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| **ALDI Meal Plan week of 11/7/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Slow cooker Italian chicken sandwiches, carrots need butter & thyme |
| **Monday** | Smoked salmon scramble, English muffins, apples |
| **Tuesday** | Egg roll in a noodle bowl, broccoli with cheddar |
| **Wednesday** | One pot creamy andouille sausage pasta, side salad |
| **Thursday** | Ground turkey stir fry with cauliflower rice, shortcut wonton soup with spinach |
| **Friday** | Beef & cabbage stir fy with giardiniera, sliced apples |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 11/6):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.12 (Mon, Weds)
8 oz Happy Farms deli sliced mozzarella, $1.95 (Sun)
8 oz block Happy Farms sharp cheddar, $1.95 (Tues, Weds)
8 oz Happy Farms cream cheese, $1.29 (Mon, Weds)

*Frozen*

Season’s Choice plain riced cauliflower, $1.89 (Thurs)
Fusia pot stickers, $3.99 (Thurs)

*Grocery*

L’Oven Fresh hamburger buns, $.85 (Sun)
L'Oven Fresh English muffins, $1.19 (Mon)
16 oz Tuscan Garden mild giardiniera (or hot, if you like spice a *lot*), $3.29 (Sun, Fri)
Box Simply Nature black soybean spaghetti, $2.49 (Tues)
12 oz Reggano rotini, $.95 (Weds)
32 oz Chef’s Cupboard chicken broth, $1.19 (Thurs)

48 oz Chef’s Cupboard chicken broth, $1.69 (Sun, Weds, Fri)
Can Casa Mamita diced tomatoes with green chilies, $.65 (Weds)

*Meat*

14 oz shaved steak, $5.99 (Fri)
2 packs 16 oz Kirkwood frozen ground turkey, $3.98 (Tues, Thurs) *note: This is to keep under budget – if you have wiggle room, I recommend fresh instead*
2.5 lbs boneless skinless chicken breast, $6.23 (Sun)
Never Any andouille chicken sausage, $3.29 (Weds)
Specially Selected smoked salmon, $3.99 (Mon)

*Produce*

3 lbs Gala apples, $2.29 (Mon, Fri)
3 heads garlic, $1.19 (Sun, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $2.19 (Tues, Weds, Thurs, Fri)
Bunch green onions, $.79 (Mon, Tues, Weds, Thurs)
8 oz bag of spinach, $1.49 (Weds, Thurs)
1 lb broccoli crowns, $1.69 (Tues, Thurs)
2 packs 8 oz mushrooms, $3.38 (Thurs, Fri)
2 lbs carrots, $1.29 (Sun, Tues, Weds, Fri)
Head of cabbage, $.69 (Tues, Fri)
3 pack multi-colored bell peppers, $2.99 (Weds, Thurs)

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**Total: $65.96**

***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, Italian seasoning, thyme, seasoned salt, black pepper, soy sauce, powdered ginger, turmeric, crushed red pepper, oregano, smoked paprika, cayenne, sea salt, brown sugar*

*\*\* 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.*