

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 8/19/18 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | BBQ potato chip turkey cheeseburger bowls, chips, cantaloupe |
| **Monday** | Colorful vegan tofu pasta salad, strawberries |
| **Tuesday** | Turkey taco stuffed potatoes, nectarines, tomato, avocado |
| **Wednesday** | Cheesy chicken thighs w/ spinach & mushrooms, nectarines, & strawberries |
| **Thursday** | Sheet pan Parmesan chicken thighs + green beans, chopped salad |
| **Friday** | Sausage, peppers, & onions frittata, easy skillet potatoes |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.86 (Thurs, Fri)  
8 oz block Happy Farms cheddar, $1.99 (Sun, Tues)  
Earth Grown organic extra firm tofu, $1.69 (Mon)  
7 oz Happy Farms Preferred deli sliced Havarti, $1.99 (Weds, Thurs)  
4 oz Happy Farms Preferred garlic & herb goat cheese, $1.99 (Fri)  
Priano shredded Parmesan, $1.99 (Thurs, Fri)

*Grocery*

Burman’s BBQ sauce, $.99 (Sun)  
Fusia soy sauce, $1.29 (Mon)  
Clancy’s BBQ potato chips, $1.79 (Sun)  
12 oz box Reggano tri-colored rotini, $.79 (Mon)  
8 oz can Happy Harvest tomato sauce, $.29 (Tues)  
SimplyNature organic black beans, $.89 (Tues)  
8 oz Stonemill minced garlic in water, $1.79 (Mon, Tues, Weds, Thurs, Fri)  
Specially Selected sesame ginger dressing, $1.99 (Mon, Thurs)

*Meat*

30 oz pack Kirkwood 85/15 ground turkey, $5.99 (Sun, Tues)  
3.25 lbs boneless skinless chicken thighs, $5.49 (Weds, Thurs)  
Never Any apple chicken sausage, $2.99 (Fri)

*Produce*

Cantaloupe, $1.79 (Sun)  
2 lbs nectarines, $1.98 (Tues, Weds)  
3 hearts of romaine, $1.99 (Sun, Thurs)  
8 oz spinach, $1.19 (Weds)  
2 lbs carrots, $1.09 (Mon, Thurs)  
8 oz sliced white mushrooms, $.99 (Weds)  
1 cucumber, $.49 (Sun, Mon)  
2 lbs strawberries, $2.58 (Mon, Weds)  
2 lbs red onions, $1.99 (Sun, Mon, Tues, Weds, Fri)  
1 lb green beans, $1.49 (Thurs)  
1 lb mini sweet peppers, $2.49 (Mon, Fri)  
5 lbs baking potatoes, $2.29 (Tues, Fri)  
Pint grape tomatoes, $1.29 (Mon)  
24 oz tomatoes on the vine, $2.29 (Sun, Tues, Thurs)  
1 avocado, $1.49 (Tues)

**Total: $60.23**

*Note: The days(s) on the shopping list show which meal(s) an item will be used in – If you’re skipping a night; easily delete the items you don’t need to purchase.*