



ALDI Meal Plan week of 8/21/22 – Find the recipes at MashupMom.com	
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)

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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)

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.*

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