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| **ALDI Meal Plan week of 8/2/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Caprese chicken + kale skillet |
| **Monday** | Easy black bean soup, chopped side salad |
| **Tuesday** | Chicken fajita rice skillet, avocado, chopped side salad |
| **Wednesday** | Simple chicken kale mushroom stir fry, rice, grapes |
| **Thursday** | Kielbasa quesadillas, grapes |
| **Friday** | Tilapia packets with broccoli & mushrooms, cilantro lime rice |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 8/1):**

*Dairy & refrigerated*

2 Happy Farms 8 oz block mozzarella, $3.30 (Sun, Thurs)  
Priano shredded Parmesan, $1.99 (Sun, Tues)  
8 oz block Happy Farms cheddar, $1.65 (Mon, Tues)  
Friendly Farms sour cream, $1.65 (Mon, Tues, Thurs)

*Grocery*

3 lbs Earthly Grains long grain white rice, $1.99 (Tues, Weds, Fri)  
32 oz Simply Nature organic vegetable broth, $1.89 (Mon)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Tues)  
12 ct El Milagro medium flour tortillas, $.98 (Thurs)  
Three cans Dakota’s Pride black beans, $1.44 (Mon)  
Pueblo Lindo chipotles in adobo, $.99 (Mon)

*Meat*

2 lbs boneless skinless chicken thighs, $4.58 (Sun)  
2.5 lbs chicken tenderloin, $4.98 (Tues, Weds)

Parkview Polska kielbasa, $2.35 (Thurs)  
1 lb tilapia, $5.79 (Fri)

*Produce*

2 lbs red grapes, $1.70 (Weds, Thurs)  
2 lbs limes, $1.89 (Mon, Tues, Fri)  
Bunch cilantro, $.79 (Mon, Fri)  
12 oz organic chopped kale, $2.89 (Sun, Weds)  
3 hearts of romaine, $2.19 (Mon, Tues)  
16 oz broccoli crowns, $1.49 (Mon, Fri)  
2 packs 8 oz mushrooms, $3.78 (Weds, Fri)  
1 cucumber, $.59 (Mon, Tues)  
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs)  
3 pack multi-colored peppers, $2.99 (Tues, Thurs)  
Pint grape tomatoes, $1.89 (Sun)  
3 avocados, $2.67 (Mon, Tues)

**Total: $60.92**

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

*Olive oil, sesame oil, butter, balsamic vinegar, white wine vinegar, sea salt, seasoned salt, Kosher salt, black pepper, crushed red pepper, cayenne, cumin, chili powder, oregano, smoked paprika, cocoa powder, powdered ginger, soy sauce*

*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.*