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| **ALDI Meal Plan week of 8/22/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Roasted chile-lime chicken & potatoes, grapes |
| **Monday** | Naan pizza with pesto, zucchini, & tomatoes, grapes |
| **Tuesday** | Turkey taco stuffed potatoes, broccoli & cheddar |
| **Wednesday** | Chicken with chunky mango-tomato salsa, side salad |
| **Thursday** | Chopped chicken avocado tomato cucumber salad, bagels |
| **Friday** | Smoked sausage & tortellini skillet, zucchini w/ Parmesan |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 8/21):**

*Dairy & refrigerated*

8 oz block Happy Farms mozzarella, $1.99 (Mon)  
8 oz block Happy Farms cheddar, $1.99 (Tues)  
Priano shredded Parmesan, $1.99 (Mon, Fri)  
9 oz Priano three cheese tortellini, $2.19 (Fri)

*Grocery*

Specially Selected naan, $3.99 (Mon)  
L’Oven Fresh bagels, $1.49 (Thurs)  
Priano pesto, $2.35 (Mon, Fri)  
8 oz can Happy Harvest tomato sauce, $.29 (Tues)  
Can Dakota’s Pride black beans, $.59 (Tues)  
8 oz Stonemill minced garlic in water, $1.99 (Sun, Tues, Weds, Fri)

*Meat*

Parkview Polska kielbasa, $2.89 (Fri)  
2.5 lbs bone-in chicken thighs, $3.23 (Sun)

19.2 oz Kirkwood fresh ground turkey, $3.89 (Tues)  
3.25 lbs chicken tenderloins, $7.44 (Weds, Thurs)

*Produce*

2 lbs green grapes, $1.90 (Sun, Mon)  
1 red mango, $.59 (Weds)  
16 oz limes, $2.29 (Sun, Weds, Thurs)  
Bunch green onions, $.79 (Tues, Weds, Thurs)  
20 oz broccoli crowns, $1.86 (Tues, Fri)  
Bag of garden salad, $1.69 (Weds)  
16 oz mini cucumbers, $1.99 (Thurs)  
8 oz baby bella mushrooms, $1.99 (Fri)  
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Thurs, Fri)  
2 lbs zucchini, $2.98 (Mon, Fri)  
8 oz jalapeños, $.69 (Sun, Weds)  
5 lbs baking potatoes, $2.79 (Sun, Tues)  
Pint grape tomatoes, $1.89 (Mon)  
5 Roma tomatoes, $1.00 (Thurs)  
24 oz vine-ripe tomatoes, $2.29 (Weds)  
2 avocados, $1.70 (Thurs)

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**Total: $65.04**

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

*Olive oil, Kosher salt, chili powder, smoked paprika, crushed red pepper, cumin, oregano, cayenne, sea salt, black pepper, garlic powder*

*\*\* 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.*