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| **ALDI Meal Plan week of 8/15/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Simple roast chicken & vegetables |
| **Monday** | Leftover chicken fried rice, wonton soup with spinach |
| **Tuesday** | Smoked salmon, avocado, & ricotta frittata |
| **Wednesday** | Ramen noodle stir fry with ground beef, edamame, & carrots |
| **Thursday** | Easy cheesy beautiful pasta skillet, side salad |
| **Friday** | Garlic-soy pork with edamame rice, garlic broccoli stir fry |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 8/14):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.09 (Mon, Tues, Thurs)  
15 oz Emporium Selection whole milk ricotta, $1.89 (Tues, Thurs)  
8 oz Happy Farms mozzarella cheese block, $1.99 (Tues, Thurs)

*Frozen*

16 oz Season’s Choice shelled edamame, $1.89 (Weds, Fri)  
Fusia 16 oz pork pot stickers, $3.99 (Mon)  
12 oz Season’s Choice steamable peas, $.85 (Mon, Weds)

*Grocery*

3 lbs Earthly Grains long grain white rice, $2.19 (Mon, Fri)  
32 oz box Chef’s Cupboard 32 oz chicken broth, $1.19 (Mon)  
12 oz Reggano farfalle, $.99 (Thurs)  
24 oz Reggano marinara, $1.59 (Thurs)  
Fusia soy sauce, $1.59 (Mon, Weds, Fri)  
Fusia ramen noodles 8 oz, $2.49 (Weds)

*Meat*

6 lb whole chicken, $5.70 (Sun, Mon)  
3 oz Specially Selected cold smoked salmon, $3.99 (Tues)  
2 lbs 85/15 ground beef, $7.98 (Weds, Thurs)  
1.5 lbs boneless center cut pork chops, $5.99 (Fri)

*Produce*

2 lbs carrots, $1.49 (Sun, Mon, Weds)  
1.25 lbs broccoli crowns, $1.86 (Mon, Fri)  
2 bunches green onions, $1.58 (Mon, Tues, Weds, Fri)  
8 oz whole white mushrooms, $1.79 (Sun)  
8 oz spinach, $1.49 (Mon, Thurs)  
5 lbs baking potatoes, $2.79 (Sun, Tues)   
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Weds, Thurs,   
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
Celery, $1.49 (Mon, Thurs)  
3 pack multi-colored bell peppers, $3.29 (Tues, Thurs)  
1 avocado, $.89 (Tues)

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**Total: $65.65**

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

*Olive oil, canola oil, sesame oil, butter, Kosher salt, seasoned salt, sea salt, salt, black pepper, paprika, rosemary, thyme, crushed red pepper, ground ginger, brown sugar, oregano*

*\*\* 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.*