



<b>ALDI Meal Plan week of 7/9/22 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Garlic rosemary pork roast & potatoes, biscuits, strawberries
<b>Monday</b>	Smothered skillet pork chops, sauteed zucchini, grapes
<b>Tuesday</b>	Black bean & potato tacos, grapes
<b>Wednesday</b>	Skillet pork chops with mushrooms & tomatoes, garlic green beans w/ soy sauce
<b>Thursday</b>	Slow cooker honey chipotle BBQ chicken sandwiches, pan fried Parmesan potatoes
<b>Friday</b>	Olive garden dressing sheet pan chicken dinner, salad
<b>Saturday</b>	Leftovers, family pizza night, or order in!

### *Dairy & refrigerated*

Emporium Selection shredded Parmesan, \$2.49 (Mon, Thurs, Fri)  
 8 oz Happy Farms block cheddar, \$1.85 (Tues)  
 8 oz Happy Farms deli sliced provolone, \$2.19 (Thurs)  
 Bake House Creations jumbo biscuits, \$1.49 (Sun)

### *Grocery*

L'Oven Fresh Kaiser buns, \$2.49 (Thurs)  
 Tuscan Garden restaurant style Italian dressing, \$1.99 (Mon, Fri)  
 16 oz Great Gherkins Kosher dill sandwich slices, \$1.19 (Thurs)  
 Burman's BBQ sauce, \$1.29 (Thurs)  
 Can of Pueblo Lindo chipotles in adobo, \$1.29 (Tues, Thurs)  
 El Milagro flour tortillas, \$1.16 (Tues)  
 Can of Dakota's Pride black beans, \$.71 (Tues)

### *Meat*

4.5 lbs half pork loin, \$9.41 (Sun, Mon, Weds)  
 4.5 lb family pack boneless skinless chicken breast, \$9.86 (Thurs, Fri)

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*Produce*

3 lbs green grapes, \$2.97 (Mon, Tues)  
16 oz strawberries, \$1.29 (Sun)  
3 packs 8 oz white mushrooms, \$5.07 (Sun, Weds, Fri)  
8 oz bag of spinach, \$1.69 (Tues, Fri)  
Bag of garden salad, \$1.49 (Fri)  
5 lbs baking potatoes, \$3.99 (Sun, Tues, Thurs)  
3 heads garlic, \$1.49 (Sun, Mon, Tues, Weds, Thurs)  
3 lbs yellow onions, \$2.29 (Sun, Mon, Tues, Weds, Fri)  
2 lbs green beans, \$3.58 (Weds, Fri)  
1.25 lbs zucchini, \$1.86 (Mon)  
3 pack multi-colored bell peppers, \$2.99 (Mon, Tues)  
Pint grape tomatoes, \$1.89 (Weds)  
2 avocados, \$1.98 (Tues)  
3 Roma tomatoes, \$.75 (Tues)

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**Total: \$70.74**

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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, canola oil, sesame oil, butter, soy sauce, rosemary, Kosher salt, black pepper, Italian seasoning, everything bagel seasoning (or garlic salt), cumin, smoked paprika, chili powder, sea salt, seasoned salt, basil, crushed red pepper, powdered ginger, honey, paprika, 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.*

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