



ALDI Meal Plan week of 7/3/22 – Find the recipes at MashupMom.com	
Sunday	Easy cheesy beautiful pasta skillet, baguette
Monday	4 th of July BBQ: Cheeseburgers, balsamic bell peppers, corn on the cob, grapes
Tuesday	Chipotle lentil tacos, grapes
Wednesday	Ground beef & broccoli stir fry + carrot stir fry over cauliflower rice
Thursday	BBQ bacon cheddar chicken sandwiches, broccoli w/ mozzarella
Friday	Rustic mushroom lentil soup, salad
Saturday	Leftovers, family pizza night, or order in!

Shopping list (through 7/2):

- 16 oz Emporium Selection whole milk ricotta, \$2.15 (Sun)
- 8 oz Happy Farms deli-sliced sharp cheddar, \$1.89 (Mon, Thurs)
- 8 oz block Happy Farms block cheddar, \$1.85 (Tues)
- 8 oz block Happy Farms mozzarella, \$1.85 (Sun, Thurs)

Frozen

- Season's Choice cauliflower rice, \$2.19 (Weds)

Grocery

- Specially Selected everything brioche buns, \$2.99 (Thurs)
- L'Oven Fresh hamburger buns, \$.89 (Mon)
- Specially Selected French baguette, \$1.79 (Sun)
- Burman's BBQ sauce of choice, \$1.29 (Mon, Thurs)
- 2 boxes 32 oz Chef's Cupboard chicken broth, \$2.58 (Tues, Fri)
- 12 oz Reggano farfalle, \$.95 (Sun)
- 24 oz jar Reggano marinara, \$1.49 (Sun)
- 16 oz Dakota's Pride green lentils, \$1.29 (Tues, Fri)
- El Milagro flour tortillas, \$1.16 (Tues)
- Can Pueblo Lindo chipotles in adobo, \$1.29 (Tues)

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8 oz can Happy Harvest tomato sauce, \$.39 (Tues)
Can Happy Harvest fire roasted diced tomatoes, \$.91 (Fri)

Meat

16 oz Appleton Farms premium sliced bacon, \$4.49 (Thurs, Fri)
1.5 lbs boneless skinless chicken breast, \$5.99 (Thurs)
5 lb pack 73% lean ground beef, \$11.45 (Sun, Mon, Weds)

Produce

3 lbs red grapes, \$2.85 (Mon, Tues)
4 pack sweet corn, \$1.69 (Mon)
32 oz bag of carrots, \$1.39 (Weds, Fri)
2 packs 8 oz white mushrooms, \$3.58 (Fri)
Bag of garden salad, \$1.49 (Fri)
Bunch green onions, \$.89 (Weds, Fri)
1.25 lbs broccoli crowns, \$2.49 (Weds, Thurs)
3 lbs yellow onions, \$2.29 (Sun, Mon, Tues, Fri)
3 heads garlic, \$1.49 (Sun, Tues, Fri)
3 pack multi-colored bell peppers, \$2.99 (Mon, Tues)
3 Roma tomatoes, \$.75 (Tues)

Total: \$70.78

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

Olive oil, canola oil, butter, soy sauce, brown sugar, cornstarch, sesame oil, balsamic vinegar, oregano, salt, crushed red pepper, black pepper, chili powder, smoked paprika, cumin, sea salt, ground ginger, garlic salt, thyme, rosemary, cayenne, bay leaf

**** 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.*

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