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| **ALDI Meal Plan week of 9/9/18 – Find the recipes at MashupMom.com** |
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| **Sunday** | One pan cheesy beef & tomato pasta skillet, grapes, salad |
| **Monday** | Easy vegetarian black bean chili, strawberries |
| **Tuesday** | Pork & pepper fajitas, tomato cucumber salad |
| **Wednesday** | Skillet pork chops w/ mushrooms & tomatoes, skillet red potatoes |
| **Thursday** | Ground turkey stir fry w/ cauliflower rice, grapes |
| **Friday** | Tilapia packets w/ broccoli & mushrooms, salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

8 oz brick Happy Farms cheddar, $1.99 (Mon, Tues)
8 oz brick Happy Farms mozzarella, $1.99 (Sun)

*Frozen*

12 oz bag Season’s Choice riced cauliflower, $1.89 (Thurs)

*Grocery*

Fusia soy sauce, $1.29 (Thurs, Fri)
16 oz box Reggano rotini pasta, $.79 (Sun)
Can Happy Harvest tomato paste, $.39 (Sun)
14.5 oz can Happy Harvest diced tomatoes, $.69 (Sun)
Box SimplyNature organic vegetable broth, $1.89 (Sun, Mon)
El Milagro flour tortillas, $.95 (Tues)
2 cans Dakota’s Pride black beans, $1.38 (Mon)
10 oz can Casa Mamita diced tomatoes with green chilies, $.59 (Mon)
Stonemill minced garlic in water, $1.79 (Mon, Tues, Weds, Thurs, Fri)

*Meat*

1 lb 80/20 ground beef, $2.79 (Sun)
19 oz ground turkey, $2.99 (Thurs)
2 lbs thin cut boneless pork chops, $5.98 (Tues, Weds)
1 lb tilapia, $5.79 (Fri)

*Produce*

1 lb limes, $2.49 (Mon, Tues, Fri)
16 oz broccoli, $1.69 (Thurs, Fri)
3 hearts romaine, $1.99 (Sun, Fri)
Three packs 8 oz sliced mushrooms, $2.97 (Weds, Thurs, Fri)
One cucumber, $.59 (Tues)
Green onions, $.89 (Mon, Thurs)
Strawberries, $1.49 (Mon)
2 lbs red grapes, $1.98 (Sun, Thurs)
24 oz organic red potatoes, $1.99 (Weds)
3 lbs yellow onions, $1.99 (Sun, Mon, Tues, Weds, Thurs
24 oz on the vine tomatoes, $1.49 (Tues)
Pint grape tomatoes, $1.79 (Weds)
3 pack multicolored bell peppers, $3.69 (Tues, Thurs)
1 avocado, $1.29 (Tues)

**Total: $59.51**

*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.*