



ALDI Meal Plan week of 7/2/23 – Find the recipes at MashupMom.com	
Sunday	BBQ bacon cheddar chicken sandwiches, grapes
Monday	Jalapeño popper chicken chili, tortilla chips
Tuesday	4 th of July BBQ: Brats, chips, salsa, corn on the cob
Wednesday	Slow cooker salsa chicken tacos, grapes
Thursday	Ribs, salad, leftover chili
Friday	Cheese tortellini w/ broccoli & tomatoes, baguette
Saturday	Leftovers, pizza night, carryout, mix it up!

Dairy & refrigerated

2 packs 9 oz Priano three cheese tortellini, \$5.98 (Fri)
 8 oz Happy Farms cream cheese, \$1.49 (Mon)
 Emporium Selection shredded Parmesan, \$2.49 (Thurs, Fri)
 8 oz Happy Farms deli sliced sharp cheddar, \$1.49 (Sun, Weds)

Frozen

Season's Choice steamable broccoli florets, \$.99 (Fri)

Grocery

L'Oven Fresh hot dog buns, \$1.29 (Tues)
 L'Oven Fresh hamburger buns, \$1.29 (Sun)
 Specially Selected French baguette, \$1.79 (Fri)
 Clancy's restaurant style tortilla chips, \$1.89 (Mon, Tues)
 24 oz Casa Mamita medium salsa, \$2.29 (Tues, Weds)
 Packet of Tuscan Garden ranch dressing mix, \$.49 (Mon)
 Burman's original BBQ sauce, \$1.49 (Sun, Thurs)
 32 oz Chef's Cupboard chicken broth, \$1.29 (Mon)
 Packet of Casa Mamita taco seasoning, \$.39 (Weds)
 El Milagro flour tortillas, \$1.16 (Weds)
 1 can Casa Mamita diced tomatoes with green chilies, \$.89 (Mon)
 2 cans Dakota's Pride cannellini beans, \$1.58 (Mon)

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1 can Dakota's Pride black beans, \$.79 (Weds)
1 can Happy Harvest whole kernel corn, \$.69 (Mon)

Meat & seafood

19 oz bratwurst, \$2.99 (Tues)
4.75 lb family pack boneless skinless chicken breast, \$10.89 (Sun, Mon, Weds)
4 lbs spare ribs, \$9.16 (Thurs)
Appleton Farms premium sliced bacon, \$3.99 (Sun, Mon)

Produce

4 pack sweet corn, \$2.29 (Tues)
2 lbs red grapes, \$2.78 (Sun, Weds)
Bag of garden salad, \$1.49 (Thurs)
3 lbs yellow onions, \$2.29 (Mon, Tues, Weds)
3 heads garlic, \$1.49 (Mon, Fri)
8 oz jalapeños, \$.69 (Mon, Weds)
2 avocados, \$1.18 (Weds)
10 oz container grape tomatoes, \$1.89 (Fri)

Total: \$70.89

***** 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, butter, crushed red pepper, garlic salt, smoked paprika, chili powder, cumin, oregano, sea salt, black pepper, Italian seasoning, garlic powder, 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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