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| **ALDI Meal Plan week of 2/28/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Greek chicken with sweet potatoes & kale, mandarins |
| **Monday** | Vegetarian lemon chickpea wraps, spinach salad with strawberries |
| **Tuesday** | Sheet pan gnocchi with sausage & veggies, mandarins |
| **Wednesday** | Chicken drumsticks with mushrooms, tomatoes, & chickpeas; any remaining mandarins |
| **Thursday** | Sheet pan Parmesan chicken drumsticks with carrots & potatoes, sauteed zucchini with lemon |
| **Friday** | Easy flounder & asparagus packets, baked potatoes |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 2/27):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Tues, Thurs, Fri)

*Grocery*

L’Oven Fresh spinach wraps, $2.49 (Mon)  
3 cans Dakota’s Pride garbanzo beans (chickpeas), $1.44 (Mon, Weds)  
Priano gnocchi, $1.69 (Tues)

*Meat*

4 lbs bone-in split chicken breast, $5.96 (Sun)  
5.5 lbs chicken drumsticks, $4.35 (Weds, Thurs)  
Parkview Polska kielbasa, $2.39 (Tues)  
16 oz Fremont Fish Market flounder fillets (frozen), $5.49 (Fri)

*Produce*

2 lbs lemons, $3.49 (Sun, Mon, Tues, Thurs, Fri)  
3 lbs mandarins, $2.49 (Sun, Tues, Weds)  
16 oz strawberries, $2.49 (Mon)  
12 oz Simply Nature organic chopped kale, $2.99 (Sun, Tues)  
1 lb asparagus, $2.99 (Fri)  
8 oz spinach, $1.49 (Mon)  
8 oz baby carrots, $.99 (Thurs)  
2 packs 8 oz mushrooms, $3.78 (Tues, Weds)  
3 lbs yellow onions, $2.29 (Sun, Mon)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Fri)  
5 lbs baking potatoes, $2.69 (Thurs, Fri)  
2 medium sweet potatoes, $1.70 (Sun)  
1.5 lbs zucchini, $1.78 (Thurs)  
1 avocado, $.55 (Mon)  
2 pints grape tomatoes, $3.78 (Mon, Weds)

**Total: $60.60**

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

*Olive oil, butter, balsamic vinegar, oregano, sea salt, seasoned salt, salt, black pepper, garlic powder, crushed red pepper, Italian seasoning, basil, parsley, paprika, flour, 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.*