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| **ALDI Meal Plan week of 4/26/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Ground beef gyros, tomatoes & cucumbers, lemon rice |
| **Monday** | Brats, churros, baby carrots with Greek yogurt onion dip |
| **Tuesday** | Creamy spinach & sausage pasta, garlic toast |
| **Wednesday** | Thyme for a one pan chicken mushroom rice skillet, mixed berries |
| **Thursday** | Simple summer salad with chicken & blueberries, cauliflower w/ cheddar |
| **Friday** | Curried chicken skillet w/ cauliflower & rice, salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 4/25)**

*Dairy & refrigerated*

32 oz Friendly Farms whole milk plain Greek yogurt, $3.69 (Sun, Mon, Fri)  
8 oz Happy Farms block cheddar, $2.79 (Tues, Thurs)  
8 oz Happy Farms Preferred block feta, $2.99 (Sun, Thurs, Fri)

*Grocery*

Southern Grove sunflower kernels, $1.59 (Thurs, Fri)  
L’Oven Fresh white or whole wheat pita bread, $1.49 (Sun)  
2 packs L’Oven Fresh hot dog buns, $1.70 (Mon, Tues)  
3 lbs Earthly Grains long grain white rice, $1.99 (Sun, Weds, Fri)  
2 boxes Chef’s Cupboard chicken broth, $2.78 (Sun, Tues, Weds, Fri)  
Clancy’s churros, $.99 (Mon)  
12 oz Reggano pasta of choice, $.99 (Tues)  
Casa Mamita diced tomatoes with green chilies, $.65 (Tues)

*Meat*

1.5 lbs 80/20 ground beef, $4.34 (Sun)  
4 lbs boneless skinless chicken breast, $7.56 (Weds, Thurs, Fri)  
Party pack brats, $4.99 (Mon, Tues)

*Produce*

Pint blueberries, $1.69 (Weds, Thurs)  
16 oz strawberries, $1.29 (Weds)  
2 lbs lemons, $3.19 (Sun, Thurs, Fri)  
16 oz baby carrots, $.89 (Mon)  
Bunch green onions, $.79 (Tues, Thurs, Fri)  
8 oz bag spinach, $1.39 (Tues)  
16 oz SimplyNature organic spring mix, $3.99 (Sun, Thurs, Fri)  
8 oz mushrooms, $1.29 (Weds)  
1 cucumber, $.39 (Sun)  
1 head of cauliflower, $1.99 (Thurs, Fri)  
3 heads garlic, $.99 (Sun, Weds, Thurs, Fri)  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Weds, Fri)  
4 Roma tomatoes, $.60 (Sun, Mon)  
2 avocados, $2.18 (Thurs)

**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.*