



ALDI Meal Plan week of 8/13/23 – Find the recipes at MashupMom.com	
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 Golden 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)

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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)

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.

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