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| **ALDI Meal Plan week of 9/8/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan chicken dinner w/ roasted Brussels sprouts & potatoes, salad |
| **Monday** | Sheet pan Mediterranean salad w/ lemon yogurt dressing, nectarines |
| **Tuesday** | Chicken & mushroom sandwiches with avocado spread, steamed cauliflower |
| **Wednesday** | Gyros inspired pasta w/ Greek yogurt sauce, garlic bread |
| **Thursday** | Broiled pork chops & zucchini w/ Greek yogurt sauce |
| **Friday** | Vegetarian lemon chickpea wraps, nectarines |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 9/7)**

*Dairy & refrigerated*

32 oz Friendly Farms whole milk Greek yogurt, $3.45 (Mon, Weds, Thurs)  
4 oz Happy Farms Preferred crumbled feta, $2.19 (Weds)

*Grocery*

Specially Selected sourdough loaf, $2.89 (Tues, Weds)  
L’Oven Fresh spinach wraps, $2.79 (Fri)  
Tuscan Garden bacon bits, $1.29 (Sun, Tues)  
6 oz Specially Selected Kalamata olives, $2.19 (Mon)  
12 oz Reggano bowtie pasta (farfalle), $.99 (Weds)  
3 cans Dakota’s Pride chickpeas (garbanzo beans), $2.07 (Mon, Fri)

*Meat*

4 lbs boneless skinless chicken breast, $6.76 (Sun, Mon, Tues)  
1 lb 80/20 ground beef, $3.29 (Weds)  
1.5 lbs thin sliced boneless pork chops, $4.49 (Thurs)

*Produce*

16 oz Brussels sprouts, $1.39 (Sun)  
2 lbs nectarines, $1.78 (Mon, Fri)  
2 lbs lemons, $2.99 (Mon, Tues, Weds, Thurs, Fri)  
Bunch green onions, $.99 (Sun, Weds)  
8 oz baby bella mushrooms, $1.19 (Tues)  
Cucumber, $.49 (Mon)  
16 oz SimplyNature organic spring mix salad, $4.19 (Sun, Mon, Fri)  
Head of cauliflower, $2.29 (Mon, Tues)  
3 heads garlic, $1.29 (Sun, Mon, Weds, Thurs, Fri)  
3 lbs yellow onions, $2.49 (Sun, Weds, Fri)  
24 oz baby potatoes medley, $2.99 (Sun)  
20 oz zucchini, $1.99 (Thurs)  
Pint grape tomatoes, $1.89 (Mon, Fri)  
2 avocados, $2.58 (Tues, Fri)

**Total: $60.94**

*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.*