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| **ALDI Meal Plan week of 10/7/18 – Find the recipes at MashupMom.com** |
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| **Sunday** | Sheet pan cheddar Parmesan pork chops & green beans, grapes |
| **Monday** | Veggie burrito bowls w/pan roasted corn, grapes |
| **Tuesday** | Sheet pan smoky Parmesan chicken tenders & veggies, Caesar salad |
| **Wednesday** | Thyme for a one pan chicken mushroom rice skillet, easy sauteed carrots w/ onion |
| **Thursday** | Bacon wrapped chicken cheddar pinwheels, fast & easy vegetable saute |
| **Friday** | Skillet Cajun spiced tilapia w/ tomatoes, rice |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 10/6)**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Sun, Tues)
Happy Farms deli sliced sharp cheddar, $1.99 (Sun, Thurs)
Happy Farms block cheddar, $1.99 (Mon)

*Grocery*

Casa Mamita Organic double fire roasted salsa, $2.29 (Mon)
32 oz SimplyNature organic vegetable broth, $1.89 (Mon, Weds)
3 lbs Earthly Grains long grain white rice, $1.29 (Mon, Weds, Fri)
1 can Happy Harvest corn, $.49 (Mon)
2 cans Dakota’s Pride black beans, $1.38 (Mon)
1 can Happy Harvest fire roasted diced tomatoes, $.89 (Fri)

*Meat*

16 oz Appleton Farms premium bacon, $3.49 (Thurs)
1.5 lbs thick cut boneless pork chops, $4.49 (Sun)
5 lbs chicken tenderloins, $9.95 (Tues, Weds, Thurs)
32 oz Sea Queen tilapia (frozen), $5.49 (Fri)

*Produce*

8 oz bag spinach, $1.19 (Thurs)
Caesar salad kit, $1.99 (Tues)
2 lbs carrots, $1.09 (Tues, Weds)
8 oz baby bella mushrooms, $1.90 (Weds)
1 lb green beans, $1.49 (Sun)
16 oz broccoli crowns, $1.69 (Tues, Thurs)
2 lbs green grapes, $1.98 (Sun, Mon)
3 heads garlic, $1.69 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $1.90 (Mon, Tues, Weds, Thurs, Fri)
20 oz zucchini, $1.29 (Tues, Thurs)
3 pack multicolored bell peppers, $3.69 (Mon, Fri)
Pint grape tomatoes, $.99 (Mon, Thurs)
2 avocados, $1.38 (Mon)

**Total: $50.89**

*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.*