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| **ALDI Meal Plan week of 8/12/18 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker Italian pulled chicken sandwiches, watermelon |
| **Monday** | Italian chicken, veggie, & pasta skillet, mixed berries |
| **Tuesday** | Chicken sausage dinner salad w/ avocado pepperoncini dressing, watermelon |
| **Wednesday** | Summer squash & tomato frittata, English muffins, grapes |
| **Thursday** | Bacon cheddar burgers on potato rolls, grapes, side salad |
| **Friday** | Baked fish w/ Parmesan sour cream sauce, sauteed squash & zucchini |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

Dozen Goldhen eggs, $1.29 (Weds, Thurs)  
Friendly Farms sour cream, $1.49 (Weds, Fri)  
8 oz block Happy Farms mozzarella, $1.99 (Mon)  
8 oz block Happy Farms cheddar, $1.99 (Sun, Weds)  
Priano shredded Parmesan, $1.99 (Mon, Tues, Fri)

*Grocery*

L’Oven Fresh English muffins, $.79 (Weds)  
L’Oven Fresh deli rolls, $1.89 (Sun)  
L’Oven Fresh potato sandwich rolls, $1.49 (Thurs)  
Jar Tuscan Garden pepperoncini, $1.49 (Sun, Tues)  
16 oz Reggano penne pasta, $.79 (Mon)  
Two 8 oz cans Happy Harvest tomato sauce, $.58 (Sun, Mon)  
14.5 oz Happy Harvest diced tomatoes, $.69 (Sun)  
14.5 oz Happy Harvest fire roasted diced tomatoes, $.89 (Mon)  
Dakota’s Pride garbanzo beans (chickpeas), $.69 (Tues)

*Meat*

2.5 lbs boneless skinless chicken breast, $5.73 (Sun, Mon)  
1.33 lbs fresh bacon cheddar seasoned beef patties, $5.29 (Thurs)  
1.5 lbs tilapia, $8.69 (Fri)  
Never Any apple chicken sausage, $2.99 (Tues)

*Produce*

Seedless watermelon, $2.69 (Sun, Tues)  
3 hearts romaine, $1.99 (Tues, Thurs)  
8 oz sliced mushrooms, $1.49 (Mon)  
Cucumber, $.59 (Tues)  
Strawberries, $1.29 (Mon)  
Pint blueberries, $1.29 (Mon)  
2 lbs red grapes, $1.98 (Weds, Thurs)  
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds  
3 lbs yellow onions, $1.99 (Mon, Tues, Weds  
20 oz zucchini, $1.49 (Mon, Weds, Fri)  
20 oz yellow squash, $1.49 (Weds, Fri)  
6 Roma tomatoes, $.90 (Tues, Weds)  
1 avocado, $.99 (Tues)

**Total: $60.42**

*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.*