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| **ALDI Meal Plan week of 8/26/18 – Find the recipes at MashupMom.com** |
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| **Sunday** | Italian wedding soup, toasted English muffins |
| **Monday** | Korean-style ground turkey & spinach rice bowls, grilled carrots with lime & cilantro |
| **Tuesday** | Chipotle chicken wraps, leftover soup, peas |
| **Wednesday** | Chipotle turkey chili, jazzed up garden salad |
| **Thursday** | Spice rubbed fish tacos, avocado salad |
| **Friday** | Tofu & mushroom fried rice, Asian garlic green beans |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

Dozen Goldhen eggs, $1.18 (Sun, Mon, Weds, Fri)
Friendly Farms sour cream, $1.49 (Tues, Weds, Thurs)
Priano shredded Parmesan, $1.99 (Sun)
14 oz Earth Grown extra firm organic tofu, $1.69 (Fri)

*Frozen*

Season’s Choice green peas, $.95 (Tues, Fri)

*Grocery*

L’Oven Fresh spinach wraps, $2.29 (Tues)
L’Oven Fresh English muffins, $.79 (Sun)
Fusia Sriracha, $1.49 (Mon, Fri)
3 lbs Earthly Grains long grain white rice, $1.29 (Mon, Fri)
Chef’s Cupboard plain bread crumbs, $.89 (Sun)
2 boxes Chef’s Cupboard chicken broth, $2.58 (Sun)

El Milagro corn tortillas, $.35 (Thurs)
2 cans Happy Harvest fire roasted diced tomatoes, $1.78 (Weds)
Dakota’s Pride black beans, $.69 (Weds)
Dakota’s Pride kidney beans, $.69 (Weds)
Dakota’s Pride Cannellini beans, $.69 (Sun)
Pueblo Lindo chipotles in adobo, $.99 (Tues, Weds)
Pasago 7 oz small shells, $.25 (Sun)

*Meat*

3 lbs Jennie-O 90/10 ground turkey, $6.99 (Sun, Mon, Weds)
1 lb boneless skinless chicken breast, $2.29 (Tues)
1 lb tilapia, $5.79 (Thurs)

*Produce*

1 lb limes, $1.99 (Mon, Tues, Thurs)
2 Little Salad Bar 8 oz bagged spinach, $2.38 (Sun, Mon, Tues)
Bag garden salad, $.89 (Weds)
8 oz mushrooms, $1.49 (Fri)
2 lbs carrots, $1.09 (Sun, Mon, Fri)
Bunch cilantro, $.69 (Mon, Thurs)
Bunch green onions, $.89 (Mon, Weds, Thurs)
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $1.99 (Sun, Weds, Thurs, Fri)
1 lb green beans, $1.49 (Fri)
3 pack multicolored bell peppers, $3.49 (Tues, Weds, Thurs)
Celery, $.99 (Sun, Weds)
24 oz vine ripe tomatoes, $1.99 (Tues, Thurs)
4 avocados, $2.78 (Tues, Thurs)

**Total: $60.78**

*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.*