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| **ALDI Meal Plan week of 9/22/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Perfect Instant Pot ribs, not Syracuse salt potatoes |
| **Monday** | One pot Parmesan pasta w/ spinach & mushrooms, pretzel breadsticks |
| **Tuesday** | Easy shrimp + mushroom quesadillas, mandarins, carrots + celery |
| **Wednesday** | Sheet pan citrus soy chicken & cauliflower |
| **Thursday** | Italian chicken thighs w/ zucchini + potatoes |
| **Friday** | Easy smoked sausage & spinach soup, salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 9/21)**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Sun, Mon, Thurs)
Block Happy Farms cheddar, $1.99 (Tues)

*Grocery*

Burman’s BBQ sauce, $.95 (Sun)
32 oz Chef’s Cupboard chicken broth, $1.39 (Fri)
16 oz SimplyNature organic spaghetti or whole wheat spaghetti, $1.09 (Mon)
1 can Happy Harvest diced tomatoes, $.69 (Thurs)
1 can Happy Harvest fire roasted diced tomatoes, $.89 (Fri)
2 cans Great Northern beans, $1.38 (Fri)
12 pack El Milagro medium flour tortillas, $.95 (Tues)
Packet Casa Mamita taco seasoning, $.29 (Tues)
1 can Casa Mamita diced tomatoes with green chilies, $.65 (Thurs)
L’Oven Fresh pretzel breadsticks, $2.69 (Mon)

*Meat*

Parkview Polska kielbasa, $2.29 (Fri)
4 lbs spare ribs, $7.96 (Sun)
5 lbs bone-in chicken thighs, $3.95 (Weds, Thurs)
12 oz Fremont Fish Market medium EZ peel raw shrimp (frozen), $4.99 (Tues)

*Produce*

3 lbs mandarins, $2.49 (Tues, Weds)
Three packs 8 oz mushrooms, $4.47 (Mon, Tues, Fri)
Two 24 oz bags dynamic duo potatoes, $3.98 (Sun, Thurs)
16 oz baby carrots, $.99 (Tues, Fri)
Head of cauliflower, $2.29 (Weds)
2 8 oz bags of spinach, $2.78 (Mon, Fri)
Garden salad, $1.19 (Fri)
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Fri)
3 heads garlic, $1.19 (Mon, Tues, Weds, Thurs, Fri)
20 oz zucchini, $2.11 (Thurs)
Celery, $1.29 (Tues, Fri)
Pint grape tomatoes, $1.69 (Mon)

**Total: $60.90**

*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.*