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| **ALDI Meal Plan week of 5/9/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sausage, peppers, & onions frittata, bagels, mandarins |
| **Monday** | Easy fresh vegetable lo mein, garlic green beans |
| **Tuesday** | Zucchini Spanish rice burrito bowls, mangoes |
| **Wednesday** | Sheet pan smoky Parmesan chicken & veggies, mandarins |
| **Thursday** | Cheesy sausage rice & spinach skillet, salad |
| **Friday** | Ground beef & broccoli stir fry, rice, egg drop soup |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 5/8):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.04 (Sun, Fri)  
12 oz Happy Farms shredded cheddar, $3.19 (Tues, Thurs)  
4 oz Emporium Selection garlic & herb goat cheese, $1.99 (Sun)  
Priano shredded Parmesan, $1.99 (Sun, Weds)

*Grocery*

L’Oven Fresh bagels, $1.49 (Sun)  
Casa Mamita organic chipotle lime salsa, $1.89 (Tues)  
Fusia Asian Inspirations soy sauce, $1.59 (Mon, Fri)  
3 lbs Earthly Grains long grain white rice, $2.09 (Tues, Thurs, Fri)  
2 boxes 32 oz Chef’s Cupboard chicken broth, $2.38 (Tues, Thurs, Fri)  
Simply Nature organic 16 oz spaghetti noodles, $1.09 (Mon)

*Meat*

Never Any! apple chicken sausage 12 oz, $2.85 (Sun)  
Never Any! spinach feta chicken sausage 12 oz, $2.85 (Thurs)

3.5 lbs boneless skinless chicken thighs, $5.92 (Tues, Weds)  
16 oz 85% lean ground beef chub (frozen), $3.29 (Fri)

*Produce*

2 mangoes, $.98 (Tues)  
3 lbs mandarins, $2.69 (Sun, Weds)  
Bunch green onions, $.79 (Mon, Thurs, Fri)  
2 lbs carrots, $1.49 (Mon, Weds, Thurs)  
2 bags 8 oz spinach, $2.98 (Mon, Thurs)  
Little Salad Bar garden salad, $1.69 (Thurs)  
8 oz mushrooms, $1.89 (Mon)  
8 oz baby bella mushrooms, $1.99 (Tues)  
26 oz broccoli crowns, $2.42 (Mon, Weds, Fri)  
16 oz green beans, $1.69 (Mon)  
3 lbs yellow onions, $2.49 (Sun, Mon, Tues, Weds, Thurs)  
3 heads garlic, $1.29 (Mon, Tues, Weds, Thurs, Fri)  
3 pack multi-colored bell peppers, $2.99 (Sun, Mon, Thurs)  
20 oz zucchini, $.99 (Tues, Weds)

**Total: $60.02**

***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, canola oil, sea salt, black pepper, crushed red pepper, brown sugar, ground ginger, cumin, chili powder, smoked paprika, oregano, garlic powder, seasoned salt, Italian seasoning, cayenne, corn starch*

*\*\* 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.*