



ALDI Meal Plan week of 8/14/22 – Find the recipes at MashupMom.com	
Sunday	Paprika pork chop sandwiches on Parmesan garlic bread, cantaloupe
Monday	Rice noodles w/ tofu & spinach, egg drop soup
Tuesday	Easy pork & pepper fajitas, easy cheesy enchilada rice, grapes
Wednesday	Garlic soy pork with edamame rice, honey lime glazed carrots
Thursday	Sausage, peppers, & onions frittata, toasted sourdough
Friday	Edamame mushroom fried rice, garlic green beans w/ soy sauce, grapes
Saturday	Leftovers, family pizza night, or order in!

Dairy & refrigerated

Dozen Goldhen large eggs, \$3.49 (Mon, Thurs, Fri)
 Earth Grown Organic extra firm tofu, \$2.29 (Mon)
 8 oz Happy Farms sharp cheddar, \$1.99 (Tues)
 Priano shredded Parmesan, \$2.29 (Sun, Thurs)
 Emporium Selection garlic herb goat cheese, \$2.09 (Thurs)

Frozen

Season's Choice shelled edamame, \$2.49 (Weds, Fri)
 Season's Choice 16 oz extra fine green beans, \$1.99 (Fri)

Grocery

Specially Selected sourdough square loaf, \$3.49 (Sun, Thurs)
 Specially Selected salsa verde, \$2.99 (Tues)
 3 lbs Earthly Grains long grain white rice, \$2.29 (Tues, Weds, Fri)
 Fusia soy sauce, \$1.59 (Mon, Weds, Fri)
 Thai brown rice noodles, \$2.79 (Mon)
 Chef's Cupboard chicken broth, \$1.29 (Mon)
 El Milagro flour tortillas, \$1.16 (Tues)

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Meat

4 lbs thick cut boneless pork chops, \$13.96 (Sun, Tues, Weds)
Never Any apple chicken sausage, \$3.89 (Thurs)

Produce

Cantaloupe, \$1.69 (Sun)
2 lbs red grapes, \$1.90 (Tues, Fri)
2 lbs limes, \$2.29 (Mon, Tues, Weds)
Bunch green onions, \$.85 (Mon, Tues, Weds, Fri)
8 oz spinach, \$1.49 (Mon)
8 oz white mushrooms, \$1.69 (Fri)
2 lbs carrots, \$1.49 (Weds, Fri)
3 lbs yellow onions, \$2.29 (Sun, Mon, Tues, Thurs, Fri)
3 heads garlic, \$1.49 (Sun, Mon, Tues, Weds, Fri)
3 pack multi-colored bell peppers, \$2.99 (Tues, Thurs)
2 avocados, \$2.18 (Tues)

Total: \$70.43

***** 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, sea salt, black pepper, paprika, cornstarch, basil, garlic powder, crushed red pepper, ground ginger, cumin, chili powder, smoked paprika, seasoned salt, cayenne, brown sugar, honey

*** 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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