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| **ALDI Meal Plan week of 7/5/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Vegetarian elote tortilla casserole, strawberries |
| **Monday** | Smoked sausage & tortellini skillet, pineapple |
| **Tuesday** | Chicken fajita rice skillet, tomato cucumber salad |
| **Wednesday** | Sheet pan smoky Parmesan chicken tenders & veggies |
| **Thursday** | Curried chicken skillet w/ cauliflower & rice, skillet roasted cauliflower & zucchini |
| **Friday** | Baked garlic lemon tilapia, lemon rice |
| **Saturday** | Leftovers – pizza night – or carryout |

***Shopping list (through 7/4):***

*Dairy & refrigerated*

32 oz Friendly Farms plain whole milk Greek yogurt, $3.69 (Sun, Tues, Thurs)  
12 oz Happy Farms shredded cheddar, $2.89 (Sun, Tues)  
Priano three cheese tortellini, $1.99 (Mon)  
Priano Parmesan, $1.99 (Mon, Weds, Thurs)

*Frozen*

Season’s Choice elote style corn, $1.99 (Sun)

*Grocery*

3 lbs Earthly Grains long grain white rice, $1.99 (Tues, Thurs, Fri)  
2 boxes 32 oz Chef’s Cupboard chicken broth, $2.58 (Tues, Thurs, Fri)  
Specially Selected roasted verde salsa, $1.99 (Sun)  
Priano pesto, $2.19 (Mon, Thurs)  
El Milagro flour tortillas, $.98 (Sun)  
Can Dakota’s Pride black beans, $.48 (Sun)

*Meat*

Parkview Polska kielbasa, $2.35 (Mon)  
4 lbs chicken tenderloin, $7.96 (Tues, Weds, Thurs)  
32 oz Fremont Fish Market tilapia, $5.89 (Fri)

*Produce*

16 oz strawberries, $.99 (Sun)  
Pineapple, $1.39 (Mon)  
2 lbs lemons, $2.99 (Tues, Thurs, Fri)  
3 lbs yellow onions, $1.69 (Sun, Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
8 oz fresh spinach, $1.39 (Sun)  
Cucumber, $.49 (Tues)  
16 oz baby carrots, $.89 (Weds)  
8 oz baby bella mushrooms, $1.89 (Mon)  
16 oz broccoli crowns, $1.45 (Mon, Weds)  
1 head cauliflower, $2.29 (Thurs)  
16 oz zucchini, $1.45 (Weds, Thurs)  
1 lb mini sweet peppers, $2.89 (Tues)  
4 Roma tomatoes, $.80 (Tues)

**Total: $60.85**

*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.*