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| **ALDI Meal Plan week of 12/1/19 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Easy penne pasta bake, sourdough garlic bread, blackberries |
| **Monday** | Baked dry rub chicken drumsticks, leftover pasta bake |
| **Tuesday** | Vegetarian enchiladas skillet, avocado slices, apples |
| **Wednesday** | Ground turkey stir fry with cauliflower rice, simple tomato cucumber salad |
| **Thursday** | Slow cooker Italian pulled chicken sandwiches, apples |
| **Friday** | Cheesy chicken + spinach skillet, broccoli with sweet bell pepper & garlic |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 11/30)**

*Dairy & refrigerated*

8 oz Happy Farms cream cheese, $.99 (Tues, Fri)  
16 oz Happy Farms shredded mozzarella, $3.69 (Sun, Thurs, Fri)  
8 oz block Happy Farms cheddar, $1.99 (Tues, Thurs)  
Priano shredded Parmesan, $1.99 (Sun, Fri)  
15 oz Emporium ricotta, $1.69 (Sun)

*Frozen*

Season’s Choice frozen riced cauliflower, $1.89 (Weds)

*Grocery*

Specially Selected sourdough loaf, $2.99 (Sun, Thurs)  
Tuscan Garden pepperoncini, $1.69 (Thurs)  
Casa Mamita organic chipotle lime salsa, $2.19 (Tues)  
16 oz Reggano penne pasta, $.99 (Sun)  
24 oz Reggano marinara sauce, $1.49 (Sun)  
El Milagro corn tortillas, $.35 (Tues)  
Can of Happy Harvest corn, $.49 (Tues)

Can Happy Harvest diced tomatoes, $.69 (Thurs)  
Can Happy Harvest tomato sauce, $.29 (Thurs)  
2 cans Dakota’s Pride black beans, $1.38 (Tues)  
4 oz Pueblo Lindo chopped green chiles, $.75 (Tues)

*Meat*

19.2 oz Fit & Active ground turkey, $3.29 (Weds)  
1.5 lbs 80/20 ground beef, $4.94 (Sun)  
4 lbs boneless skinless chicken breast, $7.56 (Thurs, Fri)  
2.5 lbs chicken drumsticks, $3.23 (Mon)

*Produce*

3 lbs Gala apples, $1.69 (Tues, Thurs)  
6 oz blackberries, $.99 (Sun)  
Cucumber, $.49 (Weds)  
16 oz broccoli crowns, $1.69 (Weds, Fri)  
8 oz mushrooms, $1.89 (Weds)  
8 oz bag of spinach, $1.39 (Fri)  
3 heads garlic, $1.29 (Sun, Tues, Weds, Thurs, Fri)  
3 lbs yellow onions, $1.19 (Sun, Tues, Weds, Fri)  
3 pack multicolored bell peppers, $1.99 (Tues, Weds, Fri)  
4 Roma tomatoes, $.75 (Weds)  
2 avocados, $1.98 (Tues)

**Total: $50.90**

*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.*