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| **ALDI Meal Plan week of 6/24/18 – Find the recipes at MashupMom.com** |
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| **Sunday** | Ground beef gyros, smoky pan roasted corn on the cob |
| **Monday** | Simple summer salad w/ chicken & blueberries, Greek yogurt |
| **Tuesday** | Curried chicken skillet w/ cauliflower & rice, blueberries. |
| **Wednesday** | Baked lemon chicken w/ asparagus & mushrooms over rice. |
| **Thursday** | Cheesy sausage, rice, & spinach skillet, spring mix salad |
| **Friday** | Vegetarian lemon chickpea wraps, pan seared cauliflower w/ cheddar |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

32 oz Friendly Farms plain whole milk Greek yogurt, $3.69 (Sun, Mon, Tues)
8 oz block Happy Farms sharp cheddar, $1.99 (Thurs, Fri)
Happy Farms feta crumbles, $2.19 (Sun, Mon)

*Grocery*

Southern Grove pepitas, $2.19 (Mon, Thurs)
Specially Selected naan, $3.79 (Sun)
L’Oven Fresh spinach wraps, $2.29 (Fri)
3 lbs Earthly Grains long grain white rice, $1.29 (Tues, Weds, Thurs)
Box Chef’s Cupboard chicken broth, $1.29 (Tues, Weds)
Can Chef’s Cupboard chicken broth, $.49 (Thurs)
2 cans Dakota’s Pride chickpeas, $1.38 (Fri)

*Meat*

1.5 lbs 80/20 ground beef, $4.49 (Sun)
4.25 lbs boneless skinless chicken breast, $7.18 (Mon, Tues, Weds)

12 oz Never Any spinach feta chicken sausage, $2.99 (Thurs)

*Produce*

2 lbs lemons, $2.49 (Sun, Mon, Tues, Weds, Fri)
16 oz SimplyNature organic spring mix salad, $3.99 (Sun, Mon, Thurs, Fri)
8 oz bag Little Salad Bar spinach, $1.19 (Thurs)
Cucumber, $.59 (Sun, Thurs)
8 oz mushrooms, $1.49 (Weds)
1 medium-to-large head of cauliflower, $1.59 (Tues, Fri)
1 lb asparagus, $1.99 (Weds)
Bunch green onions, $.99 (Mon, Tues)
Pint blueberries, $2.29 (Mon, Tues)
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $1.99 (Sun, Tues, Thurs, Fri)
4 pack fresh corn on the cob, $1.69 (Sun)
Pint grape tomatoes, $1.49 (Sun, Fri)
3 avocados, $2.07 (Mon, Fri)

**Total: $60.69**

*Note: The days(s) on the shopping list show which meal(s) an item will be used in – If you’re skipping a night; easily delete the items you don’t need to purchase.*