



ALDI Meal Plan week of 10/2/22 – Find the recipes at MashupMom.com	
Sunday	Sheet pan chicken & harvest vegetable dinner salad, grapes
Monday	BBQ bacon cheddar chicken sandwiches, BBQ potato chips, grapes
Tuesday	Cheese tortellini w/ broccoli & tomatoes, baguette
Wednesday	Bacon-wrapped chicken, carrots need butter & thyme, leftover tortellini
Thursday	Skillet pork chops with apples & onions, broccoli w/ cheddar & Parmesan
Friday	Simple vegetarian white bean soup, salad, apples
Saturday	Leftovers, family pizza night, or order in!

Dairy & refrigerated

2 packs 9 oz Priano three cheese tortellini, \$6.18 (Tues)
 Happy Farms 8 oz cheddar cheese block, \$1.99 (Mon, Thurs)
 Emporium Selection shredded Parmesan, \$2.49 (Tues, Thurs, Fri)

Grocery

Specially Selected brioche buns, \$3.99 (Mon)
 Specially Selected French baguette, \$1.69 (Tues)
 Clancy's BBQ potato chips, \$1.89 (Mon)
 Burman's BBQ sauce, \$1.19 (Mon)
 32 oz Simply Nature organic vegetable broth, \$1.89 (Fri)
 1 can Dakota's Pride garbanzo beans (chickpeas), \$.79 (Sun)
 2 cans Dakota's Pride great northern beans, \$1.42 (Fri)
 1 can Dakota's Pride cannellini beans, \$.79 (Fri)
 1 can Happy Harvest diced tomatoes, \$.79 (Fri)

Meat

2.5 lbs bone-in assorted pork chops, \$7.23 (Thurs)
 4 lbs family pack boneless skinless chicken breast, \$11.56 (Sun, Mon, Weds)
 16 oz Appleton Farms premium bacon, \$3.99 (Mon, Weds)

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Produce

3 lb bag gala apples, \$1.99 (Sun, Thurs, Fri)
2 lbs red grapes, \$2.58 (Sun, Mon)
8 oz white mushrooms, \$1.89 (Sun)
2 lbs broccoli crowns, \$3.78 (Sun, Tues, Thurs)
2 bags of 16 oz baby carrots, \$1.98 (Weds, Fri)
3 pack hearts of romaine, \$2.99 (Sun, Fri)
8 oz bag of spinach, \$1.49 (Fri)
3 lbs yellow onions, \$2.29 (Sun, Thurs, Fri)
3 heads garlic, \$1.49 (Tues, Fri)
1 sweet potato, \$.66 (Sun)
Pint grape tomatoes, \$1.89 (Tues)

Total: \$70.91

***** 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, brown sugar, cinnamon, chili powder, sea salt, Kosher salt, black pepper, seasoned salt, smoked paprika, paprika, Italian seasoning, oregano, sage, crushed red pepper, garlic powder, garlic salt, thyme

*** 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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