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| **ALDI Meal Plan week of 10/21/18 – Find the recipes at MashupMom.com** |
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| **Sunday** | Caprese chicken thighs + kale skillet, honeycrisp apples |
| **Monday** | Garlic mushroom chicken thighs, crispy potato wedges, apples |
| **Tuesday** | Mushroom, black bean, & spinach veggie burritos, avocado + tomato salad |
| **Wednesday** | Pepperoni pizza soup with kale, chopped salad |
| **Thursday** | Smoked sausage, zucchini, & spinach pasta, salad, pears |
| **Friday** | Lazy girl turkey salsa chili over baked potatoes, pears |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 10/20)**

*Dairy & refrigerated*

8 oz brick Happy Farms mozzarella, $1.99 (Sun, Weds)
8 oz brick Happy Farms cheddar, $1.99 (Tues, Fri)
Priano shredded Parmesan, $1.99 (Sun, Weds, Thurs)

*Grocery*

SimplyNature organic aged balsamic vinaigrette, $1.99 (Tues, Weds, Thurs)
32 oz SimplyNature organic chicken broth, $1.89 (Weds)
12 oz Reggano tri-colored rotini, $.79 (Thurs)
14 oz SimplyNature organic pizza sauce, $1.99 (Weds)
12 El Milagro medium flour tortillas, $.95 (Tues)
16 oz Specially Selected salsa, $1.99 (Tues, Fri)
14.5 oz fire roasted diced tomatoes, $.89 (Thurs)
Two 14.5 oz diced tomatoes, $1.38 (Fri)
2 cans Dakota’s Pride black beans, $1.38 (Tues, Fri)
1 can Dakota’s Pride kidney beans, $.69 (Fri)
1 can Great Northern beans, $.69 (Fri)
8 oz Stonemill minced garlic in water, $1.79 (Sun, Mon, Tues, Weds, Thurs, Fri)

*Meat*

3.5 lbs boneless skinless chicken thighs, $5.92 (Sun, Mon)
19.2 oz pack Fit & Active ground turkey, $3.49 (Fri)
13-14 oz Polska kielbasa (turkey or regular), $2.29 (Thurs)
5-6 oz Mama Cozzi pepperoni (turkey or regular), $2.19 (Weds)

*Produce*

2 lbs honeycrisp apples, $1.89 (Sun, Mon)
3 lbs Bartlett pears, $1.89 (Thurs, Fri)
12 oz organic chopped kale, $2.19 (Sun, Weds)
3 hearts romaine, $1.99 (Weds, Thurs)
8 oz bag spinach, $1.19 (Tues, Thurs)
Three 8 oz baby bella mushrooms, $2.97 (Mon, Tues)
16 oz baby carrots, $.99 (Weds, Thurs)
3 lbs yellow onions, $1.99 (Sun, Tues, Weds, Thurs
5 lb baking potatoes, $2.49 (Mon, Fri)
20 oz zucchini, $1.29 (Weds, Thurs)
2 pints grape tomatoes, $1.98 (Sun, Weds, Thurs)
4 Roma tomatoes, $.60 (Tues)
4 pack organic avocados, $2.79 (Tues)

**Total: $60.53**

*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.*