



ALDI Meal Plan week of 10/8/23 – Find the recipes at MashupMom.com	
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)

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. *** Pricing may vary by store & region.*

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)

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.

Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. *** Pricing may vary by store & region.