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| **ALDI Meal Plan week of 1/13/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Roasted chile-lime chicken & potatoes, honey roasted carrots, oranges |
| **Monday** | Slow cooker BBQ chicken thighs, honeycrisp apples, salad |
| **Tuesday** | Spice rubbed fish tacos, pineapple |
| **Wednesday** | Kielbasa potato soup, baguette, salad |
| **Thursday** | Low carb veggie fajita bowls, black beans, honeycrisp apples |
| **Friday** | Cod packets w/ broccoli & mushrooms, oranges, salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 1/12)**

*Dairy & refrigerated*

Friendly Farms sour cream, $.99 (Tues, Weds, Thurs)
12 oz Happy Farms shredded cheddar, $2.59 (Tues, Weds, Thurs)

*Frozen*

Season’s Choice plain riced cauliflower, $1.69 (Thurs)

*Grocery*

Bake Shop French baguette, $1.69 (Weds)
Simply Tuscan Garden lemon poppyseed dressing, $1.49 (Mon, Weds, Fri)
Burman’s BBQ sauce, $.99 (Mon)
32 oz SimplyNature organic chicken broth, $1.89 (Weds)
El Milagro corn tortillas, $.39 (Tues)
Can Dakota’s Pride black beans, $.69 (Thurs)
Can Pueblo Lindo chopped green chiles, $.65 (Thurs)
8 oz Stonemill minced garlic in water, $1.79 (Sun, Tues, Weds, Thurs, Fri)

*Meat*

Parkview 14 oz Polska kielbasa, $2.29 (Weds)
5.5 lbs chicken thighs, $4.35 (Sun, Mon)
32 oz value pack wild caught Alaskan cod fillets (frozen), $8.99 (Tues, Fri)

*Produce*

2 lbs honeycrisp apples, $1.99 (Mon, Thurs)
3 lb Cara Cara oranges, $2.49 (Sun, Fri)
Pineapple, $.99 (Tues)
1 lb limes, $1.59 (Sun, Tues, Thurs, Fri)
2 bags 8 oz spinach, $2.38 (Weds, Thurs)
16 oz SimplyNature organic spring mix salad, $3.49 (Mon, Weds, Fri)
2 lbs carrots, $.99 (Sun, Mon, Weds)
Two 8 oz mushrooms, $2.98 (Thurs, Fri)
16 oz broccoli, $1.29 (Mon, Fri)
Cucumber, $.49 (Weds, Fri)
Bunch cilantro, $.59 (Tues, Thurs)
3 lbs yellow onions, $1.69 (Tues, Weds, Thurs)
8 oz jalapeños, $.99 (Sun, Thurs)
5 lb baking potatoes, $2.79 (Sun, Weds)
3 pack multicolored bell peppers, $3.29 (Thurs)
4 avocados, $1.96 (Tues, Thurs)
3 Roma tomatoes, $.40 (Tues, Fri)

**Total: $60.87**

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