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| **ALDI Meal Plan week of 5/12/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker chicken chickpea stew, sourdough toast, spring mix salad |
| **Monday** | Roasted asparagus grilled cheese sandwiches, leftover stew |
| **Tuesday** | Fajita inspired sheet pan chicken thighs & peppers, spring mix salad w/ strawberries |
| **Wednesday** | Pesto tortellini w/ chicken, spinach, & tomatoes, plus sauteed peppers, asparagus, & zucchini |
| **Thursday** | Sheet pan pesto chicken w/ asparagus & mushrooms |
| **Friday** | Smoked sausage, zucchini, & spinach pasta, spring mix salad w/ tomatoes & cucumber |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 5/11)**

*Dairy & refrigerated*

9 oz Priano five cheese tortellini, $1.99 (Weds)  
8 oz Happy Farms deli sliced Havarti, $2.29 (Mon)  
Priano shredded Parmesan, $1.99 (Sun, Mon, Thurs, Fri)

*Grocery*

Specially Selected sourdough square, $2.89 (Sun, Mon)  
Tuscan Garden Spanish manzanilla olives, $1.19 (Sun)  
1 can Chef’s Cupboard chicken broth, $.49 (Sun)  
Priano basil pesto, $2.19 (Weds, Thurs)  
12 oz Reggano rotini, $.99 (Fri)  
Two cans Dakota’s Pride chickpeas (garbanzo beans), $1.38 (Sun)  
2 cans Happy Harvest fire roasted diced tomatoes, $1.78 (Sun, Fri)  
1 can Happy Harvest diced tomatoes with basil, garlic, & oregano, $.69 (Sun)

*Meat*

14 oz Parkview Polska kielbasa, $2.29 (Fri)  
6 lbs bone-in chicken thighs, $4.74 (Sun, Mon, Tues)  
3 lbs chicken tenders, $8.07 (Weds, Thurs)

*Produce*

1 lb strawberries, $1.29 (Tues)  
Pint organic grape tomatoes, $2.49 (Weds)  
Two packs 16 oz asparagus, $3.98 (Mon, Weds, Thurs)  
Two packs 8 oz baby bella mushrooms, $2.98 (Sun, Thurs)  
16 oz SimplyNature organic spring mix salad, $3.99 (Sun, Tues, Fri)  
8 oz bag spinach, $1.39 (Weds, Fri)  
1 cucumber, $.59 (Fri)  
3 lbs yellow onions, $1.69 (Sun, Tues, Thurs, Fri)  
3 heads garlic, $.99 (Sun, Weds, Thurs, Fri)  
Two 3 packs multicolored bell peppers, $6.58 (Sun, Tues, Weds)  
16 oz zucchini, $1.39 (Weds, Fri)  
2 Roma tomatoes, $.40 (Fri)

**Total: $60.73**

*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.*