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| **ALDI Meal Plan week of 8/28/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Taco style tater tot casserole, mango |
| **Monday** | Creamy black bean & pumpkin soup, blue corn tortilla chips, leftover tater tot casserole |
| **Tuesday** | Spinach mushroom muffin tin mini frittatas, oranges, leftover soup |
| **Wednesday** | Slow cooker salsa pork tacos, oranges |
| **Thursday** | Leftover salsa pork naan pizza, salad |
| **Friday** | Southwest pulled pork & potato bowls |
| **Saturday** | Leftovers, family pizza night, or order in! |

Note: Avocados are also on sale this week and would go really well with some of these meals. Unfortunately the $70 budget didn’t extend to include them, but if you have wiggle room in yours, I’d recommend adding a couple! 🙂

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Dairy & refrigerated

8 oz block original Happy Farms cream cheese, $1.39 (Sun, Mon)  
12 oz bag Happy Farms shredded cheddar, $2.99 (Sun, Weds)  
8 oz block Happy Farms colby jack, $2.09 (Tues, Fri)  
8 oz block Happy Farms mozzarella, $2.09 (Thurs)  
Dozen Goldhen large eggs, $2.99 (Tues, Thurs)

Frozen

Season’s Choice crispy potato circles, $2.39 (Sun)  
Season’s Choice steamable sweet corn, $.89 (Fri)

Grocery

24 oz jar Casa Mamita salsa, $1.99 (Sun, Weds)  
Simply Nature organic blue corn tortilla chips, $1.99 (Mon)  
Specially Selected naan, $4.49 (Thurs)  
Specially Selected pumpkin chipotle pasta sauce, $3.49 (Mon)  
Pack of Casa Mamita taco seasoning mix, $.39 (Sun)  
El Milagro flour tortillas, $1.16 (Weds)

32 oz Simply Nature organic vegetable broth, $1.89 (Mon)  
4 cans Dakota’s Pride black beans, $2.84 (Sun, Mon, Fri)  
Can Happy Harvest whole kernel corn, $.59 (Sun)

Meat

16 oz chub 85% lean ground beef (frozen), $3.99 (Sun)  
6 lb boneless pork butt roast, $11.94 (Weds, Thurs, Fri)

Produce

3 lb bag of navel oranges, $2.89 (Tues, Weds)  
1 mango, $.79 (Sun)  
Bunch green onions, $.85 (Sun, Mon, Thurs, Fri)  
8 oz white mushrooms, $1.59 (Tues)  
Bag of garden salad, $1.49 (Thurs)  
2 bags 8 oz spinach, $2.98 (Tues, Thurs)  
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Weds, Fri)  
3 heads of garlic, $1.49 (Sun, Mon, Weds, Fri)  
24 oz dynamic duo potatoes, $3.49 (Fri)  
3 pack multi-colored bell peppers, $2.99 (Mon, Thurs, Fri)  
2 Roma tomatoes, $.45 (Weds)

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**Total: $70.89**

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

*Olive oil, chili powder, oregano, smoked paprika, cumin, sea salt, black pepper, crushed red pepper, Kosher salt, cayenne, bay leaf, seasoned salt*

*\*\* 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.*