



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

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*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)

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**Total: \$69.29**

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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, 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.