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| **ALDI Meal Plan week of 10/23/22 – Find the recipes at MashupMom.com** |
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| **Sunday** | Deconstructed vegetarian enchiladas skillet, chili lime roasted potatoes |
| **Monday** | Creamy avocado pasta with chicken, side salad |
| **Tuesday** | Chicken with chunky mango-tomato salsa, sauteed spinach |
| **Wednesday** | Chicken, avocado, and mozzarella chopped salad, grapes |
| **Thursday** | Sheet pan rosemary chicken drumsticks with broccoli & potatoes, grapes |
| **Friday** | Slow cooker Mediterranean chicken drumsticks, lime buttered broccoli |
| **Saturday** | Leftovers, family pizza night, or order in! |

Dairy & refrigerated

16 oz Friendly Farms sour cream, $1.79 (Sun, Mon)
8 oz Happy Farms cream cheese, $1.69 (Sun)
8 oz block Happy Farms cheddar, $2.09 (Sun, Mon)
Emporium Selection fresh mozzarella 8 oz, $3.69 (Weds)

Grocery

16 oz jar Casa Mamita restaurant style salsa, $2.29 (Sun)
Simply Nature organic aged balsamic vinaigrette dressing, $2.49 (Mon, Weds, Fri)
Tuscan Garden pimiento stuffed manzanilla olives, $1.49 (Fri)
12 oz box Reggano rotini, $.95 (Mon)
Can of Happy Harvest diced tomatoes, $.79 (Fri)
Can Casa Mamita diced tomatoes with green chilies, $.89 (Mon)
4 oz can Pueblo Lindo chopped green chiles, $.79 (Sun)
12 pack El Milagro corn tortillas, $.69 (Sun)
Can Happy Harvest whole kernel corn, $.59 (Sun)
2 cans Dakota’s Pride black beans, $1.42 (Sun)

Meat

5 lb bag of chicken drumsticks, $4.45 (Thurs, Fri)
4 lbs boneless skinless chicken breast, $11.56 (Mon, Tues, Weds)

Produce

2 lbs limes, $2.09 (Sun, Mon, Tues, Fri)
3 lbs red grapes, $2.85 (Weds, Thurs)
1 mango, $.99 (Tues)
2 lbs broccoli crowns, $3.98 (Thurs, Fri)
3 pack hearts of romaine, $2.99 (Mon, Weds)
8 oz bag of spinach, $1.49 (Tues)
Bunch green onions, $.89 (Sun, Mon, Tues, Weds)
1 cucumber, $.59 (Weds)
3 lbs yellow onions, $2.29 (Sun, Mon, Fri)
3 heads garlic, $1.49 (Sun, Mon, Tues, Thurs, Fri)
3 lb bag yellow petite potatoes, $3.69 (Sun, Thurs)
3 pack multi-colored bell peppers, $2.89 (Sun, Weds, Fri)
8 oz jalapeños, $.89 (Tues)
4 Roma tomatoes, $.80 (Mon, Weds)
Pack of tomatoes on the vine, $2.29 (Tues)
5 avocados, $2.45 (Sun, Mon, Weds)

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**Total: $70.32**

***\*\*\* 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, oregano, rosemary, thyme, paprika, sea salt, chili powder, cumin, garlic powder, cayenne, smoked paprika, black pepper

*\*\* 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.*