



ALDI Meal Plan week of 7/16/23 – Find the recipes at MashupMom.com	
Sunday	Ahi tuna poke bowls, garlic broccoli stir fry
Monday	Easy black bean chili, tortilla chips
Tuesday	Zucchini Spanish rice burrito bowls with chicken & mushrooms, chips & salsa
Wednesday	Chicken with chunky mango-tomato salsa, roasted veggies
Thursday	Chopped chicken avocado tomato cucumber salad
Friday	Honey lime ginger vegetarian stir fry, ground beef & broccoli stir fry, rice
Saturday	Leftovers, pizza night, carryout, mix it up!

ALDI Shopping List:

Dairy & refrigerated

8 oz block Happy Farms sharp cheddar, \$2.09 (Mon, Tues)

Grocery

- 24 oz jar Casa Mamita medium salsa, \$2.29 (Tues)
- 13 oz Clancy's restaurant style tortilla chips, \$1.89 (Mon, Tues)
- 3 lbs Earthly Grains long grain white rice, \$2.39 (Sun, Tues, Fri)
- Fusia soy sauce, \$1.59 (Sun, Fri)
- 3 pack Simply Nature seaweed snacks, \$1.99 (Sun)
- 32 oz box Chef's Cupboard chicken broth, \$1.29 (Sun, Mon, Tues)
- Can Casa Mamita diced tomatoes with green chilies, \$.85 (Mon)
- 2 cans Dakota's Pride black beans, \$1.70 (Mon)

Meat & seafood

- 12 oz Specially Selected Ahi tuna steaks (frozen), \$4.99 (Sun)
- 5 lb family pack boneless skinless chicken breast, \$11.45 (Tues, Weds, Thurs)
- 1 lb Simply Nature organic grass fed ground beef, \$3.99 (Fri)

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Produce

1 lb limes, \$2.29 (Sun, Mon, Weds, Thurs, Fri)
1 mango, \$.89 (Weds)
1 cucumber, \$.69 (Sun)
3 packs 8 oz white mushrooms, \$5.67 (Tues, Fri)
1.5 lbs broccoli crowns, \$3.29 (Sun, Fri)
1 lb mini cucumbers, \$1.99 (Thurs)
8 oz sugar snap peas, \$1.99 (Fri)
Bunch green onions, \$.85 (Sun, Mon, Thurs, Fri)
1 lb radishes, \$1.39 (Sun, Weds)
3 lbs yellow onions, \$2.69 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 heads of garlic, \$1.49 (Sun, Mon, Tues, Weds, Fri)
8 oz jalapeños, \$.69 (Weds)
3 ct multi-colored bell peppers, \$2.79 (Weds, Fri)
1.5 lbs zucchini, \$2.09 (Tues, Weds)
24 oz tomatoes on the vine, \$2.29 (Weds, Thurs)
3 Roma tomatoes, \$1.05 (Thurs)
3 avocados, \$2.25 (Sun, Thurs)

Total: \$70.90

***** 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, sesame oil, honey, brown sugar, cornstarch, powdered ginger, crushed red pepper, cayenne, cumin, chili powder, smoked paprika, Italian seasoning, oregano, garlic powder, seasoned salt, sea salt, salt, black pepper

**** 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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