

|  |
| --- |
| **ALDI Meal Plan week of 11/6/22 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Slow cooker cheesy chicken enchilada chili, crackers, cucumbers & tomatoes |
| **Monday** | Smothered skillet pork chops, leftover chili |
| **Tuesday** | Italian dressing sheet pan chicken dinner, apples |
| **Wednesday** | Chicken & cauliflower sheet pan chicken dinner, baby carrots, hummus |
| **Thursday** | Cracker-y, crumble-y, Parmesan-y pork chops, sauteed spinach |
| **Friday** | Cheesy corn soup, garden salad, crackers, apples |
| **Saturday** | Leftovers, family pizza night, or order in |

Dairy & refrigerated

16 oz Friendly Farms sour cream, $1.79 (Sun, Fri)
Emporium Selection shredded Parmesan, $2.49 (Tues, Weds, Thurs)
12 oz shredded Happy Farms cheddar, $2.99 (Sun, Fri)
Park Street Deli hummus, $2.49 (Weds)

Frozen

12 oz bag Season’s Choice steamable sweet corn, $.79 (Fri)

Grocery

Savoritz buttery round crackers, $2.29 (Sun, Thurs, Fri)
16 oz jar Specially Selected salsa verde, $2.99 (Sun)
Tuscan Garden zesty Italian dressing, $1.39 (Mon, Tues, Thurs)
32 oz box Simply Nature organic vegetable broth, $1.49 (Fri)
Can of Pueblo Lindo chopped green chiles, $.79 (Sun)
2 cans Dakota’s Pride black beans, $1.42 (Sun)
Can of Happy Harvest fire roasted diced tomatoes, $.99 (Sun)
8 oz can Happy Harvest tomato sauce, $.39 (Sun)
6 oz can Happy Harvest tomato paste, $.69 (Fri)

Meat

3 lb family pack thin sliced boneless pork chops, $9.57 (Mon, Thurs)
5 lbs boneless skinless chicken breast, $14.45 (Sun, Tues, Weds)

Produce

3 lbs gala apples, $2.49 (Tues, Fri)
8 oz bag of spinach, $1.79 (Thurs)
Bag of garden salad, $1.69 (Fri)
Bunch of green onions, $.89 (Sun, Fri)
2 cucumbers, $1.38 (Sun)
8 oz bag baby carrots, $.69 (Weds)
1 lb French green beans, $2.99 (Tues)
8 oz white mushrooms, $1.49 (Tues)
1 head of cauliflower, $2.49 (Weds)
3 lbs yellow onions $1.69 (Mon, Weds, Fri)
3 heads garlic, $.99 (Sun, Mon, Thurs, Fri)
3 pack multi-colored bell peppers, $2.89 (Mon, Fri)
7 Roma tomatoes, $1.54 (Sun, Fri)

-----

**Total: $70.02**

***\*\*\* 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, butter, black pepper, smoked paprika, garlic powder, seasoned salt, sea salt, crushed red pepper, cumin, chili powder, cayenne, Italian seasoning

*\*\* 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.*