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| **ALDI Meal Plan week of 7/12/20 – Find the recipes at MashupMom.com** |
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| **Sunday** | Easy cheesy beautiful pasta skillet, Italian bread loaf |
| **Monday** | Edamame & mushroom fried rice, shortcut wonton soup w/ spinach |
| **Tuesday** | Ricotta frittata with spinach & mushrooms, strawberries |
| **Wednesday** | Garlic soy pork with edamame rice, Asian chopped salad kit |
| **Thursday** | Sheet pan Parmesan chicken thighs & green beans, carrot & celery sticks |
| **Friday** | Chicken thigh stir fry with asparagus, egg drop soup |
| **Saturday** | Leftovers – pizza night – or carryout |

***Shopping list (through 7/11):***

*Dairy & refrigerated*

Dozen Goldhen eggs, $.82 (Mon, Tues, Fri)
Emporium Selection 15 oz whole milk ricotta, $1.59 (Sun, Tues)
8 oz Happy Farms block mozzarella, $1.65 (Sun, Tues)
Priano shredded Parmesan, $1.99 (Sun, Thurs)

*Frozen*

Season’s Choice shelled edamame, $1.89 (Mon, Weds)
Fusia pork potstickers, $3.49 (Mon)

*Grocery*

Specially Selected Italian bread loaf, $1.99 (Sun)
Fusia soy sauce, $1.49 (Mon, Weds, Fri)
Carlini toasted sesame oil, $5.99 (Mon, Weds, Fri)
3 lbs Earthly Grains long grain white rice, $1.99 (Mon, Weds, Fri)
2 cartons 32 oz Chef’s Cupboard chicken broth, $2.58 (Mon, Fri)
12 oz Reggano farfalle (bowtie noodles), $.99 (Sun)
24 oz jar Reggano simply marinara, $1.49 (Sun)

*Meat*

16 oz 85% lean ground beef chub (in freezer section), $3.89 (Sun)
1.5 lbs center cut pork chops, $5.99 (Weds)
2.5 lbs boneless skinless chicken thighs, $4.23 (Thurs, Fri)

*Produce*

16 oz strawberries, $.99 (Tues)
Bunch green onions, $.69 (Mon, Weds, Fri)
1 lb asparagus, $2.79 (Fri)
8 oz spinach, $1.35 (Mon, Tues)
Asian chopped salad kit, $2.49 (Weds)
16 oz green beans, $1.69 (Thurs)
2 packs 8 oz mushrooms, $1.98 (Mon, Tues)
2 lbs carrots, $1.35 (Mon, Thurs)
3 lbs yellow onions, $1.89 (Sun, Mon, Tues)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs
Celery, $1.29 (Mon, Thurs)

**Total: $59.86**

*Note: The days(s) on the shopping list show which meal(s) an item will be used in. If you are skipping a night, you can easily delete items you don’t need to purchase.*