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| **ALDI Meal Plan week of 8/1/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan pesto chicken with asparagus & mushrooms, carrots need butter & thyme |
| **Monday** | Easy broccoli mushroom frittata, grapes |
| **Tuesday** | Skillet chicken with artichoke avocado salsa, grapes |
| **Wednesday** | Broccoli cheddar soup with sausage, side salad |
| **Thursday** | Ground turkey & zucchini pesto pasta skillet |
| **Friday** | Basic easy chili, simple creamy coleslaw |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 7/31):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.09 (Mon, Weds)  
1/2 gallon Friendly Farms whole milk, $1.15 (Mon, Weds)  
Priano shredded Parmesan, $1.99 (Sun, Thurs)  
16 oz Happy Farms shredded sharp cheddar, $4.19 (Mon, Weds, Fri)

*Grocery*

Burman’s dijon mustard, $1.59 (Mon, Weds, Fri)  
12 oz Tuscan Garden artichoke quarters in water, $2.79 (Tues)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Weds)  
Priano Genovese pesto, $2.29 (Sun, Thurs)  
12 oz Reggano bowtie pasta (farfalle), $.99 (Thurs)  
Can Dakota’s Pride black beans, $.59 (Fri)  
Can Dakota’s Pride kidney beans, $.59 (Fri)  
Can Happy Harvest fire roasted diced tomatoes, $.89 (Fri)  
Can Happy Harvest tomato paste, $.49 (Fri)

*Meat*

Parkview Polska kielbasa, $2.89 (Weds)  
2 lbs chicken tenderloins, $4.98 (Sun)  
2.25 lbs thin-sliced chicken, $5.15 (Tues)  
36 oz Kirkwood 85/15 ground turkey, $5.99 (Thurs, Fri)

*Produce*

2 lbs red grapes, $1.98 (Mon, Tues)  
14 oz Little Salad Bar coleslaw mix, $1.39 (Fri)  
Little Salad Bar garden salad, $1.69 (Weds)  
16 oz broccoli crowns, $1.45 (Mon, Weds)  
2 lbs carrots, $1.29 (Sun, Weds)  
Bunch green onions, $.79 (Mon, Weds, Fri)  
1 lb asparagus, $2.79 (Sun)  
3 packs 8 oz white mushrooms, $5.67 (Sun, Mon, Thurs)  
3 lbs yellow onions, $2.39 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
16 oz zucchini, $1.29 (Thurs)  
3 avocados, $2.25 (Tues, Weds)  
2 Roma tomatoes, $.40 (Tues)  
24 oz tomatoes on the vine, $2.19 (Thurs)

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**Total: $65.70**

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

*Olive oil, butter, mayo, honey, red wine (or apple cider) vinegar, flour, black pepper, thyme, seasoned salt, sea salt, crushed red pepper, oregano, chili powder, cumin, garlic powder, smoked paprika, paprika, Italian seasoning, cocoa powder, basil, 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.*