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| **ALDI Meal Plan week of 9/25/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Simple roast chicken & vegetables, honeycrisp apples |
| **Monday** | Overstuffed spinach mushroom calzones, apples |
| **Tuesday** | Leftover chicken soup w/ butternut squash & kale, English muffins |
| **Wednesday** | Smoked salmon & avocado ricotta frittata, easy fried potatoes |
| **Thursday** | Butternut squash & kale browned butter pasta, salad |
| **Friday** | Sheet pan tilapia dinner with asparagus, carrots, & potatoes |
| **Saturday** | Leftovers, family pizza night, or order in! |

Dairy & refrigerated

Dozen Goldhen large eggs, $2.29 (Weds, Thurs)  
16 oz Countryside Creamery butter quarters, $3.89 (Tues, Weds, Thurs, Fri)  
15 oz Emporium Selection whole milk ricotta, $2.39 (Mon, Weds)  
Mama Cozzi’s ready to bake pizza dough, $1.39 (Mon)  
16 oz Happy Farms shredded mozzarella, $3.99 (Mon, Weds, Thurs)  
Emporium Selection shredded Parmesan, $2.49 (Mon, Thurs)

Grocery

L’Oven Fresh English muffins, $1.29 (Tues)  
24 oz Reggano marinara, $1.49 (Mon)  
12 oz Reggano farfalle, $.95 (Thurs)  
48 oz box Chef’s Cupboard chicken broth, $1.99 (Tues)  
Can Happy Harvest fire roasted diced tomatoes, $.99 (Tues)

Meat

3 oz Specially Selected cold smoked salmon, $4.99 (Weds)  
Perdue whole young chicken, $7.69 (Sun, Tues)  
1 lb fresh tilapia fillets, $6.49 (Fri)

Produce

2 lbs honeycrisp apples, $2.49 (Sun, Mon)  
2 lbs carrots, $1.69 (Sun, Tues, Fri)  
2 packs 8 oz white mushrooms, $3.58 (Sun, Mon)  
8 oz bag of spinach, $1.49 (Mon)  
12 oz bag Simply Nature organic chopped kale, $2.99 (Tues, Thurs)  
Bag garden salad, $1.49 (Thurs)  
16 oz asparagus, $2.89 (Fri)  
Bunch green onions, $.89 (Weds, Thurs)  
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)  
5 lb bag yellow potatoes, $3.99 (Sun, Weds, Fri)  
3 lb butternut squash, $1.95 (Tues, Thurs)  
1 avocado, $.79 (Weds)  
2 Roma tomatoes, $.46 (Thurs)

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**Total: $70.80**

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

Olive oil, coarse ground mustard, parsley, tarragon, oregano, crushed red pepper, sea salt, Kosher salt, paprika, smoked paprika, basil, rosemary, thyme, black pepper, sage, garlic powder, seasoned salt, flour

*\*\* 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.*