy & refrigerated*

4 oz Emporium Selection original feta cheese crumbles, $2.09 (Sun, Mon)  
8 oz block Happy Farms mozzarella, $1.95 (Tues)  
8 oz block Happy Farms sharp cheddar, $1.95 (Sun, Thurs, Fri)  
16 oz Park Street Deli classic guacamole, $2.99 (Mon, Thurs)

*Frozen*

Season’s Choice steamable peas, $.79 (Tues)

*Grocery*

L’Oven Fresh spinach or sundried tomato wraps, $2.99 (Mon)  
Casa Mamita restaurant style salsa, $1.89 (Thurs)  
Southern Grove dried cranberries, $1.59 (Sun, Thurs)  
2 packs El Milagro flour tortillas, $1.96 (Tues, Thurs)  
Casa Mamita taco seasoning mix, $.39 (Thurs)  
2 cans Dakota’s Pride Great Northern beans, $1.38 (Mon)  
1 can Dakota’s Pride chickpeas (garbanzo beans), $.59 (Weds)

1 can Dakota’s Pride black beans, $.59 (Thurs)  
8 oz can Happy Harvest tomato sauce, $.29 (Tues)

*Meat*

2 lbs 80% lean ground beef, $6.98 (Sun, Tues)  
3 lbs boneless skinless chicken breast, $5.37 (Weds, Thurs)  
2.5 lbs assorted bone-in pork chops, $6.73 (Fri)

*Produce*

3 lbs gala apples, $1.99 (Sun, Weds, Fri)  
2 mangoes, $1.78 (Mon)  
2 lbs green grapes, $2.58 (Mon, Weds)  
16 oz organic spring mix salad, $3.89 (Sun, Weds,Thurs)  
8 oz spinach, $1.49 (Mon, Thurs)  
16 oz broccoli crowns, $1.69 (Weds, Fri)  
1 cucumber, $.59 (Mon)  
2 lbs carrots, $1.29 (Tues, Thurs)  
8 oz white mushrooms, $1.69 (Weds)  
2 medium acorn squash, $2.79 (Sun)  
3 lbs yellow onions, $2.29 (Sun, Mon, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues)  
1 sweet potato, $.59 (Weds)  
6 Roma tomatoes, $1.20 (Mon, Thurs)

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**Total: $65.57**

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

*Olive oil, butter, brown sugar, red wine vinegar, sea salt, black pepper, cinnamon, nutmeg, cumin, cayenne, Italian seasoning, crushed red pepper, chili powder, turmeric, paprika, powdered ginger, seasoned salt, smoked paprika, sage, garlic powder*

*\*\* 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.*