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| **ALDI Meal Plan week of 10/13/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Everything bagel whole chicken, roasted cauliflower, carrots & celery side |
| **Monday** | Black bean, tomato, & spinach frittata, apple slices |
| **Tuesday** | Rotisserie chicken soup, everything crescent shapes, grapes |
| **Wednesday** | Chicken sausage dinner salad w/ avocado pepperoncini dressing, grapes, leftover soup |
| **Thursday** | Sausage, egg, & spinach hand pies, salad |
| **Friday** | Sour cream noodle bake, baguette, apple slices |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 10/12)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.85 (Mon, Thurs)  
Friendly Farms sour cream, $1.49 (Mon, Fri)  
24 oz Friendly Farms cottage cheese, $2.29 (Fri)  
Bake House Creations crescents, $1.69 (Tues)  
Bake House Creations pie crust, $1.49 (Thurs)  
Priano shredded Parmesan, $1.99 (Sun, Weds, Thurs)  
12 oz Happy Farms shredded cheddar, $2.99 (Mon, Thurs, Fri)

*Grocery*

Specially Selected French baguette, $1.69 (Fri)  
Tuscan Garden pepperoncini, $1.65 (Weds)  
2 boxes 32 oz Chef’s Cupboard chicken broth, $2.78 (Sun, Tues)  
16 oz Reggano egg noodles, $1.69 (Tues, Fri)  
Dakota’s Pride black beans, $.69 (Mon)  
Dakota’s Pride chickpeas (garbanzo beans), $.69 (Weds)  
2 cans 8 oz Happy Harvest tomato sauce, $.58 (Fri)  
Pueblo Lindo chipotles in adobo, $.99 (Mon)  
Who Needs the Bagel? seasoning, $1.95 (Sun, Tues)

*Meat*

16 oz roll Appleton Farms pork sausage, $2.29 (Thurs)  
6 lb whole chicken, $5.70 (Sun, Tues)  
1.25 lbs 85/15 ground beef, $4.61 (Fri)  
12 oz Never Any! chicken apple sausage, $2.99 (Weds)

*Produce*

2 lbs red grapes, $1.70 (Tues)  
1 head cauliflower, $1.99 (Sun)  
3 lbs Gala apples, $1.99 (Mon, Fri)  
Bunch green onions, $.79 (Weds, Thurs, Fri)  
2 lbs carrots, $1.29 (Sun, Tues, Thurs)  
Cucumber, $.49 (Weds)  
8 oz spinach, $1.39 (Mon, Thurs)  
3 hearts of romaine, $2.19 (Weds, Thurs)  
3 lbs yellow onions, $1.99 (Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs)  
Celery, $.99 (Sun, Tues, Thurs)  
Pint grape tomatoes, $1.89 (Mon)  
4 Roma tomatoes, $.60 (Weds)  
1 avocado, $.69 (Weds)

**Total: $60.35**

*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.*