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| **ALDI Meal Plan week of 9/29/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sweet & savory stuffed acorn squash, sauteed zucchini & carrots, mandarins |
| **Monday** | Ground beef, tomato, & spinach tortellini, salad |
| **Tuesday** | Taco stuffed sweet potatoes, tomato cucumber salad, avocado |
| **Wednesday** | Simple vegetarian white bean soup, apples, baguette |
| **Thursday** | Sheet pan smoky Parmesan chicken tenders + veggies, grapes, mandarins |
| **Friday** | Sheet pan chicken + harvest vegetable dinner salad, grapes, mandarins |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 9/28)**

*Dairy & refrigerated*

9 oz Priano five cheese refrigerated tortellini, $1.99 (Mon)  
Happy Farms block sharp cheddar, $1.99 (Sun, Mon, Tues)  
Priano shredded Parmesan, $1.99 (Mon, Weds, Thurs)

*Grocery*

Specially Selected French baguette, $1.69 (Weds)  
Southern Grove dried cranberries, $1.69 (Sun, Mon, Fri)  
32 oz SimplyNature organic vegetable broth, $1.89 (Weds)  
1 can Happy Harvest diced tomatoes, $.69 (Weds)  
8 oz can Happy Harvest tomato sauce, $.29 (Tues)  
Can Dakota’s Pride black beans, $.69 (Tues)  
2 cans Dakota’s Pride Cannellini beans, $1.38 (Weds)  
1 can Dakota’s Pride Great Northern beans, $.69 (Weds)  
1 can Dakota’s Pride chickpeas (garbanzo beans), $.69 (Fri)

*Meat*

5 lbs 73% lean ground beef, $8.95 (Sun, Mon, Tues)  
2.5 lbs chicken tenderloins, $4.98 (Thurs, Fri)

*Produce*

2 lbs red grapes, $1.70 (Thurs, Fri)  
3 lbs mandarins, $2.39 (Sun, Thurs, Fri)  
3 lbs Gala apples, $1.29 (Sun, Weds, Fri)  
2 medium acorn squash, $2.07 (Sun)  
8 oz mushrooms, $1.69 (Fri)  
16 oz broccoli, $1.39 (Thurs, Fri)  
2 lbs carrots, $1.39 (Sun, Mon, Weds, Thurs)  
Cucumber, $.49 (Tues)  
8 oz bag spinach, $1.39 (Mon, Weds)  
3 hearts of romaine, $2.19 (Mon, Fri)  
3 lbs yellow onions, $2.49 (Sun, Mon, Tues, Weds, Thurs  
3 heads garlic, $.99 (Sun, Mon, Tues, Weds, Thurs)  
20 oz zucchini, $2.11 (Sun, Thurs)  
5 medium sweet potatoes, $4.75 (Tues, Fri)  
9 Roma tomatoes, $1.50 (Mon, Tues)  
2 avocados, $2.58 (Tues)

**Total: $60.01**

*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.*