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| **ALDI Meal Plan week of 1/10/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Rustic mushroom lentil soup, sourdough toast |
| **Monday** | Vegetarian three bean & lentil chili, garlic bread |
| **Tuesday** | Low carb chipotle turkey tacos, cucumber, apples |
| **Wednesday** | BBQ potato chip turkey cheeseburger bowls, oven roasted potatoes, baby carrots |
| **Thursday** | Sheet pan chicken dinner with roasted Brussels sprouts & potatoes, apples |
| **Friday** | Roast chipotle chicken & potatoes, roasted zucchini |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 1/9):**

*Dairy & refrigerated*

Happy Farms 12 oz shredded cheddar, $3.19 (Mon, Tues, Weds)

*Frozen*

Season’s Choice 12 oz Brussels sprouts, $1.19 (Thurs)

*Grocery*

Specially Selected sourdough square loaf, $2.99 (Sun, Mon)
Clancy’s BBQ potato chips, $1.49 (Weds)
16 oz Simply Nature organic green lentils, $2.29 (Sun, Mon)
8 oz Stonemill minced garlic in water, $1.99 (Sun, Mon, Tues, Thurs, Fri)
48 oz Simply Nature organic chicken broth, $2.19 (Sun)
32 oz Simply Nature organic vegetable broth, $1.89 (Mon)
2 cans Happy Harvest fire roasted diced tomatoes, $1.78 (Sun, Mon)
1 can Happy Harvest tomato paste, $.39 (Mon)
1 can Happy Harvest tomato sauce, $.29 (Tues)
1 can Dakota’s Pride black beans, $.59 (Mon)

1 can Dakota’s Pride kidney beans, $.59 (Mon)
1 can Dakota’s Pride Great Northern beans, $.59 (Mon)
1 can Happy Harvest whole kernel corn, $.49 (Mon)
1 can Pueblo Lindo chipotles in adobo, $.99 (Tues, Fri)

*Meat*

16 oz Appleton Farms sliced bacon, $3.49 (Sun, Thurs)
3 lbs 90/10 ground turkey, $6.99 (Tues, Weds)
1 lb boneless skinless chicken breast, $2.29 (Thurs)
5 lb whole chicken, $4.75 (Fri)

*Produce*

3 lbs Gala apples, $1.99 (Tues, Thurs)
16 oz baby carrots, $.99 (Sun, Weds)
2 packs 8 oz whole white mushrooms, $3.58 (Sun)
1 cucumber, $.59 (Tues, Weds)
3 hearts romaine, $2.69 (Tues, Weds)
5 lbs yellow potatoes, $3.29 (Weds, Thurs, Fri)
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 pack multi-colored bell peppers, $2.99 (Mon, Tues, Weds)
3 Roma tomatoes, $.60 (Weds)
1 lb zucchini, $1.29 (Fri)

**Total: $60.75**

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

*Thyme, rosemary, cayenne, chili powder, smoked paprika, paprika, granulated garlic (or use garlic powder), onion powder, Italian seasoning, cumin, oregano, bay leaf, sea salt, Kosher salt, salt, black pepper, balsamic vinegar, brown sugar, baking cocoa, olive oil, salad dressing, BBQ sauce, Dijon, honey, butter, soy sauce*

*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.*