



<b>ALDI Meal Plan week of 6/11/23 – Find the recipes at MashupMom.com</b>	
<b>Sunday</b>	Taco-style tater tot casserole, grapes
<b>Monday</b>	20 minute ground beef & broccoli stir fry, rice, egg drop soup
<b>Tuesday</b>	Keema inspired ground beef quesadillas, cream cheese/salsa, grapes, carrots
<b>Wednesday</b>	Easy beef, tomato, & spinach tortellini, salad
<b>Thursday</b>	30 minute chicken broccoli mushroom stir fry, eggs w/ soy sauce & scallions, rice
<b>Friday</b>	Chicken fried rice, carrot stir fry w/ green onions
<b>Saturday</b>	Leftovers, pizza night, carryout, mix it up!

### *Dairy & refrigerated*

- 9 oz Priano three cheese tortellini, \$2.99 (Weds)
- Dozen Golden large eggs, \$1.19 (Mon, Weds, Thurs, Fri)
- 8 oz Happy Farms cream cheese, \$1.39 (Sun, Tues)
- 5 oz Emporium Selection shredded Parmesan, \$2.49 (Weds)
- 8 oz Happy Farms sharp cheddar cheese block, \$2.09 (Sun)
- 8 oz Happy Farms mozzarella cheese block, \$2.09 (Tues)

### *Frozen*

- McCain baby cakes, \$3.49 (Sun)
- Season's Choice steamable 12 oz sweet peas, \$.95 (Tues, Fri)

### *Grocery*

- 24 oz Casa Mamita medium salsa, \$2.29 (Sun, Tues)
- 3 lbs Earthly Grains long grain white rice, \$2.49 (Mon, Thurs, Fri)
- Fusia soy sauce, \$1.69 (Mon, Thurs, Fri)
- 32 oz Chef's Cupboard chicken broth, \$1.29 (Mon)
- Packet Casa Mamita taco seasoning mix, \$.39 (Sun)
- El Milagro flour tortillas, \$1.16 (Tues)
- Can Dakota's Pride black beans, \$.79 (Sun)
- Can Happy Harvest whole kernel corn, \$.69 (Sun)
- 8 oz can Happy Harvest tomato sauce, \$.39 (Tues)

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## *Meat*

4 lb family pack Simply Nature organic grass-fed ground beef, \$17.96 (Sun, Mon, Tues, Weds)

2 lbs boneless skinless chicken thighs, \$5.98 (Thurs, Fri)

## *Produce*

1.5 green grapes, \$2.24 (Sun, Tues)

Bunch green onions, \$.85 (Mon, Thurs, Fri)

2 lbs broccoli crowns, \$3.98 (Mon, Thurs, Fri)

8 oz white mushrooms, \$1.59 (Thurs)

2 lbs carrots, \$1.89 (Tues, Fri)

8 oz spinach, \$1.49 (Weds)

Little Salad Bar garden salad, \$1.79 (Weds)

3 lbs yellow onions, \$2.29 (Sun, Tues, Weds, Fri)

3 heads garlic, \$1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)

5 Roma tomatoes, \$1.50 (Weds)

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**Total: \$70.91**

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**\*\*\* Staple items you'll need: Check for pantry staples, seasonings, & condiments that are used in this week's recipes, but not included in the shopping list:**

*Olive oil, canola oil, butter, brown sugar, corn starch, sesame oil, ground ginger, basil, oregano, chili powder, cumin, turmeric, cinnamon, paprika, cayenne, crushed red pepper, sea salt, black pepper, salad dressing*

**\*\* Note:** You can often **substitute something else and/or omit** some of these items, depending on the recipe. Read through the recipes before shopping, to see where you may need to re-stock your own pantry staples.

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