



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

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*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)

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**Total: \$70.61**

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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, 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.*

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