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| **ALDI Meal Plan week of 3/17/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Corned beef & cabbage, steamed cauliflower w/ cheddar |
| **Monday** | Black bean, tomato, & spinach frittata, mandarins, tortilla chips |
| **Tuesday** | Roast chipotle chicken + potatoes, strawberries, zucchini tots |
| **Wednesday** | Italian wedding soup w/ turkey meatballs, baguette, grapes |
| **Thursday** | Sheet pan smoky Parmesan chicken tenders + veggies, roasted red potatoes, mandarins, grapes |
| **Friday** | Crunchy tortilla chicken fingers, carrot + celery sticks, cruciferous crumble |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 3/16)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $1.18 (Mon, Tues, Weds, Fri)  
Friendly Farms sour cream, $.99 (Mon, Fri)  
8 oz block Happy Farms cheddar, $1.99 (Sun, Mon, Tues)  
Priano shredded Parmesan, $1.99 (Weds, Thurs, Fri)

*Grocery*

Bake Shop baguette, $1.69 (Weds)  
Clancy’s restaurant style tortilla chips, $1.69 (Mon, Fri)  
2 boxes Chef’s Cupboard  chicken broth, $2.78 (Weds)  
Chef’s Cupboard plain bread crumbs, $.89 (Tues, Weds, Fri)  
Can Dakota’s Pride black beans, $.69 (Mon)  
Can Dakota’s Pride Cannellini beans, $.69 (Weds)  
Can Pueblo Lindo chipotles in adobo, $.99 (Mon, Tues, Fri)  
Pagasa 7 oz shells, $.25 (Weds)

*Meat*

3 lbs point cut corned beef, $5.97 (Sun)  
5 lb whole chicken, $4.75 (Tues)  
3.5 lbs chicken tenderloins, $6.97 (Thurs, Fri)  
Fit & Active 19.2 oz ground turkey, $3.29 (Weds)

*Produce*

3 lbs mandarins, $2.49 (Mon, Thurs)  
Strawberries, $1.69 (Tues)  
2 lbs green grapes, $2.38 (Weds, Thurs)  
5 lb red potatoes, $1.89 (Sun, Tues, Thurs)  
2 lbs carrots, $1.09 (Sun, Weds, Thurs, Fri)  
Head cabbage, $.89 (Sun)  
8 oz bag spinach,$1.19 (Mon, Weds)  
16 oz broccoli crowns, $1.69 (Thurs, Fri)  
Head cauliflower, $2.49 (Sun, Fri)  
3 lbs yellow onions, $.99 (Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs)  
16 oz zucchini, $1.39 (Tues, Thurs)  
Celery, $1.39 (Weds, Fri)  
Pint grape tomatoes, $1.99 (Mon)

**Total: $59.65**

*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.*