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| **ALDI Meal Plan week of 5/19/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker salsa chicken, black beans, and pineapple |
| **Monday** | Chicken kale mushroom stir fry, garlic broccoli stir fry, rice |
| **Tuesday** | Zucchini Spanish rice burrito bowls, oranges |
| **Wednesday** | Summer squash + tomato frittata, mangoes, English muffins |
| **Thursday** | Kale sausage soup, salad |
| **Friday** | Korean style ground beef + spinach rice bowls, oranges, carrot mash |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 5/18)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.79 (Weds, Fri)  
Friendly Farms sour cream, $1.29 (Sun, Tues, Weds, Fri)  
12 oz Happy Farms shredded cheddar, $2.79 (Sun, Tues, Weds)

*Grocery*

L’Oven Fresh English muffins, $.99 (Weds)  
3 lbs Earthly Grains long grain white rice, $1.99 (Mon, Tues, Fri)  
Can Chef’s Cupboard chicken broth, $.49 (Mon, Tues)  
Box Chef’s Cupboard chicken broth, $1.39 (Thurs)  
24 oz Casa Mamita salsa, $1.79 (Sun, Tues)  
El Milagro flour tortillas, $.95 (Sun)  
Can Happy Harvest fire roasted diced tomatoes, $.89 (Thurs)  
Can Dakota’s Pride Great northern beans, $.69 (Thurs)  
2 cans Dakota’s Pride black beans, $1.38 (Sun)  
Casa Mamita taco seasoning, $.29 (Sun)  
Pueblo Lindo chipotles in adobo, $.99 (Sun, Weds)

*Meat*

14 oz Polska kielbasa, $2.29 (Thurs)  
5 lbs boneless skinless chicken breast, $8.45 (Sun, Mon, Tues)  
1 lb 80/20 ground beef, $2.89 (Fri)

*Produce*

4 lb navel oranges, $2.29 (Tues, Fri)  
2 mangoes, $.98 (Weds)  
Pineapple, $1.29 (Sun)  
30 oz zucchini, $1.48 (Tues, Weds)  
12 oz SimplyNature organic chopped kale, $3.19 (Mon, Thurs)  
5 oz SimplyNature organic baby spinach, $2.49 (Fri)  
Bag Italian salad, $1.99 (Thurs)  
Cucumber, $.59 (Thurs)  
2 lbs carrots, $1.09 (Thurs, Fri)  
16 oz broccoli crowns, $1.29 (Mon)  
Bunch green onions, $.79 (Sun, Tues, Thurs, Fri)  
Bunch cilantro, $.79 (Sun, Tues)  
Two 8 oz baby bella mushrooms, $1.98 (Mon, Tues)  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Weds, Thurs,   
3 heads garlic, $.99 (Sun, Mon, Tues, Weds, Thurs, Fri)  
8 oz jalapeños, $.69 (Sun)  
12 oz snacking tomatoes on the vine, $2.49 (Sun)  
4 Roma tomatoes, $.80 (Weds, Thurs)  
2 avocados, $2.18 (Sun)

**Total: $59.42**

*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.*