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| **ALDI Meal Plan week of 4/18/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Everything bagel whole chicken, roasted everything asparagus |
| **Monday** | Smoked salmon & avocado ricotta frittata, English muffins |
| **Tuesday** | Easy leftover chicken soup, salad |
| **Wednesday** | Slow cooker salsa chicken tacos, cups of chicken soup |
| **Thursday** | Olive Garden dressing sheet pan chicken dinner, everything bagel potatoes |
| **Friday** | Easy cheesy beautiful pasta skillet, salad |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 4/17):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.09 (Mon, Tues)  
15 oz Emporium Selection whole milk ricotta, $1.79 (Mon, Fri)  
8 oz Happy Farms mozzarella cheese block, $1.95 (Mon, Fri)  
8 oz Happy Farms cheddar cheese block, $1.95 (Weds)  
Specially Selected shredded Parmesan, $1.99 (Thurs, Fri)

*Grocery*

L’Oven Fresh English muffins, $1.19 (Mon)  
16 oz Casa Mamita restaurant style salsa, $1.89 (Weds)  
Chef’s Cupboard 32 oz chicken broth, $1.19 (Tues)  
Can Dakota’s Pride black beans, $.59 (Weds)  
Casa Mamita taco seasoning mix, $.39 (Weds)  
El Milagro flour tortillas, $.98 (Weds)  
12 oz Reggano farfalle, $.99 (Fri)  
24 oz Reggano marinara, $1.49 (Fri)  
Stonemill everything bagel seasoning, $1.99 (Sun, Thurs)  
Tuscan Garden restaurant style Italian dressing, $1.79 (Tues, Thurs, Fri)

*Meat*

16 oz 85% lean ground beef chub (frozen), $3.29 (Fri)  
5.5 lb whole chicken, $5.23 (Sun, Tues)  
3 oz Specially Selected smoked salmon, $3.99 (Mon)  
3.5 lbs boneless skinless chicken breast, $6.62 (Weds, Thurs)

*Produce*

1 lb asparagus, $1.49 (Sun)  
1 lb green beans, $1.69 (Thurs)  
Bunch green onions, $.79 (Mon, Tues, Weds, Thurs)   
3 hearts romaine, $2.69 (Tues, Fri)  
8 oz white mushrooms, $1.89 (Thurs)  
2 lbs carrots, $1.29 (Tues, Fri)  
3 lbs yellow onions, $2.49 (Mon, Tues, Fri)  
3 heads garlic, $1.29 (Mon, Tues, Fri)  
24 oz The Little Potato Company dynamic duo potatoes, $3.09 (Thurs)  
Celery, $1.35 (Tues)  
24 oz tomatoes on the vine, $1.49 (Tues, Weds, Fri)  
1 avocado, $.99 (Mon)

**Total: $60.93**

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

*Olive oil, sesame oil, butter, crushed red pepper, black pepper, sea salt, bay leaf, thyme, parsley, turmeric, cayenne, oregano, salt*

*\*\* 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.*