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| **ALDI Meal Plan week of 7/18/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Everything bagel whole chicken, Greek lemon garlic potatoes |
| **Monday** | Vegetarian lemon chickpea wraps, everything bagel zucchini, watermelon |
| **Tuesday** | Tuscan style chicken & white bean soup, sourdough toast, side salad |
| **Wednesday** | Everything sheet pan chicken & veggies, watermelon |
| **Thursday** | Easy turkey kielbasa chili, sourdough toast, cantaloupe |
| **Friday** | Sheet pan lemon garlic chicken w/ potatoes & carrots, sauteed spinach |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 7/17):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Sun, Mon, Tues, Fri)  
8 oz block Happy Farms cheddar, $1.95 (Thurs)

*Grocery*

L’Oven Fresh spinach wraps, $2.49 (Mon)  
Specially Selected sourdough round, $3.49 (Tues, Thurs)  
Stonemill Who Needs the Bagel? seasoning, $1.99 (Sun, Mon, Weds)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Tues)  
2 cans Dakota’s Pride garbanzo beans (chickpeas), $1.18 (Mon)  
2 cans Dakota’s Pride Cannellini beans, $1.18 (Tues)  
1 can Dakota’s Pride black beans, $.69 (Thurs)  
1 can Dakota’s Pride kidney beans, $.59 (Thurs)  
Can of Happy Harvest fire roasted diced tomatoes, $.89 (Thurs)  
Can of Happy Harvest tomato sauce, $.29 (Thurs)  
Can of Casa Mamita diced tomatoes with green chilies, $.69 (Thurs)

*Meat*

6 lb whole chicken, $5.70 (Sun, Tues)  
3.5 lbs boneless skinless chicken thighs, $5.92 (Weds, Fri)

2 packs Parkview turkey Polska kielbasa, $5.78 (Thurs)

*Produce*

2 lbs lemons, $1.49 (Sun, Mon, Tues, Fri)  
Large seedless watermelon, $3.89 (Mon, Weds)  
Cantaloupe, $1.69 (Thurs)  
20 oz zucchini, $1.24 (Mon)  
8 oz white mushrooms, $1.89 (Weds)  
2 bags 8 oz spinach, $1.98 (Mon, Tues, Fri)  
Bag of Little Salad Bar garden salad, $1.69 (Tues)  
2 lb bag of carrots, $1.29 (Tues, Fri)  
5 lbs red potatoes, $3.29 (Sun, Weds, Fri)  
3 lbs yellow onions, $2.49 (Mon, Tues, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Thurs, Fri)  
3 pack multi-colored bell peppers, $2.99 (Tues, Weds, Thurs)  
Pint grape tomatoes, $1.89 (Mon, Tues)  
Celery, $1.49 (Tues)  
1 avocado, $.89 (Mon)

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**Total: $65.50**

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

*Olive oil, red wine vinegar, whole grain mustard, oregano, sea salt, black pepper, crushed red pepper, thyme, rosemary, parsley, bay leaf, chili powder, cumin, smoked paprika, cayenne*

*\*\* 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.*