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| **ALDI Meal Plan week of 7/25/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Lazy Sunday pork & vegetable stew, peaches |
| **Monday** | Easy fresh vegetable lo mein, garlic green beans |
| **Tuesday** | Sheet pan cheddar Parmesan pork chops & green beans |
| **Wednesday** | Chicken drumsticks Southwest skillet, mangoes |
| **Thursday** | Smoked sausage & veggies skillet |
| **Friday** | Pasta Florentine with salmon, carrots & broccoli |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 7/24):**

*Dairy & refrigerated*

8 oz block Happy Farms sharp cheddar, $1.95 (Tues, Weds)
2 cups Priano shredded Parmesan, $3.98 (Tues, Thurs, Fri)

*Grocery*

32 oz Chef’s Cupboard beef broth, $1.19 (Sun)
16 oz Simply Nature organic spaghetti, $1.09 (Mon, Fri)
Can Happy Harvest fire roasted diced tomatoes, $.89 (Sun)
2 cans of Happy Harvest corn, $.98 (Sun, Weds)
Can of Happy Harvest green beans, $.49 (Sun)
Can of Dakota’s Pride black beans, $.59 (Weds)

*Meat*

3.5 lbs boneless thick cut pork chops, $11.52 (Sun, Tues)
2.5 lbs chicken drumsticks, $3.23 (Weds)
Parkview Polska kielbasa, $2.89 (Thurs)
16 oz Fremont Fish Market wild caught pink salmon, $4.79 (Fri)

*Produce*

2 lbs peaches, $1.70 (Sun)
2 mangoes, $.98 (Weds)
3 lbs yellow onions, $2.49 (Sun, Mon, Weds, Thurs, Fri)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
Bunch green onions, $.79 (Mon, Weds)
2 lbs carrots, $1.29 (Sun, Mon, Fri)
16 oz broccoli crowns, $1.49 (Mon, Fri)
2 bags 16 oz green beans, $3.30 (Mon, Tues)
2 bags 8 oz fresh spinach, $1.98 (Mon, Fri)
3 packs 8 oz white mushrooms, $5.67 (Sun, Mon, Thurs)
3 pack multi-colored bell peppers, $2.99 (Mon, Weds)
20 oz zucchini, $1.61 (Thurs)
Celery, $1.49 (Sun)
24 oz little yellow potatoes, $2.99 (Sun)
2 Roma tomatoes, $.40 (Thurs)
Pint grape tomatoes, $1.89 (Fri)

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**Total: $65.94**

***Staple items you’ll need – AKA: Pantry seasonings & condiments used in this week’s recipes, but not in the shopping list:***

*Olive oil, butter, canola oil, sesame oil, soy sauce, balsamic vinegar, flour, brown sugar, black pepper, sea salt, seasoned salt, garlic powder, thyme, rosemary, bay leaf, powdered ginger, crushed red pepper, chili powder, smoked paprika, cumin, cayenne, Italian seasoning, oregano, parsley, basil*

*\*\* Note: In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*