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| **ALDI Meal Plan week of 11/10/19 – Find the recipes at MashupMom.com** |
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| **Sunday** | Squash-age harvest vegetable stew, baguette, grapes |
| **Monday** | Easy vegetarian black bean chili, grapes |
| **Tuesday** | Roasted chile-lime chicken + potatoes, pan-roasted Brussels sprouts w/ bacon |
| **Wednesday** | Potato soup with spinach and lots of bacon, apples, salad |
| **Thursday** | Slow cooker garlic lime chicken thighs, garlic mashed potatoes |
| **Friday** | Cilantro lime chicken burgers, carrot fries, apple slices |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 11/9)**

*Dairy & refrigerated*

6.5 oz Emporium garlic herb gourmet spreadable cheese, $2.99 (Weds)
8 oz Happy Farms block cheddar, $1.99 (Mon, Fri)

*Grocery*

Specially Selected French baguette, $1.49 (Sun)
L’Oven Fresh hamburger buns, $.85 (Fri)
Two boxes 32 oz SimplyNature organic chicken broth, $2.98 (Sun, Weds)
32 oz SimplyNature organic vegetable broth, $1.49 (Mon, Thurs)
Can Happy Harvest green beans, $.49 (Sun)
6 oz Happy Harvest tomato paste, $.45 (Sun)
Can Dakota’s Pride chickpeas (garbanzo beans), $.69 (Sun)
2 cans Dakota’s Pride black beans, $1.38 (Mon)
Can Casa Mamita diced tomatoes with green chiles, $.65 (Mon)

Stonemill minced garlic in water, $1.79 (Sun, Mon, Tues, Weds, Thurs)

*Meat*

14 oz Parkview Polska kielbasa, $2.29 (Sun)
16 oz Appleton Farms bacon, $3.79 (Tues, Weds)
16 oz ground chicken, $2.89 (Fri)
5.5 lbs bone-in chicken thighs, $4.35 (Tues, Thurs)

*Produce*

3 lbs Gala apples, $1.29 (Weds, Fri)
2 lbs limes, $2.49 (Mon, Tues, Thurs, Fri)
2 lbs red grapes, $1.98 (Sun, Mon)
2 lb acorn squash, $1.18 (Sun,
Bunch cilantro, $.79 (Mon, Fri)
Cucumber, $.49 (Weds)
2 lbs carrots, $1.29 (Sun, Fri)
8 oz baby bella mushrooms, $1.89 (Sun)
8 oz spinach, $1.39 (Sun)
5 oz SimplyNature organic baby spinach, $2.69 (Weds)
Bag of salad, $1.99 (Weds)
16 oz Brussels sprouts, $2.49 (Tues)
3 lbs yellow onions, $1.19 (Sun, Mon, Tues, Weds, Fri)
5 lb yellow potatoes, $3.49 (Tues, Weds, Thurs)
8 oz jalapeños, $.69 (Tues)
4 Roma tomatoes, $1.00 (Weds, Fri)
4 avocados, $2.76 (Mon, Fri)

**Total: $59.65**

*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.*