



ALDI Meal Plan week of 8/28/22 – Find the recipes at MashupMom.com	
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! 😊

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)

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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)

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.*

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