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| **ALDI Meal Plan week of 3/1/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Simple roast chicken + vegetables, oranges |
| **Monday** | Black bean, chipotle, & spinach frittata, super seasoned pan fried potatoes |
| **Tuesday** | Chicken burrito bowls, oranges |
| **Wednesday** | Chicken & asparagus stir fry, garlic green beans, rice |
| **Thursday** | Slow cooker honey chipotle BBQ chicken sandwiches, tortilla chips with sour cream & salsa dip, buttered peas & carrots |
| **Friday** | Easy shrimp fried rice, egg drop soup with spinach |
| **Saturday** | Leftovers – pizza night – eat out – or date night |

**Your ALDI Shopping List (through 2/29)**

*Dairy & refrigerated*

Dozen Goldhen eggs, $.98 (Mon, Fri)  
16 oz Friendly Farms sour cream, $1.49 (Mon, Thurs)  
8 oz block Happy Farms cheddar cheese, $1.65 (Mon, Tues)  
Happy Farms deli sliced provolone, $1.99 (Thurs)

*Frozen*

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

*Grocery*

L’Oven Fresh hamburger buns, $.89 (Thurs)  
Fusia soy sauce, $1.59 (Weds, Fri)  
Burman’s BBQ sauce, $.95 (Thurs)  
3 lbs Earthly Grains long grain white rice, $1.99 (Tues, Weds, Fri)  
2 boxes Chef’s Cupboard chicken broth, $2.58 (Tues, Thurs, Fri)  
Casa Mamita organic chipotle lime salsa, $2.29 (Tues, Thurs)

2 cans Dakota’s Pride black beans, $.96 (Mon, Tues)  
Pueblo Lindo chipotles in adobo, $.99 (Mon, Thurs)  
Simply Nature beet tortilla chips, $1.99 (Thurs)

*Meat*

5 lb whole chicken, $4.75 (Sun)  
5.25 lbs boneless skinless chicken thighs, $8.87 (Tues, Weds, Thurs)  
12 oz Fremont Fish Market medium peeled shrimp (frozen), $5.49 (Fri)

*Produce*

4 lbs navel oranges, $1.99 (Sun, Tues)  
Bunch green onions, $.69 (Tues, Fri)  
2 lbs carrots, $1.49 (Sun, Thurs, Fri)  
8 oz mushrooms, $1.89 (Sun)  
1 lb asparagus, $1.49 (Weds)  
1 lb green beans, $1.69 (Weds)  
8 oz bag spinach, $1.39 (Mon, Fri)  
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
5 lbs large baking potatoes, $2.29 (Sun, Mon)  
Pint grape tomatoes, $1.89 (Mon)  
2 avocados, $1.58 (Tues)

**Total: $59.97**

*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.*