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| **ALDI Meal Plan week of 8/9/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Chicken drumsticks with mushrooms, tomatoes, & chickpeas, plus nectarines |
| **Monday** | Creamy tomato hummus soup, grilled cheese sandwiches, grapes |
| **Tuesday** | Deconstructed vegetarian enchiladas skillet, avocados, grapes |
| **Wednesday** | Easy turkey kielbasa chili, sourdough toast, salad |
| **Thursday** | Thyme for a chicken mushroom rice skillet, sauteed spinach, nectarines |
| **Friday** | Chicken thigh stir fry with asparagus, garlic green beans, rice |
| **Saturday** | Leftovers – pizza night – or carryout |

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

*Dairy & refrigerated*

Happy Farms 8 oz cream cheese, $1.29 (Mon, Tues)  
8 oz Happy Farms block cheddar, $1.65 (Tues, Weds)  
8 oz Happy Farms deli sliced colby jack (or cheese of choice), $1.99 (Mon)  
Park Street Deli 10 oz roasted red pepper hummus, $2.49 (Mon)

*Grocery*

Specially Selected sourdough round, $2.99 (Mon, Weds)  
3 lbs Earthly Grains long grain white rice, $1.99 (Thurs, Fri)  
32 oz Simply Nature organic vegetable broth, $1.89 (Mon, Thurs)  
16 oz Casa Mamita organic chipotle lime salsa, $1.99 (Tues)  
El Milagro corn tortillas, $.39 (Tues)  
Can Happy Harvest corn, $.49 (Tues)  
Can Dakota’s Pride garbanzo beans (chickpeas), $.49 (Sun)  
3 cans Dakota’s Pride black beans, $1.47 (Tues, Weds)  
Can Dakota’s Pride kidney beans, $.49 (Weds)  
28 oz Happy Harvest crushed tomatoes, $.89 (Mon)  
Happy Harvest fire roasted diced tomatoes, $.79 (Weds)  
Happy Harvest tomato sauce, $.29 (Weds)  
Pueblo Lindo chopped green chiles, $.69 (Tues)  
Casa Mamita diced tomatoes with green chilies, $.69 (Weds)

*Meat*

3 lbs chicken drumsticks, $3.87 (Sun)  
2 Parkview turkey kielbasa, $4.70 (Weds)  
3.25 lbs boneless skinless chicken thighs, $5.49 (Thurs, Fri)

*Produce*

2 lbs green grapes, $1.98 (Mon, Tues)  
2 lbs nectarines, $1.78 (Sun, Thurs)  
2 packs 8 oz baby bella mushrooms, $2.58 (Sun, Thurs)  
16 oz asparagus, $2.79 (Fri)  
16 oz green beans, $1.69 (Fri)  
Garden salad, $1.19 (Weds)  
8 oz bag of spinach, $1.35 (Thurs)  
3 lbs yellow onions, $1.89 (Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 pack multi-colored bell peppers, $2.99 (Tues, Weds)  
Pint grape tomatoes, $1.89 (Sun)  
2 avocados, $1.78 (Tues)

**Total: $60.22**

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

*Olive oil, canola oil, sesame oil, butter, soy sauce, balsamic vinegar, sea salt, seasoned salt, black pepper, thyme, basil, oregano, crushed red pepper, cayenne, cumin, chili powder, smoked paprika, parsley, ginger, brown sugar, cornstarch*

*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.*