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| **ALDI Meal Plan week of 2/7/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Enjoy football with… Ribs, Parmesan zucchini rounds, tortilla chips |
| **Monday** | Sheet pan sausage, peppers, & pierogies |
| **Tuesday** | Chipotle lentil tacos, tomato cucumber salad |
| **Wednesday** | Slow cooker chipotle chicken chili, tortilla chips |
| **Thursday** | Olive Garden dressing sheet pan dinner, cups of leftover chili |
| **Friday** | Slow cooker lentil & smoked sausage soup, side salad |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 2/6):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Sun, Mon (optional), Thurs)  
8 oz block Happy Farms cheddar, $1.89 (Tues, Weds)

*Frozen*

2 boxes Bremer pierogies, $3.98 (Mon)

*Grocery*

Burman’s original BBQ sauce, $.95 (Sun)  
Tuscan Garden restaurant style Italian dressing, $1.69 (Thurs, Fri)  
Clancy’s white round tortilla chips, $1.35 (Sun, Weds)  
Happy Harvest tomato sauce, $.29 (Tues)  
Happy Harvest fire roasted diced tomatoes, $.89 (Weds)  
Can Dakota’s Pride Great Northern beans, $.50 (Weds)  
Can Dakota’s Pride kidney beans, $.49 (Weds)  
Can Happy Harvest corn, $.49 (Weds)  
El Milagro flour tortillas, $.98 (Tues)  
Pueblo Lindo chipotles in adobo, $.99 (Tues, Weds)  
16 oz Dakota’s Pride dried green lentils, $.95 (Tues, Fri)  
2 boxes 32 oz Chef’s Cupboard chicken broth, $2.58 (Tues, Weds, Fri)

*Meat*

3 lbs St. Louis pork spare ribs, $7.47 (Sun) -- *Note: There are 3 lbs ribs in the shopping list, to help stay under the $60 budget. If you have wiggle room or already have some ingredients, though, you can up that to 4-5 lbs. ;)*2 Parkview Polska kielbasa, $4.78 (Mon, Fri)  
3 lbs boneless skinless chicken breast, $6.87 (Weds, Thurs)

*Produce*

3 heads garlic, $1.29 (Tues, Weds, Fri)  
2 lbs white onions, $1.69 (Mon, Tues, Weds, Fri)  
3 pack multi-colored bell peppers, $3.29 (Mon, Tues)  
2 packs 8 oz white mushrooms, $3.78 (Mon, Thurs)  
8 oz bag of spinach, $1.35 (Fri)  
Little Salad Bar garden salad, $1.39 (Fri)  
16 oz green beans, $1.89 (Thurs)  
16 oz baby carrots, $.89 (Fri)  
1 cucumber, $.59 (Tues)  
2 avocados, $.98 (Tues)  
1.5 lbs zucchini, $2.24 (Sun)  
6 Roma tomatoes, $1.25 (Tues, Fri)  
Celery, $.95 (Fri)

**Total: $60.71**

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

*Olive oil, butter, sea salt, salt, Kosher salt, black pepper, cumin, oregano, Italian seasoning, smoked paprika, chili powder, garlic powder, crushed red pepper, bay leaf, thyme, parsley, cayenne, red wine 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.*