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| **ALDI Meal Plan week of 10/8/23 – Find the recipes at MashupMom.com** |
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| **Sunday** | Sheet pan chicken thighs with potatoes & mushrooms, carrots need butter & thyme |
| **Monday** | Sweet & spicy chicken with butternut squash, broccoli & cheddar |
| **Tuesday** | Loaded potato naan pizza, grapes |
| **Wednesday** | Sheet pan balsamic chicken drumsticks with carrots & asparagus, honeycrisp apples |
| **Thursday** | Sheet pan rosemary chicken drumsticks with broccoli & potatoes, grapes, apples |
| **Friday** | Squash-age harvest vegetable stew, baguette, salad |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

*Dairy & refrigerated*

Emporium Selection garlic & herb cheese spread, $3.69 (Tues)
12 oz bag Happy Farms shredded sharp cheddar, $2.99 (Mon, Tues)

*Grocery*

Specially Selected naan, $4.49 (Tues)
Specially Selected French baguette, $1.69 (Fri)
32 oz box Simply Nature organic chicken broth, $1.89 (Fri)
8 oz Stonemill minced garlic in water, $2.29 (Sun, Weds, Thurs, Fri)
Can Dakota’s Pride garbanzo beans (chickpeas), $.79 (Fri)
Can Happy Harvest cut green beans, $.69 (Fri)
Can Happy Harvest tomato paste, $.74 (Fri)

*Meat* *& seafood*

Parkview Polksa kielbasa, $2.59 (Fri)
2.5 oz bag Tuscan Garden bacon bits, $1.69 (Tues)
4.25 lb family pack Perdue chicken drumsticks, $4.21 (Weds, Thurs)
6.5 lb family pack bone-in chicken thighs, $10.34 (Sun, Mon)

*Produce*

3 lbs green grapes, $4.47 (Tues, Thurs)
2 lbs honeycrisp apples, $2.49 (Weds, Thurs)
2 lbs carrots, $1.69 (Sun, Weds, Fri)
1 lb asparagus, $2.89 (Weds)
1.5 lbs broccoli crowns, $2.24 (Mon, Thurs)
Bunch green onions, $.85 (Tues, Fri)
8 oz white mushrooms, $1.89 (Sun)
8 oz baby bella mushrooms, $2.09 (Fri)
8 oz bag of spinach, $1.49 (Fri)
Bag of garden salad, $1.79 (Fri)
3 lbs yellow onions, $2.49 (Weds, Fri)
5 lbs yellow potatoes, $3.49 (Sun, Tues, Thurs)
1 butternut squash, $1.77 (Mon)
1 acorn squash, $1.18 (Fri)
3 Roma tomatoes, $.84 (Fri)

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**Total: $69.75**

***\*\*\* 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 balsamic vinegar, honey, rosemary, paprika, smoked paprika, chili powder, garlic powder, rosemary, Italian seasoning, cayenne, cinnamon, thyme, seasoned salt, sea salt, Kosher salt, black pepper, salad dressing of choice*

*\*\* 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.*