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| **ALDI Meal Plan week of 7/7/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker garlic-lime chicken thighs, watermelon, baked potatoes |
| **Monday** | Easy vegetarian black bean chili, cucumber salad |
| **Tuesday** | Shrimp taco salad, watermelon |
| **Wednesday** | Skillet pork chops w/ mushrooms & tomatoes, easy skillet potatoes |
| **Thursday** | Creamy avocado pasta with chicken, cantaloupe, baguette |
| **Friday** | Stove top chicken thighs, simple sauteed spinach |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 7/6)**

*Dairy & refrigerated*

Friendly Farms sour cream, $1.29 (Mon, Thurs)  
8 oz block Happy Farms cheddar, $1.99 (Mon, Tues)

*Grocery*

Specially Selected take-and-bake baguette, $1.39 (Thurs)  
32 oz SimplyNature organic vegetable broth, $1.89 (Mon, Fri)  
12 oz Reggano rotini, $.99 (Thurs)  
3 cans Dakota’s Pride black beans, $2.07 (Mon, Tues)  
2 cans Casa Mamita diced tomatoes with green chilies, $1.30 (Mon, Thurs)  
Tuscan Garden tri-color tortilla strips, $1.29 (Mon, Tues)

*Meat*

3 lbs bone-in, skin-on chicken thighs, $3.87 (Sun)  
2.5 lbs boneless skinless chicken thighs, $6.23 (Thurs, Fri)  
1 lb boneless center cut pork chops, $3.49 (Weds)  
12 oz Sea Queen USA Gulf shrimp, raw, peeled, & deveined (frozen), $6.89 (Tues)

*Produce*

Seedless watermelon, $3.29 (Sun, Tues)  
Cantaloupe, $1.29 (Thurs)  
16 oz limes, $1.89 (Sun, Mon, Tues, Thurs, Fri)  
Bunch cilantro, $.79 (Mon, Fri)  
Bunch green onions, $.79 (Mon, Tues, Thurs)  
2 cucumbers, $1.18 (Mon)  
8 oz mushrooms, $1.69 (Weds)  
12 oz bag garden salad, $1.19 (Tues)  
8 oz bag spinach, $1.39 (Fri)  
3 lbs yellow onions, $1.99 (Mon, Tues, Weds, Thurs)  
3 heads garlic, $.99 (Sun, Mon, Tues, Weds, Thurs, Fri)  
5 lbs baking potatoes, $2.69 (Sun, Weds)  
2 pints grape tomatoes, $3.78 (Tues, Weds)  
3 avocados, $4.77 (Tues, Thurs)

**Total: $60.41**

*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.*