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| **ALDI Meal Plan week of 6/13/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Easy smoked sausage & veggies skillet |
| **Monday** | Salsa vegetable soup with beans, side salad |
| **Tuesday** | Simple summer salad with chicken & blueberries, cups of leftover soup |
| **Wednesday** | Olive Garden dressing sheet pan chicken dinner, grapes |
| **Thursday** | Salsa chicken tacos, grapes |
| **Friday** | Vegetarian white bean wraps with feta & guacamole, lemon Parmesan green beans, blueberries |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 6/12):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Sun, Weds, Fri)  
4 oz Emporium Selection feta crumbles, $2.29 (Tues, Fri)  
Park Street Deli classic guacamole 16 oz, $2.89 (Thurs, Fri)

*Grocery*

L’Oven Fresh spinach wraps, $2.49 (Fri)  
16 oz Casa Mamita restaurant style salsa, $1.89 (Mon)  
16 oz Specially Selected salsa verde, $1.99 (Thurs)  
6 oz Southern Grove pepitas, $2.29 (Mon, Tues)  
Tuscan Garden Italian salad dressing, $1.69 (Mon, Weds)  
32 oz Simply Nature organic vegetable broth, $1.89 (Mon)  
El Milagro corn tortillas, $.39 (Thurs)  
Casa Mamita taco seasoning mix, $.39 (Thurs)  
2 cans Dakota’s Pride black beans, $1.38 (Mon, Thurs)  
Can Simply Nature organic pinto beans, $.89 (Mon)  
1 can Dakota’s Pride Cannellini beans, $.59 (Fri)  
1 can Dakota’s Pride Great Northern beans, $.69 (Fri)

Can of whole kernel corn, $.49 (Mon)  
Can of cut green beans, $.49 (Mon)

*Meat*

Parkview Polska kielbasa, $2.89 (Sun)  
4.5 lbs boneless skinless chicken breast, $8.51 (Tues, Weds, Thurs)

*Produce*

2 lbs lemons, $3.49 (Tues, Fri)  
2 lbs green grapes, $1.50 (Weds, Thurs)  
Pint blueberries, $2.89 (Tues, Fri)  
2 packs 8 oz white mushrooms, $3.78 (Sun, Weds)  
Bunch green onions, $.79 (Mon, Tues, Thurs)  
Cucumber, $.59 (Fri)  
16 oz organic spring mix salad, $3.49 (Mon, Tues, Thurs)  
8 oz spinach, $1.49 (Mon, Fri)  
2 lbs green beans, $2.98 (Weds, Fri)  
3 lbs yellow onions, $2.29 (Sun, Mon, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Fri)  
24 oz zucchini, $1.94 (Sun)  
6 Roma tomatoes, $1.20 (Sun, Fri)  
2 avocados, $1.98 (Tues)

**Total: $65.82**

***Staple items you’ll need – AKA: Pantry seasonings & condiments used in this week’s recipes, but not in the shopping list:***

*Olive oil, butter, Italian seasoning, smoked paprika, crushed red pepper, sea salt, Dijon mustard, honey, oregano, black pepper, red wine vinegar, Kosher salt*

*\*\* Note: In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*