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| **ALDI Meal Plan week of 4/7/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Gyros inspired pasta w/ Greek yogurt sauce, cantaloupe, tomato avocado salad |
| **Monday** | Kale sausage soup, mandarins, bagels |
| **Tuesday** | Curried chicken skillet with cauliflower & rice, mandarins, salad |
| **Wednesday** | Chicken kale mushroom stir fry, garlic broccoli stir fry, rice |
| **Thursday** | Greek yogurt Parmesan chicken, glazed carrots, salad |
| **Friday** | Garlic shrimp w/ roasted cauliflower, white beans, & tomatoes, rice, mandarins |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 4/6)**

*Dairy & refrigerated*

32 oz Friendly Farms plain whole milk Greek yogurt, $2.99 (Sun, Tues, Thurs)  
4 oz Happy Farms Preferred crumbled feta, $2.19 (Sun)  
Priano shredded Parmesan, $1.99 (Mon, Tues, Thurs, Fri)

*Grocery*

L’Oven Fresh everything bagels, $1.99 (Mon)  
3 lbs Earthly Grains long grain white rice, $1.99 (Tues, Weds, Fri)  
2 boxes SimplyNature organic chicken broth, $2.98 (Mon, Tues, Weds, Thurs)  
12 oz Reggano bowtie pasta (farfalle), $.79 (Sun)  
2 cans Happy Harvest fire roasted diced tomatoes, $1.78 (Mon, Fri)  
2 cans Dakota’s Pride Great Northern beans, $1.38 (Mon, Fri)

*Meat*

Parkview Polska kielbasa, $2.29 (Mon)  
1 lb 80/20 ground beef, $2.89 (Sun)  
4.75 lbs boneless skinless chicken breast, $8.03 (Tues, Weds, Thurs)  
12 oz Fremont Fish Market EZ peel medium raw shrimp, $4.49 (Fri)

*Produce*

2 lbs lemons, $1.79 (Sun, Tues, Thurs, Fri)  
Cantaloupe, $1.19 (Sun)  
3 lbs mandarins, $2.49 (Mon, Tues, Fri)  
3 hearts of romaine, $1.99 (Tues, Thurs)  
12 oz SimplyNature organic chopped kale, $3.19 (Mon, Weds)  
2 lbs carrots, $1.09 (Mon, Tues, Thurs)  
8 oz mushrooms, $1.59 (Weds)  
Cucumber, $.49 (Thurs)  
1 lb broccoli, $1.69 (Weds)  
1 head cauliflower, $2.49 (Tues, Fri)  
Bunch green onions, $.89 (Sun, Tues,  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Weds  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
24 oz tomatoes on the vine, $1.94 (Sun, Thurs)  
Avocado, $.49 (Sun)

**Total: $60.08**

*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.*