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| **ALDI Meal Plan week of 8/4/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Slow cooker garlic-lime chicken thighs, lime butter broccoli, buttery garlic potatoes |
| **Monday** | Slow cooker very vegetable soup, baguette |
| **Tuesday** | Easy pork & pepper fajitas, leftover soup, grapes |
| **Wednesday** | Chopped chicken avocado tomato cucumber salad, grapes |
| **Thursday** | Sheet pan smoky Parmesan chicken tenders & veggies, skillet potatoes + green beans |
| **Friday** | Smoked sausage, zucchini, & spinach pasta, salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 8/3)**

*Dairy & refrigerated*

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

*Grocery*

Simply Selected French baguette, $1.39 (Mon)  
32 oz box SimplyNature organic vegetable broth, $1.89 (Mon)  
12 oz box Reggano rotini, $.99 (Fri)  
El Milagro flour tortillas, $.95 (Tues)  
1 can Happy Harvest corn, $.49 (Mon)  
14.5 oz can Happy Harvest fire roasted diced tomatoes, $.89 (Fri)  
28 oz can Happy Harvest crushed tomatoes, $1.19 (Mon)  
1 can Dakota’s Pride cannellini beans, $.69 (Mon)

*Meat*

14 oz Parkview Polska kielbasa, $2.29 (Fri)  
3 lbs bone-in chicken thighs, $3.87 (Sun)  
1 lb thin cut boneless pork chops, $3.99 (Tues)  
2.75 lbs chicken tenderloin, $5.47 (Weds, Thurs)

*Produce*

16 oz mini cucumbers, $1.49 (Weds)  
2 lbs red grapes, $1.78 (Tues, Weds)  
16 oz limes, $1.89 (Sun, Tues, Weds)  
Bunch green onions, $.79 (Tues, Weds, Fri)  
2 lbs carrots, $1.29 (Mon, Thurs, Fri)  
2 lbs broccoli, $2.78 (Sun, Thurs)  
2 bags 8 oz fresh spinach, $2.78 (Mon, Fri)  
Bag garden salad, $1.19 (Fri)  
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $.99 (Sun, Mon, Tues, Thurs, Fri)  
5 lbs red potatoes, $3.29 (Sun, Mon, Thurs)  
1 lb bag green beans, $1.59 (Mon, Thurs)  
Celery, $1.49 (Mon, Fri)  
16 oz zucchini, $1.59 (Thurs, Fri)  
3 pack multi-colored bell peppers, $3.29 (Tues, Fri)  
5 Roma tomatoes, $.75 (Weds)  
3 avocados, $2.97 (Tues, Weds)

**Total: $60.32**

*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.*