



ALDI Meal Plan week of 9/4/22 – Find the recipes at MashupMom.com	
Sunday	Simple ground beef stew, baguette
Monday	Labor Day BBQ: Burgers, corn, peaches, chips
Tuesday	Keema-inspired ground beef quesadillas, buttered baby carrots & sweet peas
Wednesday	Sheet pan rosemary chicken drumsticks (with potatoes & broccoli)
Thursday	Slow cooker balsamic chicken drumsticks w/ mushrooms & spinach, pan fried potatoes
Friday	Cheese tortellini w/ broccoli & tomatoes, side salad
Saturday	Leftovers, family pizza night, or order in!

Dairy & refrigerated

8 oz block Happy Farms mozzarella, \$2.09 (Tues)
8 oz Happy Farms deli-sliced cheddar, \$1.99 (Mon)
2 packs 9 oz Priano three cheese tortellini, \$5.98 (Fri)
Priano shredded Parmesan, \$2.49 (Thurs, Fri)

Frozen

12 oz bag Season's Choice steamable sweet peas, \$.89 (Tues)

Grocery

L'Oven Fresh hamburger buns, \$.95 (Mon)
Specially Selected French baguette, \$1.69 (Sun)
Great Gherkins Kosher dill sandwich sliced pickles, \$1.19 (Mon)
Clancy's fried pickle ranch wavy potato chips, \$1.89 (or chips of choice!) (Mon)
32 oz Chef's Cupboard beef broth, \$1.29 (Sun)
8 oz can Happy Harvest tomato sauce, \$.39 (Tues)
Can Happy Harvest fire roasted diced tomatoes, \$.95 (Sun)
Can Happy Harvest diced tomatoes, \$.71 (Thurs)
Can Happy Harvest cut green beans, \$.59 (Sun)
El Milagro flour tortillas, \$1.16 (Tues)

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Meat

5 lb pack 73% lean ground beef, \$11.45 (Sun, Mon, Tues)
5 lbs chicken drumsticks, \$7.45 (Weds, Thurs)

Produce

4 pack sweet corn, \$2.89 (Mon)
2 lbs peaches, \$2.98 (Mon)
2 packs 8 oz white mushrooms, \$2.98 (Sun, Thurs)
16 oz baby carrots, \$.95 (Sun, Tues)
1.5 lbs broccoli crowns, \$2.99 (Weds, Fri)
8 oz bag of spinach, \$1.49 (Thurs, Fri)
Bag of garden salad, \$1.49 (Fri)
3 lbs yellow onions, \$2.29 (Sun, Mon, Tues, Thurs)
3 heads garlic, \$1.49 (Sun, Tues, Weds, Thurs, Fri)
5 lb bag baking potatoes, \$4.99 (Sun, Weds, Thurs)
4 Roma tomatoes, \$1.00 (Mon)
Pint grape tomatoes, \$1.89 (Fri)

Total: \$70.58

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

Olive oil, vegetable oil, butter, red wine vinegar, balsamic vinegar, rosemary, parsley, thyme, oregano, sea salt, salt, black pepper, chili powder, cumin, turmeric, cinnamon, paprika, powdered ginger, cayenne, crushed red pepper, flour, sugar

**** *Note: In many cases you can substitute for and/or omit some of these staples, depending on the recipe. Read through the recipes, to see where you may need to restock your pantry staples.***

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