



| 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)

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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)

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.*

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