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| **ALDI Meal Plan week of 9/13/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sausage, peppers, & onions frittata, apples, sour cream & cheddar biscuits |
| **Monday** | Easy cheesy vegetarian pasta skillet, baguette |
| **Tuesday** | Low carb taco casserole, sauteed zucchini |
| **Wednesday** | Ground beef & broccoli stir fry, cauliflower rice, stir fried carrots |
| **Thursday** | Sausage, peppers, & onions (+ artichoke) naan pizza, salad |
| **Friday** | Sheet pan smoky Parmesan chicken tenders + veggies, apples |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 9/12):**

*Dairy & refrigerated*

Dozen Goldhen eggs, $1.00 (Sun)  
Friendly Farms 16 oz sour cream, $1.49 (Sun, Tues)  
12 oz Happy Farms shredded cheddar, $2.89 (Sun, Tues)  
12 oz Happy Farms shredded mozzarella, $3.19 (Mon, Thurs)  
15 oz Emporium Selection whole milk ricotta, $1.69 (Sun, Mon)  
Priano shredded Parmesan, $1.99 (Sun, Fri)

*Frozen*

Season’s Choice plain riced cauliflower, $1.89 (Weds)

*Grocery*

Specially Selected French baguette, $1.19 (Mon)  
Specially Selected naan, $3.99 (Thurs)  
12 oz Reggano farfalle (bowtie pasta), $.99 (Mon)  
Simply Nature organic marinara, $1.49 (Mon)  
Tuscan Garden marinated artichoke hearts 12 oz, $2.89 (Mon, Thurs)

*Meat*

Never Any chicken apple sausage, $3.19 (Sun)  
2 lbs 80/20 ground beef, $5.78 (Tues, Weds)  
Parkview Polska kielbasa, $2.35 (Thurs)  
1.5 lbs chicken tenderloin, $3.74 (Fri)

*Produce*

3 lbs Gala apples, $1.89 (Sun, Fri)  
Bunch green onions, $.79 (Sun, Tues, Weds)  
8 oz bag of spinach, $1.39 (Mon)  
Garden salad, $1.19 (Thurs)  
8 oz mushrooms, $1.89 (Mon)  
Head of cauliflower, $2.49 (Tues)  
1.25 lbs broccoli crowns, $1.74 (Weds, Fri)  
2 lbs carrots, $1.29 (Weds, Fri)  
3 lbs yellow onions, $1.89 (Sun, Mon, Thurs, Fri)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs, Fri)  
24 oz zucchini, $2.09 (Tues, Fri)  
3 pack multi-colored bell peppers, $2.99 (Sun, Mon, Thurs)

**Total: $60.58**

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

*Olive oil, sesame oil, soy sauce, sea salt, seasoned salt, black pepper, crushed red pepper, Italian seasoning, basil, oregano, chili powder, cumin, onion powder, garlic powder, cayenne, smoked paprika, ground ginger, flour, baking powder, baking soda, salt, butter, sugar, brown sugar, corn starch*

*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.*