



ALDI Meal Plan week of 11/27/22 – Find the recipes at MashupMom.com	
Sunday	Rosemary chicken & white bean soup, salad
Monday	Beef & cabbage stir fry with giardiniera, leftover soup
Tuesday	Slow cooker Mediterranean chicken drumsticks, rice
Wednesday	Veggie burrito bowls with sliced avocado, leftover stir fry from Mon
Thursday	5 ingredient slow cooker Italian chicken sandwiches, bananas
Friday	Cheesy sausage, rice, & spinach skillet, cast iron carrots w/ garlic & honey
Saturday	Leftovers, family pizza night, or order in

Dairy & refrigerated

8 oz block Happy Farms sharp cheddar cheese, \$2.09 (Weds, Fri)
 8 oz Happy Farms deli sliced mozzarella, \$1.99 (Thurs)

Grocery

L'Oven Fresh split deli rolls, \$2.49 (Thurs)
 Casa Mamita restaurant style salsa, \$2.29 (Weds)
 3 lb bag Earthly Grains long grain white rice, \$2.29 (Tues, Weds, Fri)
 16 oz Tuscan Garden balsamic vinaigrette, \$1.39 (Sun, Tues)
 Jar of Tuscan Garden Spanish manzanilla olives, \$1.69 (Tues)
 16 oz Tuscan Garden mild giardiniera, \$3.59 (Mon, Thurs)
 2 boxes 48 oz value size box Chef's Cupboard chicken broth, \$3.78 (Sun, Mon, Tues, Weds, Thurs, Fri)
 Can Dakota's Pride cannellini beans, \$.79 (Sun)
 Can Dakota's Pride great northern beans, \$.71 (Sun)
 2 cans Dakota's Pride black beans, \$1.42 (Weds)
 Can Happy Harvest whole kernel corn, \$.59 (Weds)
 Can Happy Harvest diced tomatoes, \$.79 (Tues)

Meat

6 lb family pack chicken drumsticks, \$8.94 (Sun, Tues)
 2 lbs boneless skinless chicken breast, \$7.98 (Thurs)

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12 oz pack Never Any spinach & feta chicken sausage, \$4.79 (Fri)
14 oz Old Neighborhood shaved beef, \$5.99 (Mon)

Produce

4 bananas, \$.76 (Thurs)
2 lbs carrots, \$1.89 (Sun, Fri)
8 oz bag spinach, \$1.69 (Fri)
Little Salad Bar garden salad, \$1.69 (Sun)
14 oz bag coleslaw, \$1.59 (Mon)
8 oz white mushrooms, \$1.59 (Mon)
3 lbs yellow onions, \$1.69 (Sun, Mon, Tues, Weds, Fri)
3 heads garlic, \$.99 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 pack multi-colored bell peppers, \$2.89 (Tues, Weds)
Celery, \$.95 (Sun)
2 avocados, \$1.58 (Weds)

Total: \$70.91

***** 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, honey, oregano, Italian seasoning, rosemary, thyme, parsley, smoked paprika, crushed red pepper, bay leaves, chili powder, cumin, cayenne, Kosher salt, 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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