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| **ALDI Meal Plan week of 7/4/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | 4th of July BBQ: Burgers, watermelon, corn on the cob |
| **Monday** | Ground beef gyros, watermelon |
| **Tuesday** | Greek yogurt lemon linguine with asparagus & mushrooms, salad |
| **Wednesday** | Broiled pork chops & zucchini w/ Greek yogurt sauce |
| **Thursday** | Sheet pan Mediterranean spinach salad w/ lemon yogurt dressing |
| **Friday** | Skillet pork chops w/ mushrooms & tomatoes, cauliflower w/ Parmesan |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 7/3):**

*Dairy & refrigerated*

32 oz Friendly Farms plain whole milk Greek yogurt, $3.49 (Mon, Tues, Weds, Thurs)  
Priano shredded Parmesan, $1.99 (Tues, Fri)

*Grocery*

L’Oven Fresh hamburger buns, $.79 (Sun)  
Specially Selected original naan, $3.99 (Mon)  
Tuscan Garden black olives, $1.49 (Thurs)  
16 oz Simply Nature organic linguine, $1.09 (Tues)  
1 can Dakota’s Pride chickpeas (garbanzo beans), $.59 (Thurs)

*Meat*

5 lbs 73% lean ground beef, $8.95 (Sun, Mon)  
2.5 lbs thin-sliced boneless pork chops, $7.48 (Weds, Fri)  
1 lb boneless skinless chicken breast, $2.49 (Thurs)

*Produce*

4 pack corn on the cob, $1.99 (Sun)  
Whole seedless watermelon, $3.99 (Sun, Mon)  
1 lb strawberries, $1.49 (Weds)  
2 lbs lemons, $3.49 (Mon, Tues, Weds, Thurs)  
2 cucumbers, $1.18 (Mon, Tues, Thurs)  
3 pack hearts of romaine, $2.49 (Mon, Tues)  
8 oz spinach, $1.49 (Thurs)  
2 packs 8 oz white mushrooms, $3.58 (Tues, Fri)  
1 lb asparagus, $2.49 (Tues)  
1 head cauliflower, $2.49 (Thurs, Fri)  
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs, Fri)  
3 lbs yellow onions, $2.49 (Mon, Tues, Fri)  
20 oz zucchini, $1.61 (Weds)  
6 Roma tomatoes, $1.50 (Mon, Thurs)  
Pint grape tomatoes, $1.89 (Fri)

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**Total: $65.81**

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

*Olive oil, butter, sea salt, oregano, rosemary, parsley, onion powder, Kosher salt, black pepper, crushed red pepper, paprika, garlic powder, seasoned salt*

*\*\* 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.*