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| **ALDI Meal Plan week of 12/13/20 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Cheesy chicken & spinach skillet, Parmesan roasted zucchini |
| **Monday** | Ground turkey stir fry w/ cauliflower rice, oranges |
| **Tuesday** | Skillet chicken tenders w/ artichoke avocado salsa, oranges |
| **Wednesday** | Sheet pan smoky Parmesan chicken tenders & veggies, roasted garlic Parmesan Brussels sprouts |
| **Thursday** | Roasted vegetable tortellini bake, carrots need butter & thyme |
| **Friday** | Smoked sausage & white bean chili, baguette |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

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

*Dairy & refrigerated*

8 oz brick cream cheese, $1.29 (Sun, Fri)  
16 oz Happy Farms shredded mozzarella, $3.99 (Sun, Thurs, Fri)  
Priano shredded Parmesan, $1.99 (Sun, Weds, Thurs)  
9 oz Priano 3 cheese tortellini, $1.99 (Thurs)

*Frozen*

Season’s Choice 12 oz riced cauliflower, $1.89 (Mon)

*Grocery*

Specially Selected baguette, $1.49 (Fri)  
1 can Tuscan Garden quartered artichoke hearts, $1.89 (Tues)  
48 oz Simply Nature organic chicken broth, $1.99 (Thurs, Fri)  
1 can Dakota’s Pride Cannellini beans, $.49 (Fri)  
1 can Dakota’s Pride Great Northern beans, $.59 (Fri)  
1 can Happy Harvest whole kernel corn, $.49 (Fri)  
2 cans Pueblo Lindo chopped green chiles, $1.38 (Fri)

*Meat*

2 lbs boneless skinless chicken breast, $4.58 (Sun)  
16 oz frozen Kirkwood ground turkey, $1.99 (Mon)  
3.75 lbs chicken tenderloin, $7.46 (Tues, Weds)  
Parkview Polska kielbasa, $2.39 (Fri)

*Produce*

3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
2 bags 8 oz spinach, $2.78 (Sun, Thurs)  
8 oz mushrooms, $1.79 (Mon)  
2 lbs zucchini, $3.98 (Sun, Weds)  
2 lbs carrots, $1.29 (Weds, Thurs)  
1 lb broccoli crowns, $1.49 (Mon, Weds)  
1 lb Brussels sprouts, $1.39 (Weds)  
3 ct multi-colored bell peppers, $2.99 (Mon, Thurs)  
4 lbs navel oranges, $2.49 (Mon, Tues)  
1 avocado, $.59 (Tues)  
2 medium Roma tomatoes, $.40 (Tues)  
Pint grape tomatoes, $1.89 (Thurs)

**Total: $60.55**

***Staple items you’ll need – AKA: Pantry spices & condiments used in this week’s recipes, but not in the shopping list***

*Need: Olive oil, crushed red pepper, Italian seasoning, paprika, sea salt, salt, black pepper, garlic powder, soy sauce, brown sugar, sesame oil, ground ginger, canola oil, oregano, chili powder, smoked paprika, cumin, seasoned salt, cayenne, butter, thyme*

*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.*