



<b>ALDI Meal Plan week of 12/18/22 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Low carb taco casserole, avocados, cucumber in sour cream, grapes
<b>Monday</b>	Roasted cauliflower, potato, & corn chowder, salad
<b>Tuesday</b>	Basic easy chili, roasted spaghetti squash, baguette
<b>Wednesday</b>	Sausage & sweet potato sheet pan dinner, grapes, leftover chowder
<b>Thursday</b>	Sweet & spicy chicken with butternut squash, roasted broccoli
<b>Friday</b>	Fajita-inspired sheet pan chicken thighs & peppers, baked potatoes with butter & sour cream
<b>Saturday</b>	<i>Enjoy your own Christmas Eve tradition!</i>

### *Dairy & refrigerated*

Friendly Farms sour cream, \$1.99 (Sun, Fri)  
 12 oz bag Happy Farms shredded sharp cheddar, \$2.99 (Sun, Mon, Tues)  
 Half gallon Friendly Farms whole milk, \$1.99 (Mon)

### *Grocery*

Specially Selected French baguette, \$1.69 (Tues)  
 32 oz box Simply Nature organic vegetable broth, \$1.89 (Mon)  
 1 can Dakota's Pride black beans, \$.71 (Tues)  
 1 can Dakota's Pride kidney beans, \$.79 (Tues)  
 1 can Happy Harvest fire roasted diced tomatoes, \$.91 (Tues)  
 1 can Happy Harvest tomato paste, \$.69 (Tues)  
 1 can Happy Harvest whole kernel corn, \$.51 (Mon)

### *Meat*

Parkview Polska kielbasa, \$3.49 (Weds)  
 5.5 lb family pack bone-in chicken thighs, \$9.85 (Thurs, Fri)  
 2 lbs 80/20 ground beef, \$7.58 (Sun, Tues)

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*Produce*

3 lbs red grapes, \$4.77 (Sun, Weds)  
2 heads of cauliflower, \$3.78 (Sun, Mon)  
1 lb broccoli, \$1.99 (Weds, Thurs)  
1 cucumber, \$.69 (Sun)  
8 oz baby bella mushrooms, \$1.99 (Weds)  
Bunch of green onions, \$.89 (Sun, Mon, Tues, Fri)  
Simply Nature organic arugula & spinach mix, \$2.89 (Mon)  
3 lbs yellow onions, \$1.59 (Sun, Mon, Tues, Weds, Fri)  
3 heads garlic, \$1.49 (Sun, Mon, Tues)  
5 lb bag baking potatoes, \$4.99 (Mon, Fri)  
1 large sweet potato, \$.65 (Weds)  
2 lb butternut squash, \$1.78 (Thurs)  
2 lb spaghetti squash, \$1.78 (Tues)  
3 pack multi-colored bell peppers, \$3.49 (Fri)  
2 avocados, \$1.58 (Sun)

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**Total: \$69.43**

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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, butter, brown sugar, sugar, cocoa powder, Kosher salt, seasoned salt, sea salt, salt, cumin, oregano, basil, onion powder, smoked paprika, sage, cinnamon, Italian seasoning, black pepper, chili powder, garlic powder, cayenne*

*\*\* 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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