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| **ALDI Meal Plan week of 8/8/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Garlic soy roasted chicken & mushrooms, glazed carrots |
| **Monday** | Simple vegetarian white bean soup, bagels |
| **Tuesday** | Zucchini Spanish rice burrito bowls, strawberries |
| **Wednesday** | Chicken thigh stir fry with asparagus, ground beef & broccoli stir fry, rice |
| **Thursday** | Smoked sausage, zucchini, & spinach pasta, salad |
| **Friday** | Thyme for a one pan chicken mushroom rice skillet, broccoli w/ cheddar |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 8/7):**

*Dairy & refrigerated*

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

*Grocery*

L’Oven Fresh bagels, $1.49 (Mon)  
16 oz Casa Mamita restaurant style salsa, $1.89 (Tues)  
Fusia soy sauce, $1.59 (Sun, Weds)  
3 lbs Earthly Grains long grain white rice, $2.19 (Tues, Weds, Fri)  
8 oz Stonemill minced garlic in water, $1.99 (Sun, Mon, Tues, Weds, Thurs, Fri)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Tues, Fri)  
32 oz Simply Nature organic vegetable broth, $1.79 (Mon)  
12 oz Reggano tri-color rotini, $.99 (Thurs)  
2 cans Dakota’s Pride Cannellini beans, $1.18 (Mon)  
1 can Dakota’s Pride Great Northern beans, $.69 (Mon)  
Can Happy Harvest diced tomatoes, $.69 (Mon)  
Can Happy Harvest fire roasted diced tomatoes, $.89 (Thurs)

*Meat*

4 lbs split chicken breast, $5.16 (Sun)  
2 lbs boneless skinless chicken breast, $4.58 (Tues)  
3.25 lbs boneless skinless chicken thighs, $8.74 (Weds, Fri)  
1 lb frozen 85% lean ground beef, $3.29 (Weds)  
14 oz Parkview Polska kielbasa, $2.89 (Thurs)

*Produce*

2 lbs strawberries, $1.98 (Tues)  
4 packs 8 oz whole white mushrooms, $3.96 (Sun, Tues, Fri)  
2 lbs carrots, $1.49 (Sun, Mon)  
8 oz bag of spinach, $1.49 (Mon, Thurs)  
Little Salad Bar garden salad, $1.69 (Thurs)  
1 lb asparagus, $2.79 (Weds)  
2 lbs broccoli crowns, $2.98 (Weds, Fri)  
3 lbs yellow onions, $2.39 (Mon, Tues, Thurs, Fri)  
20 oz zucchini, $1.61 (Tues, Thurs)

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**Total: $65.59**

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

*Olive oil, canola oil, sesame oil, butter, brown sugar, salt, sea salt, oregano, crushed red pepper, paprika, Italian seasoning, black pepper, cumin, chili powder, smoked paprika, garlic powder, seasoned salt, powdered ginger, cornstarch, thyme, parsley*

*\*\* 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.*