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| **ALDI Meal Plan week of 7/22/18 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Pepperoni pizza soup w/ kale, salad, garlic bread French rolls |
| **Monday** | Chicken kale mushroom stir fry, rice, mandarins, nectarines |
| **Tuesday** | Chicken burrito bowls, mandarins, broccoli |
| **Wednesday** | Sheet pan smoky Parmesan chicken + veggies, nectarines. |
| **Thursday** | Shrimp fried rice with egg drop soup, mangoes |
| **Friday** | Chopped tomato mozzarella salad w/ chicken sausage & avocado, hard boiled eggs, mandarins |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.80 (Thurs, Fri)  
8 oz Happy Farms cheddar, $1.99 (Tues)  
8 oz Priano mozzarella balls in water, $3.29 (Fri)  
Priano shredded Parmesan, $1.99 (Sun, Weds)

*Grocery*

Turano French rolls, $2.99 (Sun)  
Fusia soy sauce, $1.29 (Mon, Thurs)  
3 lbs Earthly Grains long grain white rice, $1.29 (Mon, Tues, Thurs)  
14 oz SimplyNature organic pizza sauce, $1.99 (Sun)  
Casa Mamita organic chipotle-lime salsa, $2.29 (Tues)  
Two 32 oz boxes of SimplyNature organic chicken broth, $3.78 (Sun, Thurs)  
1 can Chef’s Cupboard chicken broth, $.49 (Tues)  
1 can Dakota’s Pride black beans, $.69 (Tues)

*Meat*

\*\*\* 12 oz Sea Queen medium raw frozen shrimp, $4.99 -- ADDED later due to my error, which is why we're over this week, so sorry guys

12 oz Never Any smoked chicken apple sausage, $2.99 (Fri)  
4.5 lbs boneless skinless chicken breast, $7.61 (Mon, Tues, Weds)  
Mama Cozzi 6 oz pepperoni or turkey pepperoni slices, $2.19 (Sun)

*Produce*

2 mangoes, $.98 (Thurs)  
2 lbs nectarines, $1.98 (Mon, Weds)  
3 lb mandarins, $2.99 (Mon, Fri)  
3 heads romaine, $1.99 (Sun, Fri)  
12 oz SimplyNature organic chopped kale, $2.19 (Sun, Mon)  
2 lbs carrots, $1.19 (Sun, Weds, Thurs)  
8 oz mushrooms, $1.49 (Mon)  
16 oz broccoli crowns, $1.59 (Tues, Weds)  
Bunch green onions, $.99 (Tues, Thurs)  
3 lb yellow onions, $1.99 (Sun, Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Thurs)  
Pint organic grape tomatoes, $1.69 (Fri)  
20 oz zucchini, $1.59 (Sun, Weds)  
2 avocados, $2.18 (Tues, Fri)

**Total:** That comes to **$64.99 ... because I initially totally messed up and left out the shrimp. I am SO sorry, you guys. To drop that back down closer to $60 you can substitute Chef's Cupboard boxed broth for SimplyNature (saving $.60 per carton)... you can leave out one of the fruit sides... you can substitute even regular hamburger buns for the French rolls for the garlic bread. I apologize for the mess-up!**

*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.*