



<b>ALDI Meal Plan week of 11/20/22 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Cream cheese pasta bake with French fried onions, garlic bread
<b>Monday</b>	Roasted asparagus grilled cheese sandwiches, carrot & celery sticks, leftover pasta bake
<b>Tuesday</b>	Simple ground beef stew, baguette
<b>Wednesday</b>	Leftovers, family pizza night, or order in
<b>Thursday</b>	Thanksgiving: Turkey, this is not a green bean casserole, homemade cranberry sauce, oranges
<b>Friday</b>	Leftover turkey soup with rice & spinach, salad
<b>Saturday</b>	20 minute leftover turkey tacos, leftover leftover turkey soup, oranges

### *Dairy & refrigerated*

8 oz brick Happy Farms cream cheese, \$1.59 (Sun, Sat)  
 Emporium Selection shredded Parmesan, \$2.49 (Sun, Mon, Thurs, Fri)  
 8 oz block Happy Farms cheddar, \$2.09 (Mon, Sat)  
 7 oz Emporium Selection deli sliced Havarti, \$1.99 (Mon)

### *Grocery*

Specially Selected salsa verde, \$2.99 (Sat)  
 Specially Selected sourdough square, \$3.49 (Sun, Mon)  
 Specially Selected French baguette, \$1.69 (Tues)  
 Box of original Earthly Grains long grain & wild rice mix, \$1.99 (Fri)  
 Chef's Cupboard French fried onions, \$2.09 (Sun, Thurs)  
 12 oz Reggano farfalle, \$.95 (Sun)  
 24 oz jar Reggano marinara sauce, \$1.49 (Sun)  
 32 oz box Chef's Cupboard beef broth, \$.99 (Tues)  
 El Milagro flour tortillas, \$1.16 (Sat)  
 Can of Happy Harvest cut green beans, \$.49 (Tues)  
 Can of Happy Harvest fire roasted diced tomatoes, \$.99 (Tues)

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## Meat

12 lb frozen Butterball turkey, \$12.84 (Th, Fri, Sat)  
2 lbs 80% lean ground beef, \$7.58 (Sun, Tues)

## Produce

4 lb navel oranges, \$2.99 (Thurs, Sat)  
12 oz bag of cranberries, \$.99 (Thurs)  
2 lbs carrots, \$1.89 (Mon, Tues, Fri)  
8 oz bag spinach, \$1.79 (Fri)  
Bag of garden salad, \$1.89 (Fri)  
1 lb French green beans, \$2.39 (Thurs)  
1 pack of asparagus, \$2.39 (Mon)  
3 packs 8 oz white mushrooms, \$4.47 (Sun, Tues, Thurs)  
3 heads garlic, \$.99 (Sun, Tues, Thurs, Fri)  
3 lb bag of yellow onions, \$1.69 (Sun, Tues, Fri, Sat)  
1.5 lbs sweet potatoes, \$.74 (Tues, Thurs)  
1 avocado, \$.79 (Sat)  
Celery, \$.95 (Mon, Fri)

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**Total: \$70.86**

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**\*\*\* 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, sugar, butter, dijon mustard, flour, balsamic vinegar, red wine vinegar, oregano, Italian seasoning, thyme, rosemary, parsley, sage, smoked paprika, garlic powder, cayenne, sea salt, black pepper*

**\*\* 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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