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| **ALDI Meal Plan week of 1/19/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sausage, peppers, & onions frittata, baguette, salad |
| **Monday** | Edamame & mushroom fried rice, egg drop soup, blueberries, mangoes |
| **Tuesday** | Fajita inspired chicken thighs + peppers, vegetarian rice pilaf |
| **Wednesday** | Chicken & cauliflower sheet pan dinner, naan |
| **Thursday** | Sheet pan Parmesan chicken thighs + green beans, apple slices |
| **Friday** | Garlic soy pork with edamame rice, carrot/celery sticks, apple slices |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 1/18)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.88 (Sun, Mon)  
Specially Selected sundried tomato basil goat cheese crumbles, $2.49 (Sun)  
Priano shredded Parmesan, $1.99 (Sun, Weds, Thurs)

*Frozen*

Season’s Choice shelled edamame, $1.89 (Mon, Fri)

*Grocery*

Specially Selected French baguette, $1.49 (Sun)  
Specially Selected naan, $3.49 (Weds)  
Fusia soy sauce, $1.59 (Mon, Fri)  
3 lbs Earthly Grains long grain white rice, $1.99 (Mon, Tues, Fri)  
32 oz SimplyNature organic chicken broth, $1.89 (Mon)  
32 oz SimplyNature organic vegetable broth, $1.89 (Mon, Tues)

*Meat*

3 lbs bone-in chicken thighs, $3.87 (Tues)  
3 lbs boneless skinless chicken thighs, $5.07 (Weds, Thurs)  
1.5 lbs boneless center cut pork chops, $5.24 (Fri)  
Never Any! chicken apple sausage, $2.99 (Sun)

*Produce*

3 lbs Gala apples, $1.47 (Thurs, Fri)  
2 mangoes, $1.18 (Mon)  
Pint blueberries, $1.69 (Mon)  
Bunch green onions, $.79 (Mon, Fri)  
8 oz mushrooms, $1.89 (Mon)  
2 lbs carrots, $1.49 (Mon, Tues, Fri)  
Head of cauliflower, $2.49 (Weds)  
1 lb green beans, $1.69 (Thurs)  
Little Salad Bar garden salad, $1.29 (Sun)  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Weds)  
3 heads garlic, $1.29 (Mon, Thurs, Fri)  
Celery, $1.29 (Mon, Tues, Fri)  
3 pack multi-colored bell peppers, $3.49 (Sun, Tues)  
3 pack green peppers, $1.79 (Sun, Tues)

**Total: $60.29**

*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.*