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| **ALDI Meal Plan week of 12/9/18 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Fajita-inspired sheet pan chicken thighs & peppers, cheesy spinach rice |
| **Monday** | Black bean, tomato, & spinach frittata, sourdough toast, honey roasted carrots |
| **Tuesday** | Easy chipotle turkey chili over rice, apples & blackberries |
| **Wednesday** | Thyme for a one pan chicken mushroom rice skillet, oranges, apples |
| **Thursday** | Sweet potato + chicken hand pies, oranges |
| **Friday** | Sausage & sweet potato sheet pan dinner, side salad, garlic bread |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 12/8)**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $.79 (Mon, Thurs, Fri)  
Friendly Farms sour cream, $.89 (Mon, Thurs)  
Bake House Creations refrigerated pie crust, $1.39 (Thurs)  
12 oz Happy Farms shredded cheddar, $2.59 (Sun, Mon, Thurs)

*Grocery*

Specially Selected sourdough round, $2.89 (Mon, Fri)  
3 lbs Earthly Grains long grain white rice, $1.29 (Sun, Tues, Weds)  
32 oz SimplyNature organic chicken broth, $1.89 (Sun, Weds)  
2 cans Happy Harvest fire roasted diced tomatoes, $1.78 (Tues)  
2 cans SimplyNature organic black beans, $1.78 (Mon, Tues)  
1 can SimplyNature organic kidney beans, $.89 (Tues)  
Pueblo Lindo chipotles in adobo, $.99 (Mon, Tues, Thurs)

*Meat*

14 oz Parkview Polska kielbasa, $2.29 (Fri)  
3 lbs bone-in chicken thighs, $3.87 (Sun)  
2.75 lbs chicken tenderloins, $5.47 (Weds, Thurs)  
19.2 oz ground turkey, $3.49 (Tues)

*Produce*

2 lb honeycrisp apples, $1.79 (Tues, Weds)  
4 lbs navel oranges, $2.39 (Weds, Thurs)  
2 packs 6 oz blackberries, $1.58 (Tues)  
8 oz bag spinach, $.99 (Sun, Mon)  
Bag of Italian salad, $1.99 (Fri)  
8 oz mushrooms, $1.59 (Weds)  
8 oz baby bella mushrooms, $1.89 (Fri)  
2 lbs carrots, $1.09 (Mon, Fri)  
16 oz broccoli crowns, $1.69 (Fri)  
3 lbs yellow onions, $1.99 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs)  
3 sweet potatoes, $2.25 (Thurs, Fri)  
3 pack multicolored bell peppers, $2.99 (Sun)  
Pint grape tomatoes, $1.99 (Mon,   
2 avocados, $2.18 (Mon)

**Total: $59.98**

*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.*