



ALDI Meal Plan week of 11/13/22 – Find the recipes at MashupMom.com	
Sunday	Korean style ground beef & spinach rice bowls, salad
Monday	Vegetarian three bean + lentil chili, tortilla chips
Tuesday	20 minute ground beef & broccoli stir fry, rice, egg drop soup
Wednesday	Strawberry spinach salad with chicken & chickpeas, hard boiled eggs, leftover chili
Thursday	Sheet pan sausage, peppers, & pierogies, roasted broccoli & carrots
Friday	Chicken thigh stir fry with asparagus, carrot stir fry with green onions, rice
Saturday	Leftovers, family pizza night, or order in

Dairy & refrigerated

Dozen Goldhen large eggs, \$3.39 (Sun, Tues, Weds)
 8 oz Happy Farms sharp cheddar block, \$2.09 (Mon, Weds)

Frozen

2 boxes of Bremer roasted garlic pierogies, \$4.98 (Thurs)

Grocery

Clancy's restaurant style tortilla chips, \$1.69 (Mon, Weds)
 Simply Nature organic poppyseed dressing, \$2.49 (Sun, Weds)
 Burman's soy sauce, \$1.59 (Sun, Tues, Fri)
 3 lbs Earthly Grains long grain white rice, \$2.29 (Sun, Tues, Fri)
 16 oz bag Dakota's Pride green lentils, \$1.29 (Mon)
 32 oz box Simply Nature organic chicken broth, \$1.79 (Tues)
 32 oz box Simply Nature organic vegetable broth, \$1.49 (Mon)
 1 can Dakota's Pride garbanzo beans (chickpeas), \$.79 (Weds)
 1 can Dakota's Pride black beans, \$.71 (Mon)
 1 can Dakota's Pride great northern beans, \$.71 (Mon)
 1 can Dakota's Pride kidney beans, \$.79 (Mon)
 1 can Happy Harvest whole kernel corn, \$.59 (Mon)
 1 can Happy Harvest fire roasted diced tomatoes, \$.99 (Mon)
 1 can Happy Harvest tomato paste, \$.69 (Mon)

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Meat

Parkview Polska kielbasa, \$3.49 (Thurs)
3 lb pack boneless skinless chicken thighs, \$7.17 (Weds, Fri)
2 lbs 80% lean ground beef, \$7.58 (Sun, Tues)

Produce

1 lb strawberries, \$3.29 (Weds)
8 oz white mushrooms, \$1.49 (Thurs)
1 lb asparagus, \$1.99 (Fri)
Bunch green onions, \$.89 (Sun, Tues, Fri)
1.5 lbs broccoli crowns, \$2.24 (Tues, Thurs)
2 lbs carrots, \$1.89 (Thurs, Fri)
2 bags 8 oz spinach, \$3.58 (Sun, Weds)
Bag of garden salad, \$1.69 (Sun)
3 lbs yellow onions, \$1.89 (Weds, Thurs,
3 heads garlic, \$.99 (Sun, Mon, Tues, Thurs, Fri)
3 pack multi-colored bell peppers, \$2.89 (Mon, Thurs)
1 avocado, \$.79 (Weds)
2 Roma tomatoes, \$.50 (Sun)

Total: \$70.72

***** Staple items you'll need – AKA: Check for pantry seasonings & condiments used in this week's recipes, but not included in the shopping list:**

Olive oil, canola oil, sesame oil, butter, honey, brown sugar, Italian seasoning, oregano, garlic powder, smoked paprika, garlic salt, cumin, chili powder, powdered ginger, crushed red pepper, sea salt, salt, black pepper, cornstarch, baking cocoa, Sriracha (or Gochujang, or chili garlic sauce)

**** Note:** You can often **substitute for and/or omit** some of these staples, depending on the recipe. Read through the recipes before shopping, to see where you may need to re-stock your pantry staples.

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