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| **ALDI Meal Plan week of 9/30/18 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Italian chicken thighs w/ zucchini + potatoes, roasted Brussels sprouts + butternut squash |
| **Monday** | Butternut squash + kale browned butter pasta, baguette, salad |
| **Tuesday** | Slow cooker chicken chickpea stew, grapes, cantaloupe |
| **Wednesday** | Chicken kale mushroom stir fry over cauliflower rice, egg drop soup |
| **Thursday** | Sausage, peppers, & onions frittata, easy skillet potatoes |
| **Friday** | Taco turkey & potato skillet taco salad, grapes |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.84 (Weds, Thurs)

8 oz block Monterey jack cheese, $1.99 (Mon, Fri)  
Priano shredded Parmesan, $1.99 (Sun, Mon, Thurs)  
4 oz Happy Farms Preferred garlic & herb goat cheese, $1.99 (Thurs)

*Frozen*

Season’s Choice riced cauliflower, $1.89 (Weds)

*Grocery*

Specially Selected French baguette, $1.69 (Mon)  
Tuscan Garden manzanilla olives, $1.19 (Tues, Fri)  
Chef’s Cupboard can chicken broth, $.49 (Tues)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Weds)  
12 oz Reggano farfalle (bowtie) pasta, $.79 (Mon)  
14.5 oz can diced tomatoes, $.69 (Sun)

14.5 oz can diced tomatoes with basil, garlic, and oregano, $.69 (Tues)

14.5 oz fire roasted diced tomatoes, $.89 (Tues)  
Two 15 oz cans Dakota’s Pride chickpeas (garbanzo beans), $1.38 (Tues)  
10 oz can Casa Mamita diced tomatoes with green chilies, $.59 (Sun)  
Stonemill 8 oz minced garlic in water, $1.79 (Sun, Mon, Tues, Weds, Fri)

*Meat*

6 lbs bone-in chicken thighs, $4.74 (Sun, Tues)  
1 lb boneless skinless chicken breast, $2.29 (Weds)  
12 oz Never Any apple chicken sausage, $2.99 (Thurs)  
19.2 oz Fit & active ground turkey, $3.49 (Fri)

*Produce*

Cantaloupe, $1.29 (Tues)  
12 oz SimplyNature organic kale, $3.19 (Mon, Weds)  
3 hearts of romaine, $1.99 (Mon, Fri)  
8 oz baby bella mushrooms, $1.89 (Tues)  
8 oz mushrooms, $1.89 (Weds)  
Bunch green onions, $.89 (Mon, Weds, Fri)  
2 lbs red grapes, $1.78 (Tues, Fri)  
3 lbs yellow onions, $1.89 (Mon, Tues, Weds, Thurs, Fri)  
5 lb yellow potatoes, $1.59 (Sun, Thurs, Fri)  
20 oz zucchini, $1.39 (Sun)  
3 pack multicolored bell peppers, $3.69 (Tues, Thurs, Fri)  
3 lb butternut squash, $2.97 (Sun, Mon)  
1 lb Brussels sprouts, $1.49 (Sun)  
5 Roma tomatoes, $.90 (Mon, Fri)

**Total: $60.53**

*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.*