

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 10/30/22 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Oven baked chicken thighs & rice, side salad |
| **Monday** | 30 minute kielbasa tortellini soup, baguette |
| **Tuesday** | Italian chicken thighs with zucchini & red potatoes, salad |
| **Wednesday** | Many mushroom quesadillas, salsa, Southwestern skillet potatoes |
| **Thursday** | Cheesy smoked sausage & rice skillet, mangoes |
| **Friday** | Sheet pan Parmesan chicken drumsticks w/ carrots & potatoes, leftover rice skillet |
| **Saturday** | Leftovers, family pizza night, or order in |

Dairy & refrigerated

9 oz Priano three cheese tortellini, $2.99 (Mon)  
5 oz Emporium Selection shredded Parmesan, $2.49 (Mon, Tues, Fri)  
16 oz Happy Farms shredded mild cheddar, $3.99 (Weds, Thurs)

Grocery

24 oz Casa Mamita salsa, $1.95 (Weds, Thurs)  
Specially Selected French baguette, $1.69 (Mon)  
3 lbs Earthly Grains long grain white rice, $2.29 (Sun, Thurs)  
48 oz value size Chef’s Cupboard chicken broth, $1.99 (Sun, Mon)  
Can Casa Mamita diced tomatoes with green chilies, $.85 (Tues)  
Pueblo Lindo flour fajita tortillas, $1.79 (Weds)  
3 cans Happy Harvest diced tomatoes, $2.37 (Sun, Mon, Tues)  
1 can Happy Harvest whole kernel corn, $.59 (Thurs)

Meat

5 lbs bone-in chicken thighs, $8.95 (Sun, Tues)  
3 lbs chicken drumsticks, $6.87 (Fri)  
2 packs 14 oz Parkview Polska kielbasa, $6.98 (Mon, Thurs)

Produce

2 mangoes, $1.38 (Thurs)  
3 packs 8 oz white mushrooms, $5.67 (Mon, Weds)  
16 oz baby carrots, $.79 (Tues, Fri)  
1 cucumber, $.59 (Sun, Tues)  
8 oz spinach, $1.49 (Mon)  
3 ct romaine lettuce hearts, $2.99 (Sun, Tues)  
3 lbs yellow onions, $1.99 (Sun, Mon, Weds, Thurs)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs)  
20 oz zucchini, $1.61 (Tues)  
5 lbs red potatoes, $3.69 (Tues, Weds, Fri)  
3 pack multi-colored bell peppers, $2.89 (Sun, Weds, Thurs)  
2 Roma tomatoes, $.44 (Sun)

-----

**Total: $70.61**

***\*\*\* 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, smoked paprika, paprika, oregano, basil, parsley, garlic powder, Italian seasoning, chili powder, cumin, crushed red pepper, seasoned salt, sea salt, 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.*