



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

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. \*\*\* Pricing may vary by store & region.*

*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)

-----

**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.*

*Copyright © Mashup Mom, LLC. This plan and shopping list are for personal use; you have the right to print and edit for personal use, but not to reproduce or post in full online. Find weekly ALDI meal plans at MashupMom.com. \*\*\* Pricing may vary by store & region.*