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| **ALDI Meal Plan week of 10/9/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan cheddar Parmesan pork chops & green beans, cheesy broccoli rice |
| **Monday** | Creamy black bean & pumpkin soup, bagels, apples |
| **Tuesday** | Easy shrimp fried rice, garlic Parmesan sauteed kale |
| **Wednesday** | Sausage, egg, & spinach hand pies, buttered baby carrots + sweet peas |
| **Thursday** | One pot creamy andouille sausage pasta, salad |
| **Friday** | Harvest vegetable rice bowls, sauteed broccoli, apples |
| **Saturday** | Leftovers, family pizza night, or order in! |

Dairy & refrigerated

Dozen Goldhen large eggs, $2.29 (Tues, Weds, Fri)  
8 oz block Happy Farms cream cheese, $1.49 (Mon, Thurs)   
16 oz Happy Farms shredded mild cheddar, $3.29 (Sun, Weds, Thurs)  
Priano shredded Parmesan, $2.89 (Sun, Tues, Thurs)  
Bake House Creations refrigerated pie crust, $1.69 (Weds)

Frozen

12 oz Season’s Choice steamable peas, $.89 (Tues, Weds)

Grocery

L’Oven Fresh everything bagels, $1.99 (Mon)  
3 lbs Earthly Grains long grain white rice, $2.29 (Sun, Tues, Fri)  
Specially Selected pumpkin chipotle pasta sauce, $3.49 (Mon)  
32 oz box Simply Nature organic vegetable broth, $1.89 (Mon)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Sun, Thurs)  
12 oz box Reggano rotini, $.95 (Thurs)  
Can Casa Mamita diced tomatoes with green chilies, $.89 (Thurs)  
2 cans Dakota’s Pride black beans, $1.14 (Mon)  
1 can Dakota’s Pride garbanzo beans (chickpeas), $.79 (Fri)

Meat

16 oz roll Appleton Farms hot pork sausage, $2.29 (Weds)  
Never Any andouille chicken sausage, $4.59 (Thurs)  
2 lb pork sirloin roast, $3.58 (Sun)  
12 oz Fremont Fish Market large raw peeled deveined wild Gulf shrimp, $7.19 (frozen) (Tues)

Produce

2 lbs honeycrisp apples, $2.99 (Mon, Fri)  
8 oz bag of spinach, $1.49 (Weds, Thurs)  
12 oz bag Simply Nature organic chopped kale, $2.99 (Tues, Fri)  
Bag of garden salad, $1.49 (Thurs)  
Bunch green onions, $.85 (Mon, Tues, Thurs, Fri)  
8 oz white mushrooms, $1.89 (Fri)  
16 oz baby carrots, $.95 (Tues, Weds)  
16 oz green beans, $1.69 (Sun)  
1.5 lbs broccoli crowns, $2.84 (Sun, Fri)  
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.69 (Sun, Mon, Tues, Weds, Thurs, Fri)  
1 smallish acorn squash, $1.18 (Fri)  
3 pack multi-colored bell peppers, $2.89 (Mon, Thurs)  
2 roma tomatoes, $.44 (Thurs)

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**Total: $70.47**

***\*\*\* 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, canola oil, sesame oil, soy sauce, chili powder, oregano, smoked paprika, cumin, sea salt, black pepper, seasoned salt, crushed red pepper, garlic powder, cayenne, sugar, sriracha

*\*\* 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.*