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| **ALDI Meal Plan week of 10/18 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Greek chicken with sweet potatoes & kale |
| **Monday** | Easy 25 minute veggie fajitas, grapes |
| **Tuesday** | Taco zucchini boats, grapes |
| **Wednesday** | Pepperoni naan pizza, sauteed spinach |
| **Thursday** | Flounder & asparagus packets |
| **Friday** | Pepperoni pizza soup with kale, baguette |
| **Saturday** | Leftovers – pizza night – or carryout |

**Shopping list (through 10/17):**

*Dairy & refrigerated*

16 oz Friendly Farms sour cream, $1.49 (Mon, Tues)  
12 oz Happy Farms shredded cheddar, $2.89 (Mon, Tues)  
8 oz Happy Farms block mozzarella, $1.85 (Weds)  
Priano shredded Parmesan, $1.99 (Thurs, Fri)

*Grocery*

Specially Selected naan, $3.99 (Weds)  
Specially Selected baguette, $1.49 (Fri)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Fri)  
El Milagro flour tortillas, $.98 (Mon)  
1 can Happy Harvest corn, $.49 (Tues)  
3 cans Happy Harvest tomato sauce, $.87 (Tues, Weds, Fri)  
1 can Happy Harvest tomato paste, $.39 (Fri)

*Meat*

4.5 lbs bone-in split chicken breast, $4.46 (Sun)  
16 oz 85% lean ground beef chub (frozen), $3.29 (Tues)

Mama Cozzi’s 6 oz sliced pepperoni, $2.29 (Weds, Fri)  
16 oz Fremont Fish Market flounder fillets (frozen), $4.99 (Thurs)

*Produce*

2 lbs lemons, $3.45 (Sun, Mon, Weds, Thurs)  
2 lbs green grapes, $1.98 (Mon, Tues)  
8 oz baby bella mushrooms, $.99 (Mon)  
8 oz baby carrots, $.99 (Fri)  
1 lb asparagus, $1.99 (Thurs)  
12 oz Simply Nature organic chopped kale, $2.99 (Sun, Fri)  
8 oz bagged spinach, $1.35 (Weds)  
Bunch green onions, $.69 (Mon, Tues)  
3 lbs yellow onions, $1.99 (Sun, Mon, Tues, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
2 sweet potatoes, $1.34 (Sun)  
3 pack multi-colored bell peppers, $2.99 (Mon, Tues)  
8 oz jalapeños, $.69 (Mon)  
2.5 lbs zucchini (5 or more zucchinis — you’ll need two prepackaged packs), $3.23 (Tues, Fri)  
3 avocados, $1.95 (Mon, Tues)  
2 Roma tomatoes, $.40 (Mon)

**Total: $60.96**

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

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

*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.*