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| **ALDI Meal Plan week of 8/18/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sausage, peppers, & onions frittata with garlic herb goat cheese, English muffins |
| **Monday** | Roasted veggie paninis w/ Parmesan + Provolone, grapes |
| **Tuesday** | Ground chicken stir fry w/ cauliflower rice, egg drop soup |
| **Wednesday** | Caprese chicken + zucchini skillet, grapes |
| **Thursday** | Skillet chicken drumsticks with corn, zucchini, & tomatoes |
| **Friday** | Easy turkey kielbasa chili, sauted veggies |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 8/17)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.77 (Sun, Tues)  
4 oz Happy Farms Preferred garlic & herb goat cheese, $1.99 (Sun)  
8 oz Priano fresh mozzarella, $2.39 (Weds)  
Priano shredded Parmesan, $1.99 (Sun, Mon, Weds)  
8 oz Happy Farms sliced provolone, $1.99 (Mon)

*Frozen*

12 oz Season’s Choice riced cauliflower, $1.89 (Tues)

*Grocery*

L’Oven Fresh English muffins, $1.19 (Sun)  
Bake Shop ciabatta rolls, $2.69 (Mon)  
32 oz Chef’s Cupboard chicken broth, $1.39 (Tues)  
Happy Harvest fire roasted diced tomatoes, $.89 (Fri)  
8 oz Happy Harvest tomato sauce, $.29 (Fri)  
Can Dakota’s Pride black beans, $.69 (Fri)  
Can Dakota’s Pride kidney beans, $.69 (Fri)  
10 oz Casa Mamita diced tomatoes with green chilies, $.65 (Fri)

*Meat*

13 oz Parkview turkey kielbasa, $2.49 (Fri)  
Never Any! chicken apple sausage, $2.99 (Sun)  
16 oz ground chicken, $2.89 (Tues)  
1.5 lbs boneless skinless chicken thighs, $3.74 (Weds)  
2 lbs chicken drumsticks, $2.58 (Thurs)

*Produce*

2 lbs red grapes, $1.78 (Mon, Weds)  
42 oz zucchini, $3.92 (Mon, Weds, Thurs)  
4 ears corn, $1.99 (Thurs, Fri)  
Bunch green onions, $.79 (Tues, Fri)  
16 oz broccoli crowns, $1.39 (Tues, Fri)  
6 oz portobello mushroom caps, $1.99 (Mon)  
8 oz mushrooms, $1.69 (Tues)  
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads of garlic, $.99 (Tues, Weds, Thurs, Fri)  
2 packs of 3 multi-colored bell peppers, $6.58 (Sun, Mon, Tues, Fri)  
7 medium Roma tomatoes, $1.40 (Weds)  
Pint grape tomatoes, $1.69 (Thurs)

**Total: $60.69**

*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.*