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| **ALDI Meal Plan week of 2/23/20 – Find the recipes at MashupMom.com** |
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| **Sunday** | Greek chicken with sweet potatoes & kale, cantaloupe |
| **Monday** | Vegetarian lemon chickpea wraps, baby carrots, clementines |
| **Tuesday** | Easy spice rubbed fish tacos, sauteed spinach, tortilla chips |
| **Wednesday** | Sheet pan gnocchi with sausage & veggies, clementines |
| **Thursday** | Sheet pan Parmesan chicken drumsticks w/ carrots & potatoes, roasted broccoli  |
| **Friday** | Chipotle turkey chili, tortilla chips, salad |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 2/22)**

*Dairy & refrigerated*

8 oz block Happy Farms cheddar, $1.65 (Tues, Fri)
Priano shredded Parmesan, $1.99 (Weds, Thurs)

*Grocery*

L’Oven Fresh spinach wraps, $2.69 (Mon)
Clancy’s restaurant style tortilla chips, $1.69 (Tues, Fri)
El Milagro flour tortillas, $.95 (Tues)
2 cans Dakota’s Pride chickpeas (garbanzo beans), $.98 (Mon)
1 can Dakota’s Pride black beans, $.48 (Fri)
1 can Dakota’s Pride kidney beans, $.49 (Fri)
2 cans Happy Harvest fire roasted diced tomatoes, $1.78 (Fri)
Pueblo Lindo chipotles in adobo, $.99 (Fri)
17.6 oz Priano gnocchi of choice, $1.79 (Weds)

*Meat*

14 oz Parkview Polska kielbasa, $2.35 (Weds)
4 lbs bone-in split chicken breast, $3.96 (Sun)
3 lbs chicken drumsticks, $2.07 (Thurs)
19.2 oz Kirkwood fresh 93% lean ground turkey, $3.89 (Fri)
1 lb fresh tilapia, $5.79 (Tues)

*Produce*

Cantaloupe, $1.29 (Sun)
3 lbs clementines, $2.39 (Mon, Weds)
2 lbs lemons, $2.89 (Sun, Mon, Tues, Weds)
Bunch green onions, $.69 (Tues, Fri)
16 oz baby carrots, $.89 (Mon, Thurs)
16 oz broccoli crowns, $1.69 (Thurs)

8 oz mushrooms, $.99 (Weds)
12 oz Simply Nature organic chopped kale, $3.19 (Sun, Weds)
8 oz bag spinach, $1.39 (Mon, Tues)
Garden salad, $1.29 (Fri)
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Weds, Fri)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Fri)
24 oz Dynamic Duo potatoes, $2.99 (Thurs)
2 medium sweet potatoes, $1.04 (Sun)
1 avocado, $.99 (Mon)
Pint grape tomatoes, $1.89 (Mon, Tues)

**Total: $60.33**

*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.*