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| **ALDI Meal Plan week of 8/7/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Naan pizza with pesto, zucchini, & tomatoes, grapes |
| **Monday** | Spinach feta quesadillas, sauteed carrots & green onions |
| **Tuesday** | 30 minute kielbasa tortellini soup, grapes |
| **Wednesday** | Ground turkey stir fry with cauliflower rice, carrot stir fry |
| **Thursday** | Ground turkey & zucchini pesto pasta skillet |
| **Friday** | Sheet pan sausage, peppers, & pierogies, broccoli with pesto |
| **Saturday** | Leftovers, family pizza night, or order in! |

*Dairy & refrigerated*

4 oz Emporium Selection crumbled feta, $2.29 (Mon)  
16 oz Happy Farms shredded mozzarella, $3.49 (Sun, Mon)  
Emporium Selection shredded Parmesan, $2.29 (Sun, Thurs, Fri)  
9 oz Priano 3 cheese tortellini, $2.99 (Tues)

*Frozen*

2 packs Bremer loaded baked potato pierogies, $4.98 (Fri)  
12 oz bag Season’s Choice riced cauliflower, $2.19 (Weds)

*Grocery*

Specially Selected artisan flatbread, $3.99 (Sun)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Tues)  
Reggano 12 oz farfalle (bowtie noodles), $.95 (Thurs)  
6.7 oz Priano green pesto, $2.49 (Sun, Thurs, Fri)  
El Milagro flour tortillas, $1.09 (Mon)  
Happy Harvest diced tomatoes, $.71 (Tues)

*Meat*

2 packs Parkview Polska kielbasa, $5.98 (Tues, Fri)  
36 oz Kirkwood 85/15 ground turkey, $5.99 (Weds, Thurs)

*Produce*

1.5 lbs green grapes, $1.43 (Sun, Tues)  
4 packs 8 oz baby bella mushrooms, $5.96 (Tues, Weds, Thurs, Fri)  
3 bags 8 oz spinach, $3.87 (Mon, Tues)  
2 lbs carrots, $1.29 (Mon, Weds)  
Bunch green onions, $.85 (Mon, Weds)  
1.25 lbs broccoli crowns, $2.29 (Weds, Fri)  
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs)  
2 lbs zucchini, $2.58 (Sun, Thurs)  
3 pack multi-colored bell peppers, $2.99 (Weds, Fri)  
2 pints grape tomatoes, $3.78 (Sun, Mon)  
24 oz tomatoes on the vine, $1.99 (Thurs)

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**Total: $70.93**

***\*\*\* 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, crushed red pepper, oregano, salt, sea salt, black pepper, basil, soy sauce, brown sugar, sesame oil, ground ginger, canola oil, Italian seasoning, garlic powder*

*\*\* 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.*