



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

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*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**

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**\*\*\* 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.*

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