



ALDI Meal Plan week of 12/4/22 – Find the recipes at MashupMom.com	
Sunday	Creamy smoked sausage & white bean chili, buttered toast
Monday	Pokemon inspired Pokeball pizza burgers, garlic butter roasted butternut squash
Tuesday	Weeknight cheesy taco pasta, mandarins, leftover chili
Wednesday	Simple white bean soup, garlic bread
Thursday	Beef, tomato, & spinach tortellini, mandarins, cups of leftover soup
Friday	Homemade pepperoni pizza pockets, carrots need butter & thyme
Saturday	Leftovers, family pizza night, or order in

Dairy & refrigerated

8 oz brick Happy Farms cream cheese, \$1.69 (Sun, Tues)
 8 oz Happy Farms sliced mozzarella, \$1.99 (Mon)
 8 oz Happy Farms block mozzarella, \$1.99 (Fri)
 8 oz Happy Farms block cheddar, \$1.99 (Tues)
 5 oz container Emporium Selection shredded Parmesan, \$2.49 (Weds, Thurs, Fri)
 9 oz Priano refrigerated 3 cheese tortellini, \$2.99 (Thurs)
 Bake House Creations refrigerated pie crust, \$1.99 (Fri)

Grocery

L'Oven Fresh hamburger buns, \$.99 (Mon)
 L'Oven Fresh Italian bread, \$2.09 (Sun, Weds)
 Can of Tuscan Garden large ripe pitted olives, \$1.49 (Mon, Fri)
 12 oz Reggano tri-color rotini, \$.92 (Tues)
 2 boxes 32 oz Chef's Cupboard chicken broth, \$1.98 (Sun, Weds)
 Can Casa Mamita diced tomatoes with green chilies, \$.89 (Tues)
 2 cans Pueblo Lindo chopped green chiles, \$1.58 (Sun)
 Packet of Casa Mamita taco seasoning mix, \$.49 (Tues)
 2 cans Happy Harvest whole kernel corn, \$1.04 (Sun, Tues)
 2 cans 8 oz Happy Harvest tomato sauce, \$.82 (Tues, Fri)
 6 oz can Happy Harvest tomato paste, \$.69 (Fri)
 Can Happy Harvest diced tomatoes, \$.79 (Weds)

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3 cans Dakota's Pride great northern beans, \$2.37 (Sun, Weds)
2 cans Dakota's Pride cannellini beans, \$1.58 (Sun, Weds)

Meat

4 lb family pack organic grass-fed ground beef, \$19.96 (Mon, Tues, Thurs)
6 oz Mama Cozzi's sliced pepperoni, \$2.49 (Mon, Fri)
Parkview Polska kielbasa, \$3.49 (Sun)

Produce -- Yes, less produce than usual, but I thought I'd mix things up with the organic ground beef this week & things skewed differently. It evens out week-over-week, though. :)

2 lb butternut squash, \$1.78 (Mon)
3 lbs mandarins, \$2.49 (Tues, Thurs)
2 lbs carrots, \$1.89 (Weds, Fri)
8 oz bag of spinach, \$1.79 (Weds, Thurs)
3 lbs yellow onions, \$1.59 (Sun, Tues, Weds, Thurs)
3 heads garlic, \$1.29 (Sun, Tues, Weds, Thurs, Fri)
5 Roma tomatoes, \$1.30 (Thurs)

Total: \$70.92

***** 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, sugar, parsley, Italian seasoning, garlic salt, basil, oregano, paprika, crushed red pepper, chili powder, cumin, cayenne, thyme, cajun seasoning, seasoned 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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