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| **ALDI Meal Plan week of 9/5/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Garlic soy chicken & mushrooms, corn on the cob |
| **Monday** | Spinach ricotta quiche, side salad, cinnamon crisps |
| **Tuesday** | Slow cooker Italian pulled chicken sandwiches, grapes |
| **Wednesday** | Chicken sausage dinner salad w/ avocado pepperoncini dressing, creamy tomato hummus soup |
| **Thursday** | Cheesy chicken & spinach skillet, grapes |
| **Friday** | Smoked salmon scramble, peaches, English muffins |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 9/4):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.09 (Mon, Fri)  
Bake House Creations pie crust, $1.69 (Mon)  
15 oz Emporium Selection ricotta, $1.79 (Mon)  
Priano shredded Parmesan, $1.99 (Mon, Weds)  
8 oz block Happy Farms mozzarella, $1.99 (Tues, Thurs)  
2 packs 8 oz Happy Farms cream cheese, $2.58 (Mon, Weds, Thurs, Fri)  
Park Street Deli roasted red pepper hummus, $2.49 (Weds)

*Grocery*

L’Oven Fresh potato long rolls, $1.99 (Tues)  
L’Oven Fresh English muffins, $1.19 (Fri)  
16 oz Tuscan Garden pepperoncini, $1.89 (Tues, Weds)  
32 oz Chef’s Cupboard chicken broth, $1.19 (Weds)  
8 oz can Happy Harvest tomato sauce, $.29 (Tues)  
14.5 oz can Happy Harvest diced tomatoes, $.69 (Tues)  
28 oz can Happy Harvest crushed tomatoes, $.89 (Weds)  
Can Dakota’s Pride garbanzo beans (chickpeas), $.59 (Weds)

*Meat*

4 lbs bone-in split chicken breast, $3.96 (Sun)  
4 lbs boneless skinless chicken breast, $7.56 (Tues, Thurs)  
Never Any! apple chicken sausage 12 oz pack, $3.19 (Weds)  
Specially Selected smoked salmon, $3.99 (Fri)

*Produce*

4 pack sweet corn, $2.49 (Sun)  
2 lbs green grapes, $1.90 (Tues, Thurs)  
1 lb peaches, $1.39 (Fri)  
2 packs 8 oz spinach, $2.98 (Mon, Thurs)  
16 oz spring mix, $4.49 (Mon, Weds)  
Bunch green onions, $.79 (Weds, Fri)  
2 packs 8 oz white mushrooms, $3.78 (Sun)  
1 cucumber, $.59 (Weds)  
3 lbs yellow onions, $2.19 (Mon, Weds, Thurs)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs)  
10 Roma tomatoes, $2.00 (Mon, Weds)  
1 avocado, $.99 (Weds)

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**Total: $65.82**

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

*Olive oil, butter, soy sauce, oregano, crushed red pepper, basil, Italian seasoning, sea salt, black pepper, thyme, cayenne, paprika*

*\*\* 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.*