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| **ALDI Meal Plan week of 1/6/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker Italian pulled chicken sandwiches, salad |
| **Monday** | Chicken kale mushroom stir fry, rice, apples |
| **Tuesday** | Layered chicken enchilada casserole, avocados, salad |
| **Wednesday** | Garlic rosemary pork roast + potatoes, apples |
| **Thursday** | Leftover pork fried rice, egg drop soup |
| **Friday** | Chicken sausage dinner salad, cheesy enchilada rice |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 1/5)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.78 (Thurs)  
Brick Happy Farms cream cheese, $1.29 (Tues)  
12 oz Happy Farms shredded cheddar, $2.59 (Tues, Fri)  
Happy Farms 8 oz deli sliced Provolone, $1.99 (Sun)

*Frozen*

Season’s Choice 12 oz steamable peas, $.79 (Thurs)

*Grocery*

L’Oven Fresh deli rolls, $1.89 (Sun)  
Tuscan Garden pepperoncini, $1.49 (Sun, Fri)  
Fusia soy sauce, $1.29 (Mon, Thurs)  
3 lbs Earthly Grains long grain white rice, $1.79 (Mon, Thurs, Fri)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Thurs)  
28 oz can Pueblo Lindo green enchilada sauce, $1.89 (Tues, Fri)  
El Milagro medium flour tortillas, $.95 (Tues)

8 oz can Happy Harvest tomato sauce, $.29 (Sun)  
14.5 oz can Happy Harvest diced tomatoes, $.69 (Sun)  
Can Dakota’s Pride Cannellini beans, $.69 (Tues)  
Can Dakota’s Pride black beans, $.69 (Tues)  
Can Dakota’s Pride chickpeas, $.69 (Fri)  
Can Pueblo Lindo mild chopped green chiles, $.65 (Fri)

*Meat*

5 lbs boneless skinless chicken breast, $7.45 (Sun, Mon, Tues)  
2.5 lb pork sirloin roast, $3.73 (Weds, Thurs)  
12 oz Never Any chicken apple sausage, $2.99 (Fri)

*Produce*

3 lbs Gala apples, $1.49 (Mon, Weds)  
16 oz SimplyNature organic spring mix, $3.49 (Sun, Tues, Fri)  
12 oz SimplyNature organic chopped kale, $3.19 (Mon, Fri)  
2 lbs carrots, $1.09 (Sun, Thurs, Fri)  
8 oz mushrooms, $1.49 (Mon)  
8 oz baby bella mushrooms, $1.69 (Weds)  
16 oz broccoli crowns, $1.29 (Thurs, Fri)  
1 cucumber, $.49 (Fri)  
Bunch green onions, $.89 (Thurs, Fri)  
3 heads garlic, $1.19 (Sun, Mon, Weds, Thurs, Fri)  
3 lbs yellow onions, $1.69 (Mon, Weds, Fri)  
24 oz baby potatoes, $2.29 (Weds)  
4 Roma tomatoes, $.65 (Fri)  
3 avocados, $2.97 (Tues, Fri)

**Total: $59.80**

*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.*