



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)

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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.

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