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| **ALDI Meal Plan week of 7/14/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Southwest quinoa unstuffed peppers, spring mix salad |
| **Monday** | Easy shrimp & mushroom quesadillas, avocado, leftover unstuffed peppers |
| **Tuesday** | Slow cooker quinoa chicken chili, salad |
| **Wednesday** | Garlic Parmesan pork chops, leftover chili, edamame |
| **Thursday** | Pesto tortellini with chicken, spinach, & tomatoes, salad |
| **Friday** | Sheet pan pesto chicken with asparagus & mushrooms, creamy Parmesan-garlic quinoa |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 7/13)**

*Dairy & refrigerated*

12 oz Happy Farms shredded cheddar, $2.99 (Sun, Mon, Tues)  
9 oz Priano five cheese tortellini, $1.99 (Thurs)  
Priano shredded Parmesan, $1.99 (Thurs, Fri)

*Frozen*

Season’s Choice steamable edamame, $1.49 (Weds)

*Grocery*

16 oz SimplyNature organic quinoa, $3.99 (Sun, Tues, Fri)  
32 oz Chef’s Cupboard chicken broth, $2.78 (Sun, Tues)

Can Chef’s Cupboard chicken broth, $.49 (Fri)  
Priano pesto, $2.19 (Thurs, Fri)  
12 pack El Milagro medium flour tortillas, $.95 (Mon)  
2 cans Happy Harvest corn, $.98 (Sun, Tues)  
3 cans Happy Harvest fire roasted diced tomatoes, $2.67 (Sun, Tues)  
2 cans Dakota’s Pride black beans, $1.38 (Sun, Tues)

1 can Dakota’s Pride kidney beans, $.69 (Tues)  
Packet Casa Mamita taco seasoning, $.29 (Mon)  
1 can Pueblo Lindo chopped green chiles, $.65 (Sun)  
1 can Casa Mamita diced tomatoes with green chilies, $.65 (Tues)

*Meat*

1.5 lbs garlic Parmesan marinated pork chops, $4.48 (Weds)  
12 oz Fremont Fish Market medium EZ peel raw shrimp (frozen), $4.99 (Mon)  
3.5 lbs boneless skinless chicken breast, $5.92 (Tues, Thurs, Fri)

*Produce*

Two packs 8 oz mushrooms, $1.98 (Mon, Fri)  
16 oz SimplyNature organic spring mix, $3.99 (Sun, Tues, Thurs)  
8 oz bag spinach, $1.39 (Thurs)  
1 lb asparagus, $2.69 (Fri)  
3 lbs yellow onions, $1.99 (Sun, Mon, Tues, Fri)  
3 heads garlic, $.99 (Sun, Mon, Tues, Thurs, Fri)  
3 pack multi-colored bell peppers, $2.99 (Sun, Tues)  
Pint grape tomatoes, $1.69 (Thurs)  
2 avocados, $2.78 (Sun, Mon)

**Total: $60.66**

*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.*