



<b>ALDI Meal Plan week of 9/11/22 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Roasted broccoli, cauliflower, & chicken sausage casserole, grapes
<b>Monday</b>	Smothered skillet pork chops, garlic broccoli stir fry
<b>Tuesday</b>	Slow cooker salsa chicken tacos, grapes
<b>Wednesday</b>	Olive Garden dressing sheet pan chicken dinner, cantaloupe
<b>Thursday</b>	Leftover chicken taco soup, side salad
<b>Friday</b>	Chicken & cauliflower sheet pan dinner, baguette
<b>Saturday</b>	Leftovers, family pizza night, or order in!

### *Dairy & refrigerated*

16 oz Happy Farms shredded cheddar, \$3.99 (Sun, Tues, Thurs)  
 Friendly Farms sour cream, \$1.69 (Sun, Tues, Thurs)  
 Emporium Selection shredded Parmesan, \$2.49 (Sun, Weds, Fri)

### *Grocery*

Casa Mamita mild salsa, \$1.99 (Tues)  
 Specially Selected French baguette, \$1.69 (Fri)  
 Tuscan Garden restaurant style Italian dressing, \$1.99 (Mon, Weds, Thurs)  
 32 oz box Chef's Cupboard chicken broth, \$1.29 (Mon, Thurs)  
 El Milagro flour tortillas, \$1.16 (Tues)  
 Casa Mamita taco seasoning, \$.39 (Tues)  
 Can Pueblo Lindo chipotles in adobo, \$1.29 (Thurs)  
 Can Casa Mamita diced tomatoes with green chilies, \$.89 (Thurs)  
 Can Happy Harvest tomato sauce, \$.39 (Thurs)  
 2 cans Dakota's Pride black beans, \$1.42 (Tues, Thurs)  
 Can Happy Harvest whole kernel corn, \$.59 (Thurs)

### *Meat*

Never Any chicken apple sausage, \$4.89 (Sun)  
 5 lbs boneless skinless chicken breast, \$14.45 (Tues, Weds, Thurs, Fri)  
 1 lb boneless center cut pork chops, \$4.39 (Mon)

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*Produce*

3 lbs red grapes, \$1.90 (Sun, Tues)  
Cantaloupe, \$1.99 (Weds)  
2 heads cauliflower, \$3.98 (Sun, Fri)  
1.5 lbs broccoli crowns, \$2.99 (Sun, Mon)  
16 oz green beans, \$1.69 (Weds)  
8 oz white mushrooms, \$1.89 (Weds)  
Bunch green onions, \$.85 (Sun, Tues, Thurs)  
Bag Little Salad Bar garden salad, \$1.49 (Thurs)  
3 lbs yellow onions, \$2.29 (Sun, Mon, Tues, Thurs, Fri)  
3 heads garlic, \$1.49 (Sun, Mon, Thurs)  
3 pack multi-colored bell peppers, \$2.99 (Mon, Thurs)  
2 avocados, \$1.58 (Tues)  
2 Roma tomatoes, \$.50 (Tues)

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**Total: \$70.62**

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**\*\*\* 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, smoked paprika, parsley, garlic powder, cayenne, black pepper, Italian seasoning, salt, chili powder, oregano, cumin, sea salt, seasoned salt*

*\*\* 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 re-stock your pantry staples.*

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