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| **ALDI Meal Plan week of 8/30/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Skillet pork chops with mushrooms & tomatoes, salad |
| **Monday** | Naan pesto pizza, nectarines |
| **Tuesday** | Spice rubbed fish tacos, nectarines |
| **Wednesday** | Slow cooker Italian pulled chicken sandwiches, grapes |
| **Thursday** | Chopped chicken avocado tomato cucumber salad, grapes |
| **Friday** | Pesto tortellini with chicken, baguette |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 8/29):**

*Dairy & refrigerated*

Emporium Selection fresh mozzarella ball 8 oz, $2.49 (Mon)  
9 oz Priano three cheese tortellini, $1.99 (Fri)  
8 oz Happy Farms deli sliced mozzarella, $1.99 (Weds)

*Grocery*

Specially Selected naan, $3.99 (Mon)  
L’Oven Fresh Kaiser rolls, $1.99 (Weds)  
Specially Selected French baguette, $1.49 (Fri)  
Tuascan Garden pepperoncini, $1.69 (Sun, Weds)  
6.7 oz Priano Genovese pesto, $2.19 (Mon, Fri)  
El Milagro flour tortillas, $.98 (Tues)  
8 oz can Happy Harvest tomato sauce, $.29 (Weds)  
14.5 oz can Happy Harvest diced tomatoes, $.59 (Weds)

*Meat*

1 lb thin sliced pork chops, $3.89 (Sun)

4 lbs boneless skinless chicken breast, $6.76 (Weds, Thurs, Fri)  
1 lb fresh tilapia, $5.79 (Tues)

*Produce*

16 oz limes, $1.99 (Tues, Thurs)  
2 lbs nectarines, $1.98 (Mon, Tues)  
2 lbs grapes, $1.98 (Weds, Thurs)  
3 lbs yellow onions, $1.69 (Sun, Tues, Thurs)  
3 heads garlic, $1.19 (Sun, Tues, Weds, Fri)  
Cucumber, $.59 (Thurs)  
2 packs 8 oz mushrooms, $3.58 (Sun, Mon)  
8 oz bag of spinach, $1.39 (Mon, Fri)  
Bag of garden salad, $1.19 (Sun)  
3 pints grape tomatoes, $5.07 (Sun, Mon, Fri)  
7 Roma tomatoes, $1.50 (Tues, Thurs)  
3 avocados, $2.67 (Tues, Thurs)

**Total: $60.94**

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

*Olive oil, butter, seasoned salt, sea salt, black pepper, basil, crushed red pepper, chili powder, cumin, cayenne, smoked paprika, oregano, Kosher salt, Italian seasoning, garlic powder*

*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.*