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| **ALDI Meal Plan week of 8/21/22 – Find the recipes at MashupMom.com** |
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| **Sunday** | Rosemary chicken & white bean soup, baguette |
| **Monday** | Bowties & beans pasta, salad |
| **Tuesday** | Chicken drumsticks southwest skillet, grapes |
| **Wednesday** | Smoked sausage & veggies skillet, cups of leftover soup |
| **Thursday** | Loaded potato naan pizza, grapes |
| **Friday** | Caprese chicken & zucchini skillet |
| **Saturday** | Leftovers, family pizza night, or order in! |

*Dairy & refrigerated*

Priano shredded Parmesan, $2.29 (Mon, Weds, Fri)
12 oz Happy Farms shredded cheddar, $2.99 (Tues, Thurs)
8 oz Emporium Selection fresh mozzarella ball, $3.49 (Fri)
Alouette garlic & herb cheese spread, $3.99 (Thurs)

*Grocery*

Specially Selected naan, $4.49 (Thurs)
Specially Selected French baguette, $1.69 (Sun)
32 oz box Simply Nature organic chicken broth, $1.89 (Sun)
12 oz Reggano farfalle (bowtie pasta), $.95 (Mon)
2 cans Happy Harvest diced tomatoes, $1.42 (Mon)
3 cans Dakota’s Pride cannellini beans, $2.37 (Sun, Mon)
1 can Dakota’s Pride great northern beans, $.71 (Sun)
1 can Dakota’s Pride black beans, $.71 (Tues)
1 can Happy Harvest whole kernel corn, $.59 (Tues)

*Meat*

Parkview Polska kielbasa, $3.89 (Weds)
1.5 lbs boneless skinless chicken thighs, $4.49 (Fri)
5.5 lbs family pack chicken drumsticks, $8.20 (Sun, Tues)
2.5 oz Tuscan Garden bacon bits, $1.49 (Thurs)

*Produce*

2 lbs green grapes, $1.90 (Tues, Thurs)
8 oz white mushrooms, $1.69 (Weds)
8 oz bag of spinach, $1.49 (Mon)
Bag of garden salad, $1.49 (Mon)
Bunch green onions, $.89 (Mon, Tues, Thurs)
1 lb baby carrots, $.79 (Sun, Mon)
3 lbs yellow onions, $2.29 (Sun, Tues, Weds, Fri)
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Fri)
24 oz bite sized yellow potatoes, $3.49 (Thurs)
2.5 lbs zucchini, $2.48 (Weds, Fri)
3 pack multi-colored bell peppers, $2.99 (Mon, Tues)
Celery, $1.29 (Sun, Mon)
9 Roma tomatoes, $1.98 (Weds, Fri)

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**Total: $69.91**

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

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

*\*\* 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.*