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| **ALDI Meal Plan week of 6/23/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker Italian pulled chicken sandwiches, lemon Parmesan broccoli |
| **Monday** | Vegetarian lemon chickpea wraps, roasted Parmesan green beans |
| **Tuesday** | Chicken fajita rice skillet, grapes |
| **Wednesday** | Sweet & tangy chicken vegetable stir fry, rice, cantaloupe |
| **Thursday** | Chicken sausage dinner salad w/ avocado pepperoncini dressing, grapes |
| **Friday** | Easy flounder & asparagus packets, lemon rice |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 6/22)**

*Dairy & refrigerated*

8 oz block Happy Farms cheddar, $1.99 (Tues)  
8 oz Happy Farms sliced mozzarella, $1.99 (Sun)  
Priano shredded Parmesan, $1.99 (Sun, Mon, Thurs, Fri)

*Frozen*

Season’s Choice stir fry broccoli veggies, $1.59 (Weds)

*Grocery*

L’Oven Fresh spinach wraps, $2.29 (Mon)  
L’Oven Fresh hamburger buns, $.85 (Sun)  
Tuscan Garden pepperoncini, $1.65 (Sun, Thurs)  
Burman’s chili sauce, $1.29 (Weds)  
3 lbs Earthly Grains long grain white rice, $1.99 (Tues, Weds, Fri)  
32 oz box Chef’s Cupboard chicken broth, $1.39 (Tues, Fri)  
8 oz can Happy Harvest tomato sauce, $.29 (Sun)

14.5 oz can Happy Harvest diced tomatoes, $.69 (Sun)  
3 cans Dakota’s Pride chickpeas (garbanzo beans), $2.07 (Mon, Thurs)

*Meat*

4 lbs boneless skinless chicken breast, $6.76 (Sun, Tues, Weds)  
12 oz Never Any chicken apple sausage, $2.99 (Thurs)  
1 lb Fremont Fish Market flounder fillets (frozen), $4.39 (Fri)

*Produce*

2 lbs red grapes, $1.78 (Tues, Thurs)  
Cantaloupe, $1.69 (Weds)  
2 lbs lemons, $3.49 (Sun, Mon, Tues, Fri)  
Bunch green onions, $.79 (Tues, Weds, Thurs)  
16 oz broccoli crowns, $1.39 (Sun)  
16 oz green beans, $1.39 (Mon, Weds)  
Pound asparagus, $2.29 (Fri)  
Cucumber, $.49 (Thurs)  
3 hearts romaine, $2.99 (Mon, Thurs)  
3 heads garlic, $.99 (Sun, Mon, Tues, Weds, Fri)  
3 lbs yellow onions, $1.69 (Mon, Tues, Weds, Thurs,  
3 pack multicolored bell peppers, $1.99 (Tues, Weds)  
2 avocados, $2.58 (Mon, Thurs)  
Pint grape tomatoes, $1.99 (Mon, Tues)  
4 Roma tomatoes, $.65 (Thurs)

**Total: $60.44**

*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.*