



ALDI Meal Plan week of 9/18/22 – Find the recipes at MashupMom.com	
Sunday	Slow cooker pulled pork sandwiches, super seasoned pan fried potatoes, grapes
Monday	Salsa pulled pork soup, blue corn tortilla chips, pineapple
Tuesday	Slow cooker garlic lime chicken thighs, tomato cucumber salad, grapes
Wednesday	Pork & spinach baked taquitos, avocado mash, apples
Thursday	Roasted chile-lime chicken & potatoes, apples & cheddar
Friday	Creamy tomato hummus soup, bagels, salad
Saturday	Leftovers, family pizza night, or order in!

Dairy & refrigerated

- 8 oz Happy Farms cream cheese, \$1.49 (Weds, Fri)
- 8 oz block Happy Farms cheddar, \$1.99 (Weds, Thurs)
- 10 oz Park Street Deli roasted red pepper hummus, \$2.49 (Fri)

Grocery

- L'Oven Fresh hamburger buns, \$.99 (Sun)
- L'Oven Fresh everything bagels, \$1.99 (Fri)
- Simply Nature organic blue corn tortilla chips, \$1.99 (Mon)
- Specially Selected cilantro-lime salsa, \$2.99 (Mon, Weds)
- Burman's BBQ sauce of choice, \$1.19 (Sun)
- El Milagro flour tortillas, \$1.16 (Weds)
- Chef's Cupboard 32 oz chicken broth, \$1.19 (Mon)
- Simply Nature organic 32 oz vegetable broth, \$1.89 (Fri)
- Can Happy Harvest fire roasted diced tomatoes, \$.99 (Mon)
- 28 oz can Happy Harvest crushed tomatoes, \$1.29 (Fri)
- Can Dakota's Pride black beans, \$.71 (Mon)
- Can Happy Harvest whole kernel corn, \$.59 (Mon)
- 8 oz Stonemill minced garlic in water, \$2.29 (Sun, Mon, Tues, Weds, Thurs, Fri)

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Meat

6 lb boneless pork butt roast, \$11.94 (Sun, Mon, Weds)

5.5 lbs bone-in chicken thighs, \$9.85 (Tues, Thurs)

Produce

2 lb bag of limes, \$1.99 (Mon, Tues, Weds, Thurs)

3 lbs of green grapes, \$2.85 (Sun, Tues)

3 lbs gala apples, \$2.89 (Weds, Thurs)

Pineapple, \$1.99 (Mon)

8 oz bag of spinach, \$1.49 (Weds)

Bag of garden salad, \$1.49 (Fri)

1 cucumber, \$.59 (Tues)

3 lbs yellow onions, \$2.29 (Sun, Mon, Tues, Fri)

5 lbs baking potatoes, \$4.99 (Sun, Thurs)

8 oz jalapeños, \$.89 (Thurs)

4 Roma tomatoes, \$.80 (Tues)

2 avocados, \$.98 (Weds)

Total: \$70.26

***** 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, red wine vinegar, sesame oil, soy sauce, honey, Kosher salt, black pepper, paprika, chili powder, cayenne, oregano, brown sugar, bay leaf, cumin, smoked paprika, crushed red pepper, sea salt, thyme, basil, seasoned salt, garlic powder, Italian seasoning, ground ginger

**** 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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