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| **ALDI Meal Plan week of 8/13/23 – Find the recipes at MashupMom.com** |
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| **Sunday** | Rosemary chicken & white bean soup, baguette |
| **Monday** | Edamame mushroom fried rice, garlic green beans with soy sauce, grapes |
| **Tuesday** | Weeknight cheesy taco pasta, salad, cantaloupe |
| **Wednesday** | Ramen noodle stir fry with ground beef, edamame, & carrots, egg drop soup |
| **Thursday** | Cheesy sausage, rice, & spinach skillet, simply carrots & celery side dish, pineapple |
| **Friday** | Smoked salmon scramble, bagels, grapes |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

**ALDI Shopping List:**

Dairy & refrigerated

Dozen Goldhen large eggs, $1.05 (Mon, Weds, Fri)
8 oz brick Happy Farms cream cheese, $1.39 (Tues, Fri)
16 oz bag Happy Farms shredded mild cheddar, $3.79 (Tues, Thurs)

Frozen

16 oz bag Season’s Choice shelled edamame, $2.49 (Mon, Weds)

Grocery

Specially Selected French baguette, $1.69 (Sun)
L’Oven Fresh everything bagels, $2.29 (Fri)
8 oz package Fusia Ramen noodles, $2.49 (Weds)
3 lbs Earthly Grains long grain white rice, $2.49 (Mon, Thurs)
Fusia soy sauce, $1.59 (Mon, Weds)
3 boxes 32 oz Simply Nature organic chicken broth, $5.67 (Sun, Weds, Thurs)
16 oz Reggano rotini, $.99 (Tues)
Can Casa Mamita diced tomatoes with green chilies, $.85 (Tues)
Packet of Casa Mamita taco seasoning mix, $.39 (Tues)

Can Dakota’s Pride great northern beans, $.69 (Sun)
Can Dakota’s Pride cannellini beans, $.79 (Sun)
Can Happy Harvest whole kernel corn, $.64 (Tues)
Can Happy Harvest tomato sauce, $.39 (Tues)

Meat & seafood

2 lb pack 80/20 ground beef, $8.78 (Tues, Weds)
3 lbs Tyson chicken drumsticks, $2.67 (Sun)
12 oz pack Never Any spinach feta chicken sausage, $3.69 (Thurs)
3 oz pack Specially Selected cold smoked salmon, $4.19 (Fri)

Produce

3 lbs red grapes, $2.97 (Mon, Fri)
Cantaloupe, $1.69 (Tues)
Pineapple, $1.99 (Thurs)
2 lbs carrots, $1.89 (Sun, Mon, Tues, Weds, Thurs)
16 oz green beans, $1.79 (Mon)
8 oz white mushrooms, $1.59 (Mon)
8 oz bag spinach, $1.29 (Thurs)
Bag of garden salad, $1.49 (Tues)
Bunch green onions, $.85 (Mon, Weds, Fri)
3 lbs yellow onions, $2.79 (Sun, Mon, Tues, Weds, Thurs)
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Thurs)
Celery, $1.99 (Sun, Mon, Tues, Thurs)

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**Total: $70.83**

***\*\*\* 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, butter, brown sugar, powdered ginger, rosemary, thyme, parsley, smoked paprika, bay leaf, crushed red pepper, sea salt, black pepper, 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.*