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| **ALDI Meal Plan week of 2/21/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Roast chipotle chicken and potatoes, pineapple |
| **Monday** | Baked goat cheese & tomato pasta, baguette, oranges |
| **Tuesday** | Leftover chicken taco soup, tortilla chips, oranges |
| **Wednesday** | Italian chicken thighs with zucchini & red potatoes, leftover soup |
| **Thursday** | Italian sausage, pepper, & potato packets, sheet pan green beans |
| **Friday** | Shrimp & mushroom quesadillas, garden tomato cucumber salad, tortilla chips |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 2/20):**

*Dairy & refrigerated*

Emporium Selection garlic & herb goat cheese, $1.99 (Mon)
Priano shredded Parmesan, $1.99 (Mon, Weds, Thurs)
12 oz Happy Farms shredded cheddar, $2.99 (Tues, Fri)

*Grocery*

Specially Selected French baguette, $1.49 (Mon)
Clancy’s restaurant style tortilla chips, $1.85 (Tues, Fri)
Pueblo Lindo chipotles in adobo, $.99 (Sun, Tues)
Reggano 12 oz rotini, $.99 (Mon)
32 oz Chef’s Cupboard chicken broth, $1.19 (Tues)
8 oz can Happy Harvest tomato sauce, $.29 (Tues)
Can Happy Harvest diced tomatoes, $.59 (Weds)
Can Dakota’s Pride black beans, $.55 (Tues)
Can Happy Harvest whole kernel corn, $.49 (Tues)
2 cans Casa Mamita diced tomatoes with green chilies, $1.30 (Tues, Weds)
Casa Mamita taco seasoning, $.39 (Fri)
El Milagro flour tortillas, $.98 (Fri)

*Meat*

5.5 lb whole roasting chicken, $4.90 (Sun, Tues)
3 lbs bone-in chicken thighs, $3.87 (Weds)
19 oz Italian sausage, $3.29 (Thurs)
12 oz Fremont Fish Market medium EZ peel raw shrimp, $4.99 (frozen) (Fri)

*Produce*

Pineapple, $1.69 (Sun)
4 lbs navel oranges, $2.99 (Mon, Tues)
Bunch green onions, $.79 (Tues, Fri)
16 oz green beans, $1.89 (Thurs)
8 oz white mushrooms, $1.89 (Fri)
Cucumber, $.55 (Fri)
5 lbs red potatoes, $3.09 (Sun, Weds, Thurs)
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Thurs, Fri)
20 oz zucchini, $1.86 (Weds)
2 pints grape tomatoes, $3.78 (Mon)
3 Roma tomatoes, $.60 (Fri)
3 pack multi-colored bell peppers, $3.09 (Tues, Thurs, Fri)

**Total: $60.92**

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

*Olive oil, butter, smoked paprika, sea salt, salt, Kosher salt, seasoned salt, black pepper, chili powder, cumin, oregano, basil, crushed red pepper, Italian seasoning, parsley, thyme, garlic powder, sugar, cider (or white) vinegar*

*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.*