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| **ALDI Meal Plan week of 12/6/20 – Find the recipes at MashupMom.com** |
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| **Sunday** | Sticky balsamic chicken drumsticks, simple sheet pan green beans, apples, peas |
| **Monday** | Chicken drumsticks with mushrooms, tomatoes, & chickpeas, mandarins |
| **Tuesday** | Simple vegetarian white bean soup, English muffins, salad, & celery |
| **Wednesday** | Korean-style ground beef & spinach rice bowls, stir fried carrots, garlic broccoli stir fry |
| **Thursday** | Chicken thigh stir fry with asparagus, 20 minute ground beef & broccoli stir fry, apples |
| **Friday** | Chicken fried rice, egg drop soup, mandarins |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 12/5):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.01 (Weds, Fri)
Priano shredded Parmesan, $1.99 (Sun, Tues)
Countryside Creamery butter quarters, $1.79 (Sun, Tues)

*Frozen*

16 oz Season’s Choice peas, $.95 (Sun, Fri)

*Grocery*

L’Oven Fresh English muffins, $1.19 (Tues)
Fusia soy sauce, $1.59 (Sun, Weds, Thurs, Fri)
Baker’s Corner corn starch, $.89 (Thurs)
Priano balsamic vinegar, $1.99 (Sun, Mon
Can Dakota’s Pride garbanzo beans (chickpeas), $.49 (Mon)
Can Dakota’s Pride Cannellini beans, $.49 (Tues)
2 cans Dakota’s Pride Great Northern beans, $1.10 (Tues)
Can Happy Harvest diced tomatoes, $.59 (Tues)
32 oz Simply Nature organic vegetable broth, $1.89 (Tues)
48 oz Simply Nature organic chicken broth, $2.19 (Weds, Fri)
3 lbs Earthly Grains long grain white rice, $1.99 (Weds, Thurs, Fri)

*Meat*

6 lbs chicken drumsticks, $4.74 (Sun, Mon)
2 lbs 80/20 ground beef, $5.58 (Weds, Thurs)
2.5 lbs boneless skinless chicken thighs, $4.23 (Thurs, Fri)

*Produce*

3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $2.29 (Tues, Fri)
Bunch green onions, $.79 (Sun, Weds, Thurs, Fri)
8 oz white mushrooms, $1.79 (Mon)
2 lbs carrots, $1.45 (Tues, Weds, Fri)
8 oz bag spinach, $1.39 (Tues, Weds)
Little Salad Bar Garden salad, $1.35 (Tues)
2 lbs broccoli crowns, $2.98 (Weds, Thurs, Fri)
16 oz green beans, $1.89 (Sun)
1 lb asparagus, $2.79 (Thurs)
Celery, $1.29 (Tues, Fri)
3 lbs gala apples, $1.29 (Sun, Thurs)
3 lbs mandarins, $2.69 (Mon, Fri)
Pint grape tomatoes, $1.89 (Mon)
2 Roma tomatoes, $.40 (Tues)

**Total: $60.26**

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

Our affordable stir fries theme left us with some room in the budget this week, so we're going to restock on pantry staples: Butter, soy sauce, corn starch, and balsamic vinegar.

*Need: Olive oil, canola oil, sesame oil, honey, Sriracha or similar sauce, thyme, garlic powder, crushed red pepper, sea salt, salt, pepper, seasoned salt, basil, oregano, paprika, Italian seasoning, brown sugar, ginger*

*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.*