



ALDI Meal Plan week of 10/16/22 – Find the recipes at MashupMom.com	
Sunday	Greek chicken with sweet potatoes & kale
Monday	Tuscan style chicken & white bean soup, English muffins
Tuesday	Vegetarian lemon chickpea wraps, leftover soup
Wednesday	Sheet pan chicken thighs with potatoes & mushrooms, lemon Parmesan roasted Brussels sprouts & carrots
Thursday	Broiled Parmesan pork chops & broccoli, lemon-glazed carrots
Friday	Sheet pan gnocchi with sausage & veggies
Saturday	Leftovers, family pizza night, or order in!

Dairy & refrigerated

Priano shredded Parmesan, \$2.49 (Mon, Weds, Thurs, Fri)

Grocery

L'Oven Fresh spinach wraps, \$2.99 (Tues)

L'Oven Fresh English muffins, \$1.29 (Mon)

32 oz Chef's Cupboard chicken broth, \$1.29 (Mon)

17.6 oz Priano potato gnocchi, \$1.89 (Fri)

2 cans Dakota's Pride garbanzo beans (chickpeas), \$1.58 (Tues)

2 cans Dakota's Pride cannellini beans, \$1.58 (Mon)

Stonemill minced garlic in water, \$2.19 (Sun, Mon, Tues, Weds, Fri)

Meat

4 lbs bone-in chicken thighs, \$7.16 (Weds)

1.5 lbs thin sliced boneless pork chops, \$7.49 (Thurs)

5 lbs split chicken breast, \$9.95 (Sun, Mon)

Parkview Polska kielbasa, \$3.49 (Fri)

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Produce

2 lbs lemons, \$3.99 (Sun, Mon, Tues, Weds, Thurs, Fri)
2 packs 8 oz white mushrooms, \$3.78 (Weds, Fri)
12 oz bag Simply Nature organic chopped kale, \$2.99 (Sun, Fri)
Bag of spinach, \$1.49 (Mon, Tues)
1 lb broccoli crowns, \$1.99 (Thurs)
1 lb Brussels sprouts, \$2.99 (Weds)
2 lbs carrots, \$1.89 (Mon, Weds, Thurs)
3 lbs yellow onions, \$2.29 (Sun, Mon, Tues, Fri)
24 oz bag dynamic duo potatoes, \$2.99 (Weds)
2 sweet potatoes, \$1.20 (Sun)
4 Roma tomatoes, \$.84 (Tues)
1 avocado, \$.99 (Tues)

Total: \$70.82

***** 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, Italian seasoning, oregano, crushed red pepper, black pepper, sea salt, rosemary, smoked paprika, seasoned salt, garlic powder, thyme, parsley, bay leaf, brown sugar, Kosher salt

**** 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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