

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 11/14/21 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Sheet pan tilapia dinner, onion flowers |
| **Monday** | Simple vegetarian white bean soup, grapes, chips & salsa |
| **Tuesday** | Zucchini Spanish rice burrito bowls, grapes, tortilla chips |
| **Wednesday** | Smashed potatoes with sausage, peppers, & onions, braised & glazed carrots, side salad |
| **Thursday** | Sweet & tangy chicken vegetable stir fry, garlic green beans w/ soy sauce, rice |
| **Friday** | Cheesy sausage, rice, & spinach skillet, sauteed zucchini |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 11/13):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Mon, Weds, Fri)  
12 oz Happy Farms shredded cheddar, $3.59 (Tues, Fri)

*Frozen*

12 oz Season’s Choice steamable frozen broccoli stir fry, $1.69 (Thurs)

*Grocery*

Clancy’s restaurant style tortilla chips, $1.25 (Mon, Tues)  
16 oz Casa Mamita restaurant style salsa, $1.89 (Mon, Tues)  
3 lbs Earthly Grains long grain white rice, $2.19 (Tues, Thurs, Fri)  
3 cans Dakota’s Pride cannellini beans, $1.77 (Mon)  
Can Happy Harvest diced tomatoes, $.69 (Mon)  
32 oz Simply Nature organic vegetable broth, $1.89 (Mon)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Tues, Weds, Fri)  
Specially Selected red pepper jelly, $1.99 (Thurs)

*Meat*

1 lb tilapia, $4.29 (Sun)  
3 lbs boneless skinless chicken thighs, $5.37 (Tues, Thurs)  
Never Any apple chicken sausage, $3.29 (Weds)  
Never Any spinach feta chicken sausage, $3.29 (Fri)

*Produce*

2 lbs red grapes, $1.98 (Mon, Tues)  
2 lbs carrots, $1.49 (Sun, Mon, Weds)  
Bunch green onions, $.79 (Tues, Weds, Thurs)  
2 bags 8 oz spinach, $2.98 (Mon, Weds, Fri)  
1 lb asparagus, $2.29 (Sun)  
20 oz green beans, $2.36 (Thurs)  
8 oz baby bella mushrooms, $1.99 (Tues)  
2 lbs red onions, $1.99 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs, Fri)  
2 lbs zucchini, $1.58 (Tues, Fri)  
3 pack multi-colored bell peppers, $2.99 (Weds, Thurs)   
1.5 lbs dynamic duo potatoes, $3.49 (Sun)  
1.5 lbs little yellow potatoes, $3.49 (Weds)

-----

**Total: $64.98**

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

*Olive oil, canola oil, sesame oil, butter, coarse ground mustard, parsley, tarragon, crushed red pepper, sea salt, black pepper, balsamic vinegar, paprika, oregano, Italian seasoning, cumin, chili powder, smoked paprika, garlic powder, seasoned salt, Kosher salt, rosemary, brown sugar, powdered ginger, everything bagel seasoning (or substitute; see post)*

*\*\* 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.*