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| **ALDI Meal Plan week of 6/30/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Slow cooker BBQ chicken drumsticks, potatoes |
| **Monday** | Vegetarian chipotle taco soup w/ cauliflower, salad |
| **Tuesday** | Low carb chipotle chicken tacos, cantaloupe |
| **Wednesday** | Sheet pan Parmesan chicken thighs + green beans, leftover taco soup |
| **Thursday** | 4th of July BBQ: Grilled honey lime cilantro chicken, barbecued onions, watermelon, potato chips |
| **Friday** | Sausage & pepper chipotle flatbread pizza, watermelon |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 6/29)**

*Dairy & refrigerated*

8 oz block Happy Farms cheddar, $1.99 (Mon, Tues)
Priano shredded Parmesan, $1.99 (Sun, Weds, Fri)
4 oz Happy Farms Preferred goat cheese, $1.99 (Fri)

*Grocery*

Fit & Active flatbread wraps, $2.49 (Fri)
Burman’s BBQ sauce, $.95 (Sun, Thurs)
Clancy’s potato chips, $1.79 (Thurs)
32 oz SimplyNature organic vegetable broth, $1.89 (Mon)
1 can Happy Harvest corn, $.49 (Mon)
1 can Dakota’s Pride black beans, $.69 (Mon)
3 cans 8 oz Happy Harvest tomato sauce, $.87 (Mon, Tues, Fri)
10 oz can Casa Mamita diced tomatoes with green chilies, $.65 (Mon)
1 can Pueblo Lindo chipotles in adobo, $.99 (Mon, Tues, Fri)
Tuscan Garden crispy sea salt & lime poblanos, $1.79 (Mon, Tues)

*Meat*

3 lbs chicken drumsticks, $3.87 (Sun)
2 lbs ground chicken, $5.78 (Tues)
3.25 lbs boneless skinless chicken thighs, $5.49 (Weds, Thurs)
12 oz Never Any chicken apple sausage, $2.99 (Fri)

*Produce*

Watermelon, $3.29 (Thurs, Fri)
Cantaloupe, $1.29 (Tues)
1 lb limes, $1.89 (Mon, Tues, Thurs)
Bunch cilantro, $.79 (Thurs)
Bunch green onions, $.79 (Mon, Tues, Fri)
Cucumber, $.49 (Mon)
1 head cauliflower, $2.29 (Mon)
8 oz white mushrooms, $1.49 (Mon)
3 hearts romaine, $2.99 (Mon, Tues)
1 lb green beans, $1.49 (Weds)
3 heads garlic, $.99 (Sun, Mon, Tues, Weds, Thurs)
2 lbs red onions, $1.89 (Mon, Tues, Thurs)
24 oz little potatoes, $1.99 (Sun)
3 pack multicolored bell peppers, $1.99 (Mon, Tues, Fri)
2 Roma tomatoes, $.40 (Mon)

**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.*