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| **ALDI Meal Plan week of 8/16/20 – Find the recipes at MashupMom.com** |
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| **Sunday** | Yogurt marinated chicken drumsticks, lemon rice, Brussels sprouts with garlic |
| **Monday** | Vegetarian lemon chickpea wraps, grapes |
| **Tuesday** | Easy pork & pepper fajitas, spring mix salad |
| **Wednesday** | Broiled pork chops & zucchini, grapes |
| **Thursday** | Ground beef gyros, spring mix salad, carrot sticks |
| **Friday** | Ground beef & broccoli stir fry, stir fried carrots, rice |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 8/15):**

*Dairy & refrigerated*

32 oz Friendly Farms whole milk Greek yogurt, $3.59 (Sun, Tues, Weds, Thurs)

*Grocery*

L’Oven Fresh spinach wraps, $2.49 (Mon)
Specially Selected naan, $3.99 (Thurs)
3 lbs Earthly Grains long grain white rice, $1.99 (Sun, Fri)
Chef’s Cupboard 32 oz chicken broth, $1.29 (Sun)
El Milagro flour tortillas, $.98 (Tues)
2 cans Dakota’s Pride garbanzo beans (chickpeas), $.98 (Mon)

*Meat*

3 lbs chicken drumsticks, $3.87 (Sun)
2.5 lbs thin sliced pork chops, $7.48 (Tues, Weds)
2.5 lbs 80/20 ground beef, $8.73 (Thurs, Fri)

*Produce*

2 lbs lemons, $2.29 (Sun, Mon, Tues, Weds, Thurs)
2 lbs red grapes, $1.78 (Mon, Weds)
1 lb Brussels sprouts, $1.99 (Sun)
20 oz zucchini, $1.61 (Weds)
16 oz Simply Nature organic spring mix salad, $4.29 (Mon, Tues, Thurs)
16 oz broccoli crowns, $1.49 (Thurs, Fri)
2 lbs carrots, $1.29 (Tues, Thurs, Fri)
Cucumber, $.59 (Thurs)
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $1.89 (Mon, Tues, Thurs)
3 pack multi-colored bell peppers, $2.99 (Tues)
Pint grape tomatoes, $1.89 (Mon, Tues)
2 Roma tomatoes, $.40 (Thurs)
2 avocados, $1.78 (Mon, Tues)

**Total: $60.86**

***Staple items you’ll need – AKA: Pantry spices & condiments used in this week’s recipes.***

*Olive oil, sesame oil, butter, soy sauce, smoked paprika, paprika, cayenne, cinnamon, cumin, garlic powder, black pepper, sea salt, basil, lemon pepper, oregano, crushed red pepper, chili powder, seasoned salt, rosemary, onion powder, parsley, Kosher salt, brown sugar, cornstarch, ground ginger*

*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.*