



ALDI Meal Plan week of 9/17/23 – Find the recipes at MashupMom.com	
Sunday	Taco style tater tot casserole, sheet pan green beans
Monday	Ground beef & broccoli stir fry, salad
Tuesday	Keema inspired ground beef quesadillas, cream cheese & salsa w/ crackers
Wednesday	Easy cheesy beautiful pasta skillet, baguette
Thursday	Broiled Parmesan pork chops + broccoli, spinach salad
Friday	Cracker-y, crumbly, Parmesan-y pork chops, buttered peas
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

2 blocks Happy Farms cream cheese, \$2.58 (Sun, Tues)
 Emporium Selection whole milk ricotta, \$2.49 (Weds)
 8 oz block Happy Farms cheddar, \$2.09 (Sun)
 16 oz bag Happy Farms shredded mozzarella, \$3.89 (Tues, Weds, Thurs)
 5 oz Emporium Selection shredded Parmesan, \$2.49 (Sun, Mon, Thurs, Fri)

Frozen

30 oz bag Season's Choice crispy potato circles, \$2.79 (Sun)
 2 bags Season's Choice steamable sweet peas, \$1.90 (Tues, Fri)

Grocery

Specially Selected French baguette, \$1.69 (Weds)
 24 oz jar Casa Mamita medium salsa, \$2.29 (Sun, Tues)
 Box of Savoritz golden round crackers, \$2.29 (Tues, Fri)
 Bottle of Tuscan Garden restaurant style Italian dressing, \$2.19 (Mon, Thurs, Fri)
 16 oz box Reggano rotini, \$.99 (Weds)
 24 oz Reggano marinara, \$1.49 (Weds)
 El Milagro flour tortillas, \$1.16 (Tues)
 Packet Casa Mamita taco seasoning mix, \$.39 (Sun)
 Can Dakota's Pride black beans, \$.79 (Sun)

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Can Happy Harvest whole kernel corn, \$.64 (Sun)
8 oz can Happy Harvest tomato sauce, \$.49 (Tues)

Meat & seafood

4 lb family pack organic grass-fed ground beef, \$17.96 (Sun, Mon, Tues, Weds)
2.75 lbs family pack boneless thin-sliced pork chops, \$8.23 (Thurs, Fri)

Produce

1.75 lb broccoli crowns, \$2.96 (Mon, Thurs)
8 oz bag of spinach, \$1.49 (Thurs)
Garden salad, \$1.79 (Mon)
16 oz green beans, \$1.79 (Sun)
3 lbs yellow onions, \$2.49 (Sun, Tues, Weds, Thurs)
3 heads garlic, \$1.49 (Sun, Tues, Weds, Fri)

Total: \$70.84

***** 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, sesame oil, soy sauce, brown sugar, corn starch, garlic powder, Italian seasoning, seasoned salt, smoked paprika, oregano, thyme, sea salt, salt, crushed red pepper, chili powder, cumin, turmeric, cinnamon, paprika, powdered ginger, 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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