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| **ALDI Meal Plan week of 7/28/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Yogurt marinated chicken drumsticks, turmeric lemon rice, roasted broccoli & cauliflower |
| **Monday** | One pot curried chickpeas with spinach, oranges |
| **Tuesday** | Gyros inspired pasta with Greek yogurt sauce, corn on the cob, sourdough toast |
| **Wednesday** | Chicken mushroom sandwiches with avocado spread, black beans with cumin & garlic |
| **Thursday** | Curried chicken skillet w/ cauliflower & rice, tomato cucumber salad |
| **Friday** | Baked lemon chicken with asparagus & mushrooms, oranges |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 7/27)**

*Dairy & refrigerated*

32 oz Friendly Farms whole milk Greek yogurt, $3.45 (Sun, Tues, Thurs)
4 oz Happy Farms Preferred crumbled feta, $2.19 (Tues)

*Grocery*

Specially Selected sourdough, $2.89 (Tues, Weds)
3 lbs Earthly Grains long grain white rice, $1.99 (Sun, Mon, Thurs)
32 oz SimplyNature organic vegetable broth, $1.89 (Mon, Fri)
32 oz Chef’s Cupboard chicken broth, $1.39 (Weds, Thurs)
12 oz Reggano bowtie pasta (farfalle), $.99 (Tues)
2 cans Dakota’s Pride chickpeas (garbanzo beans), $1.38 (Mon)
2 cans Dakota’s Pride black beans, $1.38 (Weds)
Can fire roasted diced tomatoes, $.79 (Mon)

*Meat*

5 lbs boneless skinless chicken breast, $8.45 (Weds, Thurs, Fri)
3 lbs chicken drumsticks, $3.87 (Sun)
1 lb 80/20 ground beef, $3.29 (Tues)

*Produce*

4 pack sweet corn, $1.79 (Tues)
3 lb navel oranges, $1.79 (Mon, Fri)
Bag of lemons, $3.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
Bunch green onions, $.79 (Tues, Weds, Thurs)
Three packs 8 oz mushrooms, $5.07 (Mon, Weds, Fri)
8 oz bag spinach, $1.39 (Mon)
Cucumber, $.49 (Thurs)
One large head of cauliflower, $2.29 (Sun, Thurs)
16 oz broccoli, $1.39 (Sun)
16 oz asparagus, $2.89 (Fri)
3 lbs yellow onions, $2.29 (Mon, Tues, Thurs
3 heads garlic, $.99 (Sun, Mon, Tues, Weds, Thurs, Fri)
1 avocado $1.39 (Weds)
4 Roma tomatoes, $.75 (Thurs)

**Total: $60.55**

*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.*