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| **ALDI Meal Plan week of 7/8/18 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Skillet chicken drumsticks with corn, zucchini, and tomatoes |
| **Monday** | Slow cooker garlic chicken drumsticks, spring mix salad w/ strawberries |
| **Tuesday** | Taco zucchini boats with sliced nectarines |
| **Wednesday** | One pot Parmesan pasta, sourdough garlic bread, salad |
| **Thursday** | Easy turkey kielbasa chili, sourdough toast, nectarines |
| **Friday** | Tilapia skillet with tomatoes & onions, salad, Parmesan fried broccoli |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

Countryside Creamery butter, $3.09 (Sun, Weds, Thurs, Fri)  
8 oz block Happy Farms cheddar, $1.99 (Tues,  
Friendly Farms sour cream, $1.49 (Tues, Thurs)  
Priano shredded Parmesan, $1.99 (Weds, Fri)

*Grocery*

Specially Selected sourdough square, $2.89 (Weds, Thurs)  
16 oz box SimplyNature organic spaghetti, $1.09 (Weds)  
Can of Chef’s Cupboard chicken broth, $.49 (Mon)  
14.5 oz can Happy Harvest diced tomatoes, $.69 (Fri)  
14.5 oz can Happy Harvest fire roasted diced tomatoes, $.89 (Thurs)  
Can Dakota’s Pride black beans, $.69 (Thurs)  
Can Dakota’s Pride kidney beans, $.69 (Thurs)  
Can Happy Harvest corn, $.49 (Tues)  
10 oz Casa Mamita diced tomatoes with lime, cilantro, & green chilies, $.45 (Thurs)  
Two 8 oz cans Happy Harvest tomato sauce, $.58 (Tues, Thurs)

*Meat*

Two Fit & Active turkey kielbasa, $4.58 (Thurs)  
1 lb fresh tilapia, $5.79 (Fri)  
4.5 lbs chicken drumsticks, $3.16 (Sun, Mon)  
1 lb 80/20 ground beef, $2.99 (Tues)

*Produce*

2 lbs nectarines, $1.98 (Tues, Thurs)  
5 oz SimplyNature organic baby spinach, $2.49 (Weds)  
16 oz SimplyNature organic spring mix, $3.49 (Mon, Weds, Fri)  
8 oz mushrooms, $1.49 (Weds)  
16 oz broccoli, $1.69 (Fri)  
Bunch green onions, $.99 (Tues, Thurs)  
Strawberries, $1.29 (Mon)  
3 lb yellow onions, $1.99 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Thurs)  
Two 20 oz packs zucchini, $2.22 (Sun, Tues)  
3 ears of corn, $.87 (Sun)  
3 pack multicolored bell peppers, $3.29 (Tues, Thurs, Fri)  
2 pints grape tomatoes, $3.38 (Sun, Weds)

**Total: $60.69.**

*Note: The days(s) on the shopping list show which meal(s) an item will be used in – If you’re skipping a night; easily delete the items you don’t need to purchase.*