

|  |  |
| --- | --- |
| **ALDI Meal Plan week of 7/9/23 – Find the recipes at MashupMom.com** | |
|  |  |
| **Sunday** | Shredded Italian chicken over pasta, garlic bread |
| **Monday** | Leftover shredded Italian chicken sandwiches, potato chips, carrot sticks |
| **Tuesday** | Simple vegetarian white bean soup, side salad |
| **Wednesday** | Beef & cabbage stir fry with giardiniera, mangoes |
| **Thursday** | Broiled Parmesan pork chops & broccoli, broiled tomatoes |
| **Friday** | Skillet pork chops w/ mushrooms & tomatoes, glazed carrots |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

Dairy & refrigerated

8 oz block Happy Farms mozzarella, $2.09 (Mon, Thurs)  
5 oz Emporium Selection shredded Parmesan, $2.49 (Tues, Thurs)

Grocery

L’Oven Fresh deli rolls, $2.39 (Mon)  
Specially Selected Italian bread, $3.89 (Sun)  
Bag of Clancy’s sea salt & vinegar kettle chips, $1.99 (Mon)  
Tuscan Garden mild giardiniera, $3.69 (Mon, Weds)  
32 oz box Simply Nature organic chicken broth, $1.89 (Weds, Fri)  
32 oz Simply Nature organic vegetable broth, $1.89 (Tues)  
Simply Nature organic tomato basil pasta sauce, $1.99 (Sun)  
12 oz box Reggano farfalle (bowtie pasta), $.95 (Sun)  
2 cans Dakota’s Pride great northern beans, $1.42 (Tues)  
1 can Dakota’s Pride cannellini beans, $.79 (Tues)  
Can of Happy Harvest tomato paste, $.75 (Sun)  
Can of Happy Harvest diced tomatoes, $.89 (Tues)  
Can of Happy Harvest cut green beans, $.64 (Sun)

Meat & seafood

4.5 lbs bone-in chicken thighs, $7.16 (Sun, Mon)  
14 oz Old Neighborhood shaved beef, $5.99 (Weds)  
2.5 lbs thin sliced boneless pork chops, $8.23 (Thurs, Fri)

Produce

2 mangoes, $1.38 (Weds)  
2 packs 8 oz whole white mushrooms, $1.98 (Weds, Fri)  
Bag of classic coleslaw, $1.19 (Weds)  
Bag of garden salad, $1.49 (Tues)  
8 oz bag of spinach, $1.29 (Tues)  
32 oz carrots, $1.89 (Mon, Tues, Fri)  
1 lb broccoli crowns, $1.99 (Thurs)  
3 lbs yellow onions, $2.69 (Tues, Weds, Fri)  
3 heads garlic, $1.49 (Tues, Weds, Thurs, Fri)  
10 oz container grape tomatoes, $1.99 (Fri)  
24 oz tomatoes on the vine, $2.29 (Tues,   
1 avocado, $.49 (Tues)

**-----**

**Total: $69.29**

***\*\*\* 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, sugar oregano, basil, parsley, garlic powder, Italian seasoning, paprika, black pepper, sea salt, seasoned salt, salt, salad dressing of choice

*\*\* 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.*