



ALDI Meal Plan week of 9/25/22 – Find the recipes at MashupMom.com	
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 Golden 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)

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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)

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 restock your pantry staples.*

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