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| **ALDI Meal Plan week of 7/19/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Vegetarian chipotle lentil tacos, zucchini saute |
| **Monday** | Chopped chicken avocado tomato cucumber salad, watermelon |
| **Tuesday** | Chicken & mushroom sandwiches with avocado spread, balsamic peppers |
| **Wednesday** | Sheet pan lemon garlic chicken with potatoes & carrots |
| **Thursday** | Vegetarian lemon chickpea wraps, watermelon |
| **Friday** | Slow cooker lentil & smoked sausage soup, sourdough toast |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 7/18):**

*Dairy & refrigerated*

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

*Grocery*

Specially Selected sourdough square, $2.99 (Tues, Fri)  
L’Oven Fresh spinach wraps, $2.49 (Thurs)  
Simply Nature organic 16 oz dried green lentils, $1.99 (Sun, Fri)  
12 ct El Milagro medium flour tortillas, $.98 (Sun)  
Pueblo Lindo chipotles in adobo, $.99 (Sun)  
32 oz Simply Nature organic vegetable broth, $1.89 (Sun)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Fri)  
8 oz Happy Harvest tomato sauce, $.29 (Sun)  
2 cans Dakota’s Pride garbanzo beans (chickpeas), $.98 (Thurs)

*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.*

*Meat*

5 lbs boneless skinless chicken breast, $9.45 (Mon, Tues, Weds)  
14 oz Parkview Polska kielbasa, $2.35 (Fri)

*Produce*

16 oz zucchini, $.99 (Sun)  
Whole seedless watermelon, $3.49 (Mon, Thurs)  
2 lbs lemons, $3.49 (Mon, Tues, Weds, Thurs)  
Bunch green onions, $.69 (Sun, Mon)  
Large cucumber, $.59 (Mon)  
2 lbs carrots, $1.29 (Weds, Fri)  
8 oz mushrooms, $1.89 (Tues)  
8 oz fresh spinach, $1.39 (Thurs, Fri);  
3 lbs yellow onions, $1.89 (Sun, Mon, Weds, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Weds, Thurs, Fri)  
24 oz dynamic duo little potatoes, $2.99 (Weds)  
Celery, $1.29 (Fri)  
3 pack multi-colored bell peppers, $2.99 (Sun, Tues)  
Pint grape tomatoes, $1.89 (Sun, Thurs)  
5 Roma tomatoes, $1.09 (Mon)  
4 avocados, $3.40 (Mon, Tues, Thurs)

**Total: $59.98**

***New! Staple items you’ll need – AKA: Pantry spices & condiments used in this week’s recipes.***

*Olive oil, balsamic vinegar, red wine vinegar, coarse ground mustard, chili powder, rosemary, smoked paprika, oregano, cumin, seasoned salt, sea salt, salt, black pepper, garlic powder, crushed red pepper, thyme, parsley, cayenne, bay leaf, Kosher salt, butter (or whatever you enjoy on your toast)*

*Note: In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*