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| **ALDI Meal Plan week of 2/10/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Slow cooker garlic chicken drumsticks, mixed berries, Parmesan rice |
| **Monday** | Sticky balsamic chicken drumsticks, grapes, salad |
| **Tuesday** | Sausage, peppers, & onions frittata, English muffins, salad |
| **Wednesday** | Garlic soy pork w/ edamame rice, grapes |
| **Thursday** | Slow cooker very vegetable soup, salad |
| **Friday** | Easy shrimp fried rice, egg drop soup |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 2/9)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.78 (Tues, Fri)
Priano shredded Parmesan, $1.99 (Sun, Tues, Thurs)
4 oz Happy Farms Preferred garlic & herb goat cheese, $1.99 (Tues)

*Frozen*

16 oz Season’s Choice shelled edamame, $1.89 (Weds, Fri)

*Grocery*

L’Oven Fresh English muffins, $.99 (Tues)
Fusia soy sauce, $1.29 (Mon, Weds, Fri)
3 lbs Earthly Grains long grain white rice, $1.79 (Sun, Weds, Fri)
Two boxes 32 oz Chef’s Cupboard chicken broth, $2.58 (Sun, Fri)
32 oz SimplyNature organic vegetable broth, $1.89 (Thurs)
Can Happy Farms green beans, $.49 (Thurs)
Can Happy Farms corn, $.49 (Thurs)
2 cans Dakota’s Pride Great Northern beans, $1.38 (Thurs)
Two 14.5 oz cans Happy Harvest diced tomatoes, $1.38 (Thurs)
Carlini toasted sesame oil 16.9 oz, $5.99 (Mon, Weds, Fri)

*Meat*

12 oz Fremont Fish Market medium raw peeled shrimp (frozen), $5.49 (Fri)
4.5 lbs chicken drumsticks, $3.11 (Sun, Mon)
1.5 lbs thick cut boneless pork chops, $4.49 (Weds)
12 oz Never Any chicken apple sausage, $2.99 (Tues)

*Produce*

16 oz strawberries, $1.39 (Sun)
Pint blueberries, $1.69 (Sun)
2 lbs red grapes, $1.98 (Mon, Weds)
2 lbs carrots, $.99 (Mon, Thurs, Fri)
8 oz bag spinach, $1.19 (Thurs)
16 oz SimplyNature organic spring mix salad, $3.99 (Mon, Tues, Thurs)
Bunch green onions, $.99 (Sun, Mon, Weds, Fri)
3 lbs yellow onions, $1.69 (Sun, Tues, Thurs, Fri)
3 heads garlic, $1.29 (Sun, Mon, Weds, Thurs, Fri)
3 pack multicolored bell peppers, $3.29 (Mon, Tues, Thurs)
Celery, $1.19 (Mon, Thurs)
1 Roma tomato, $.20 (Tues)

**Total: $60.88**

*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.*