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| **ALDI Meal Plan week of 6/2/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker garlic lime chicken thighs, broccoli w/ sweet red pepper |
| **Monday** | Black bean, tomato, & spinach frittata, cantaloupe |
| **Tuesday** | Easy steak fajitas, pineapple |
| **Wednesday** | Chipotle taco soup w/ ground beef, cilantro-lime cucumber salad |
| **Thursday** | Ground turkey stir fry w/ cauliflower rice, egg drop soup |
| **Friday** | Chipotle chicken wraps, leftover taco soup |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 6/1)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.69 (Mon, Thurs)  
Friendly Farms sour cream, $1.29 (Mon, Tues, Fri)  
8 oz Happy Farms block cheddar, $1.99 (Mon, Tues, Weds)

*Frozen*

12 oz Season’s Choice riced cauliflower, $1.89 (Thurs)

*Grocery*

L’Oven Fresh spinach wraps, $2.29 (Fri)  
Fusia soy sauce, $1.59 (Sun, Thurs)  
32 oz Chef’s Cupboard beef broth, $1.39 (Weds)  
32 oz Chef’s Cupboard chicken broth, $1.39 (Thurs)  
El Milagro flour tortillas, $.95 (Tues)  
1 can Happy Harvest corn, $.49 (Weds)

2 cans Dakota’s Pride black beans, $1.38 (Mon, Weds)  
8 oz can Happy Harvest tomato sauce, $.29 (Weds)  
Pueblo Lindo chipotles in adobo, $.99 (Mon, Weds, Fri)  
10 oz Casa Mamita diced tomatoes with green chilies, $.65 (Weds)

*Meat*

3 lbs bone-in chicken thighs, $3.87 (Sun)  
1 lb boneless skinless chicken breast, $2.29 (Fri)  
1 lb top sirloin steak, $4.99 (Tues)  
1 lb 80/20 ground beef, $2.89 (Weds, Fri)  
1 lb chub frozen ground turkey, $1.99 (Thurs)

*Produce*

Pineapple, $1.29 (Tues)  
Cantaloupe, $1.49 (Mon)  
16 oz bag of limes, $1.99 (Sun, Tues, Weds, Fri)  
Bunch green onions, $.79 (Weds, Thurs)  
Bunch cilantro, $.79 (Tues, Weds  
8 oz bag spinach, $1.39 (Mon, Fri)  
2 packs 8 oz mushrooms, $2.58 (Tues, Thurs)  
20 oz broccoli crowns, $1.74 (Sun, Thurs)  
2 cucumbers, $.98 (Weds)  
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Weds, Thurs)  
3 heads garlic, $.99 (Sun, Mon, Tues, Weds, Thurs, Fri)  
8 oz jalapeño peppers, $.59 (Tues, Weds)  
2 packs 3 multi-colored bell peppers, $6.58 (Sun, Tues, Weds, Thurs, Fri)  
Pint grape tomatoes, $1.99 (Mon)  
2 Roma tomatoes, $.40 (Fri)  
2 avocados, $1.98 (Fri)

**Total: $60.76**

*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.*