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| **ALDI Meal Plan week of 1/20/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan smoky Parmesan chicken tenders + veggies, Parmesan rice pilaf |
| **Monday** | Citrus-lime spring mix salad with chicken, red grapes |
| **Tuesday** | Chipotle quesadillas w/ pan roasted veggies + black beans, cheesy zucchini rice |
| **Wednesday** | Almond Parmesan crusted low carb flounder with garlicky spinach, spring mix salad with strawberries |
| **Thursday** | Ground turkey stir fry with cauliflower rice, mandarins |
| **Friday** | Sheet pan citrus soy chicken drumsticks & cauliflower, rice, salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 1/19)**

*Dairy & refrigerated*

8 oz block Happy Farms sharp cheddar, $1.99 (Tues)  
Priano shredded Parmesan, $1.99 (Sun, Weds, Fri)

*Frozen*

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

*Grocery*

Fusia soy sauce, $1.29 (Thurs, Fri)  
3 lbs Earthly Grains long grain white rice, $1.79 (Sun, Tues, Fri)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Sun, Tues)  
El Milagro medium flour tortillas, $.95 (Tues)  
Happy Harvest canned corn, $.49 (Tues)  
SimplyNature organic black beans, $.89 (Tues)  
Pueblo Lindo chipotles in adobo, $.99 (Tues)  
Southern Grove 6 oz sliced almonds, $2.89 (Sun, Mon, Weds, Fri)

*Meat*

2 lbs chicken drumsticks, $2.58 (Fri)  
2.75 lbs chicken tenderloins, $5.47 (Sun, Mon)  
19.2 oz Fit & Active ground turkey, $3.49 (Thurs)  
Sea Queen 16 oz wild caught flounder (frozen), $4.39 (Weds)

*Produce*

3 lbs mandarins (clementines), $1.99 (Mon, Thurs, Fri)  
1 lb red grapes, $1.29 (Mon)  
1 lb limes, $1.49 (Mon, Weds)  
16 oz SimplyNature organic spring mix, $3.49 (Mon, Weds, Fri)  
8 oz bag spinach, $1.19 (Weds)  
2 lbs carrots, $.99 (Sun, Mon, Fri)  
8 oz mushrooms, $1.49 (Thurs)  
16 oz broccoli crowns, $1.39 (Sun, Thurs)  
Head of cauliflower, $2.29 (Fri)  
1 cucumber, $.49 (Mon)  
1 lb strawberries, $1.79 (Weds)  
Bunch green onions, $.99 (Mon, Thurs)  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Thurs, Fri)  
3 heads garlic, $1.19 (Sun, Tues, Weds, Thurs, Fri)  
Pack of zucchini, $1.49 (Sun, Tues)  
3 pack multicolored bell peppers, $3.29 (Tues, Thurs, Fri)  
2 avocados, $1.78 (Mon)

**Total: $60.50**

*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.*