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| **ALDI Meal Plan week of 1/5/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Summer squash + tomato frittata, blueberries, English muffins |
| **Monday** | Easy shrimp fried rice, apples, salad |
| **Tuesday** | Zucchini Spanish rice burrito bowls w/ mushrooms, apples, grapefruit |
| **Wednesday** | Sheet pan smoky Parmesan chicken tenders + veggies, salad |
| **Thursday** | Broiled Parmesan pork chops + broccoli, salad |
| **Friday** | Cheesy sausage, rice, & spinach skillet, glazed carrots, peas |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 1/4)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $1.28 (Sun, Mon)  
Friendly Farms sour cream, $1.49 (Sun, Tues)  
16 oz Happy Farms shredded cheddar, $3.69 (Sun, Tues, Fri)  
Priano shredded Parmesan, $1.99 (Weds, Thurs)

*Frozen*

Season’s Choice 16 oz peas, $.95 (Mon, Fri)

*Grocery*

L’Oven Fresh English muffins, $1.19 (Sun)  
3 lbs Earthly Grains long grain white rice, $1.99 (Mon, Tues, Fri)  
Casa Mamita organic chipotle lime salsa, $2.29 (Tues)  
32 oz SimplyNature organic chicken broth, $1.89 (Tues, Fri)  
Can Pueblo Lindo chipotles in adobo, $.99 (Note: You’ll have most of the can left over this week, but these keep in the fridge in tupperware for ages — or puree and freeze) (Sun)

*Meat*

12 oz Fremont Fish Market medium raw peeled shrimp, $5.99 (frozen) (Mon)  
3.5 lbs boneless skinless chicken breast, $5.22 (Tues, Weds)  
1.5 lbs thin sliced pork chops, $4.49 (Thurs)  
12 oz Never Any! spinach feta chicken sausage, $2.99 (Fri)

*Produce*

3 lbs gala apples, $1.47 (Mon, Tues)  
2 lbs zucchini, $1.98 (Sun, Tues, Weds)  
2 grapefruit, $.98 (Tues)  
Pint blueberries, $1.89 (Sun)  
2 lbs carrots, $1.29 (Mon, Weds, Fri)  
8 oz baby bella mushrooms, $1.89 (Tues)  
24 oz broccoli, $2.54 (Weds, Thurs)  
16 oz SimplyNature organic spring mix salad, $3.49 (Mon, Weds, Thurs)  
8 oz spinach, $1.39 (Fri)  
1 cucumber, $.49 (Weds, Thurs)  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Weds, Fri)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Fri)  
5 Roma tomatoes, $1.00 (Sun, Mon, Weds)  
3 avocados, $2.97 (Tues, Weds)

**Total: $60.70**

*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.*