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| **ALDI Meal Plan week of 7/17/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Easy black bean chili over rice, cantaloupe |
| **Monday** | Italian chicken w/ zucchini & red potatoes |
| **Tuesday** | Honey lime ginger vegetarian stir fry, garlic broccoli stir fry, rice |
| **Wednesday** | Slow cooker garlic lime chicken, broccoli w/ cheddar & Parmesan |
| **Thursday** | Ahi tuna poke bowls, strawberries |
| **Friday** | One pot creamy sausage pasta, baguette, salad |
| **Saturday** | Leftovers, family pizza night, or order in! |

*Dairy & refrigerated*

8 oz Happy Farms brick cream cheese, $1.39 (Fri)  
12 oz Happy Farms shredded cheddar, $2.99 (Mon, Weds, Fri)  
Emporium Selection shredded Parmesan, $2.49 (Mon, Weds, Fri)

*Grocery*

Specially Selected French baguette, $1.79 (Fri)  
3 lb bag Earthly Grains long grain white rice, $2.29 (Sun, Tues, Thurs)  
Burman’s reduced sodium soy sauce, $1.59 (Tues, Weds, Thurs)  
8 oz Stonemill minced garlic in water, $2.39 (Sun, Mon, Tues, Weds, Fri)  
Simply Nature 3 pack seaweed snacks, $1.89 (Thurs)  
12 oz box Reggano rotini, $.95 (Fri)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Sun, Fri)  
3 cans Casa Mamita diced tomatoes with green chilies, $2.13 (Sun, Mon, Fri)  
Can Happy Harvest diced tomatoes, $.71 (Mon)  
2 cans Dakota’s Pride black beans, $1.42 (Sun)

*Meat*

12 oz Specially Selected sushi grade ahi tuna steaks, $5.39 (Thurs)  
14 oz pack Parkview cheddar jalapeño sausage, $3.49 (Fri)  
10 lb bag chicken leg quarters, $5.90 (Mon, Weds)

*Produce*

1 lb bag of limes, $2.49 (Sun, Tues, Weds, Thurs)  
Cantaloupe, $1.99 (Sun)  
1 lb strawberries, $1.49 (Thurs)  
8 oz sugar snap peas, $2.39 (Tues)  
Little Salad Bar garden salad, $1.49 (Fri)  
Two packs 8 oz white mushrooms, $3.18 (Tues)  
1.5 lbs broccoli crowns, $2.99 (Tues, Weds)  
1 cucumber, $.59 (Thurs)  
1 lb radishes, $1.39 (Thurs, Fri)  
Bunch green onions, $.85 (Mon, Tues, Thurs, Fri)  
3 lb bag yellow onions, $2.29 (Sun, Tues, Thurs, Fri)  
24 oz dynamic duo potatoes, $3.69 (Mon)  
20 oz zucchini, $1.61 (Mon)  
3 pack multicolored bell peppers, $2.99 (Tues, Fri)  
2 avocados, $2.38 (Mon, Thurs)

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**Total: $69.91**

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

*Olive oil, butter, canola oil, sesame oil, cumin, cayenne, smoked paprika, seasoned salt, Italian seasoning, oregano, black pepper, sea salt, salt, Kosher salt, honey, ground ginger, cornstarch, crushed red pepper*

*\*\* 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.*