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| **ALDI Meal Plan week of 6/27/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Slow cooker Italian chicken sandwiches, cantaloupe |
| **Monday** | Creamy tomato hummus soup, bagels |
| **Tuesday** | Zucchini Spanish rice burrito bowls with chicken, peaches |
| **Wednesday** | Cheesy chicken & spinach skillet, easy cheesy rice |
| **Thursday** | Smoked sausage & veggies skillet, over rice |
| **Friday** | Beef & cabbage stir fry with giardiniera, mangoes |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 6/26):**

*Dairy & refrigerated*

16 oz Happy Farms shredded mozzarella, $3.99 (Sun, Weds)
8 oz Happy Farms cheddar cheese block, $1.95 (Tues, Weds)
10 oz Park Street Deli roasted red pepper hummus, $2.49 (Mon)
8 oz Happy Farms cream cheese, $1.29 (Mon, Weds)
Priano shredded Parmesan, $1.99 (Thurs)

*Grocery*

16 oz Specially Selected salsa verde, $1.95 (Tues, Weds)
L’Oven Fresh center split deli rolls, $1.99 (Sun)
L’Oven Fresh everything bagels, $1.49 (Mon)
3 lbs Earthly Grains long grain white rice, $2.19 (Tues, Weds, Thurs)
16 oz jar Tuscan Garden mild giardiniera, $3.19 (Sun, Fri)
8 oz Stonemill minced garlic in water, $1.99 (Sun, Mon, Tues, Weds, Thurs, Fri)
2 boxes 32 oz Chef’s Cupboard chicken broth, $2.38 (Sun, Mon, Tues, Fri)
Pueblo Lindo chopped green chiles, $.79 (Weds)
28 oz can Happy Harvest crushed tomatoes, $.89 (Mon)

*Meat*

6 lbs boneless skinless chicken breast, $10.14 (Sun, Tues, Weds)
14 oz shaved beef, $5.83 (Fri)
14 oz Parkview Polska kielbasa, $2.89 (Thurs)

*Produce*

2 lbs peaches, $1.38 (Tues)
Cantaloupe, $1.69 (Sun)
2 mangoes, $.98 (Fri)
2 lbs zucchini, $1.98 (Tues, Thurs)
Bag of coleslaw, $1.39 (Fri)
8 oz spinach, $1.49 (Weds)
8 oz baby bella mushrooms, $1.99 (Tues)
2 packs 8 oz white mushrooms, $3.78 (Thurs, Fri)
3 lbs yellow onions, $2.49 (Mon, Tues, Weds, Thurs, Fri)
2 Roma tomatoes, $.50 (Thurs)

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**Total: $65.10**

***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, sea salt, black pepper, thyme, basil, cayenne, cumin, chili powder, smoked paprika, oregano, garlic powder, seasoned salt, crushed red pepper, paprika*

*\*\* 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.*