



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

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*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**

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**\*\*\* 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 restock your pantry staples.*

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