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| **ALDI Meal Plan week of 10/28/18 – Find the recipes at MashupMom.com** |
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| **Sunday** | Simple roast chicken and veggies |
| **Monday** | BBQ chicken quinoa casserole, apples |
| **Tuesday** | Fajita-inspired sheet pan chicken thighs + peppers, chili roasted potatoes |
| **Wednesday** | Slow cooker chicken chickpea stew over quinoa, apples |
| **Thursday** | Southwest quinoa unstuffed peppers, sweet kale chopped salad |
| **Friday** | Smoked sausage + spinach soup, baguette |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 10/27)**

*Dairy & refrigerated*

12 oz Happy Farms shredded cheddar cheese, $2.59 (Mon, Thurs)

*Grocery*

Specially Selected French baguette, $1.69 (Fri)
Tuscan Garden Spanish Manzanilla (green) olives w/ pimiento, $1.19 (Weds)
Burman’s BBQ sauce, $.99 (Mon)
16 oz SimplyNature organic quinoa, $3.49 (Mon, Weds, Thurs)
1 box SimplyNature organic chicken broth, $1.49 (Fri)
1 box SimplyNature organic vegetable broth, $1.49 (Weds, Thurs)
1 can Chef’s Cupboard chicken broth, $.49 (Mon)
3 cans Happy Harvest fire roasted tomatoes, $2.67 (Weds, Thurs, Fri)
1 can Happy Harvest diced tomatoes, $.69 (Weds)
2 cans Dakota’s Pride black beans, $1.38 (Mon, Thurs)
2 cans Dakota’s Pride chickpeas (garbanzo beans), $1.38 (Weds)
2 cans Dakota’s Pride Cannellini beans, $1.38 (Fri)
2 cans Happy Harvest corn, $.98 (Mon, Thurs)
1 can Pueblo Lindo chopped green chilies, $.65 (Thurs)

*Meat*

5 lb whole chicken, $4.75 (Sun, Mon)
6 lbs bone-in chicken thighs, $4.74 (Tues, Weds)
Parkview 14 oz Polska kielbasa, $2.29 (Fri)

*Produce*

8 oz bag spinach, $1.19 (Fri)
Little Salad Bar sweet kale chopped salad kit, $2.49 (Thurs)
2 lbs carrots, $1.09 (Sun, Fri)
8 oz mushrooms, $1.69 (Sun)
Two 8 oz baby bella mushrooms, $3.78 (Weds, Fri)
3 lb Gala apples, $1.49 (Mon, Weds)
Bunch cilantro, $.59 (Mon, Tues)
3 lbs yellow onions, $1.99 (Sun, Tues, Weds, Thurs, Fri)
3 heads garlic, $1.29 (Sun, Weds, Thurs, Fri)
5 lbs yellow potatoes, $3.89 (Sun, Tues)
Celery, $1.39 (Fri)
Two 3-packs multi-colored bell peppers, $4.78 (Tues, Weds, Thurs)
2 avocados, $.98 (Mon, Thurs)

**Total: $60.97**

*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.*