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| **ALDI Meal Plan week of 10/31/21 – Find the recipes at MashupMom.com** |
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| **Sunday** | Black bean, tomato, & spinach frittata, grapes, English muffins |
| **Monday** | Easy black bean soup, tortilla chips, salad |
| **Tuesday** | Chicken with chunky mango-tomato salsa, broccoli |
| **Wednesday** | Jalapeño popper chicken chili, cilantro lime coleslaw, tortilla chips |
| **Thursday** | Chopped chicken avocado tomato cucumber salad, Italian bread, grapes |
| **Friday** | Easy tilapia packets with broccoli & mushrooms, zucchini with spiced lime sour cream |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 10/30):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.12 (Sun, Mon)
16 oz Friendly Farms sour cream, $1.69 (Sun, Mon, Weds, Fri)
8 oz brick Happy Farms cream cheese, $1.25 (Weds)
8 oz block Happy Farms cheddar, $1.95 (Sun, Weds)

*Grocery*

L’Oven Fresh plain English muffins, $1.19 (Sun)
Specially Selected Italian bread, $2.79 (Thurs)
13 oz bag Clancy’s restaurant style tortilla chips, $1.25 (Mon, Weds)
Packet of Tuscan Garden dry ranch dressing mix, $.65 (Weds)
2.5 oz Tuscan Garden real bacon bits, $1.25 (Weds)
8 oz Stonemill minced garlic in water, $1.99 (Sun, Mon, Tues, Weds, Fri)
48 oz Simply Nature organic chicken broth, $2.19 (Mon, Weds)
Can Pueblo Lindo chipotles in adobo, $1.19 (Sun, Mon)
Can Casa Mamita diced tomatoes with green chilies, $.69 (Weds)
4 can’s Dakota’s Pride black beans, $2.26 (Sun, Mon)
2 cans Dakota’s Pride cannellini beans, $1.18 (Weds)
Can of Happy Harvest whole kernel corn, $.49 (Weds)

*Meat*

5.25 lbs boneless skinless chicken breast, $10.43 (Tues, Weds, Thurs)
1 lb tilapia, $4.29 (Fri)

*Produce*

16 oz bag of limes, $1.99 (Mon, Tues, Weds, Thurs, Fri)
2 lbs red grapes, $1.70 (Sun, Thurs)
1 mango, $.89 (Tues)
3 lbs yellow onions, $2.19 (Sun, Mon, Tues, Weds, Thurs)
Bunch green onions, $.79 (Mon, Weds, Thurs)
Bunch cilantro, $.79 (Tues, Fri)
1 lb broccoli crowns, $1.69 (Tues, Fri)
1 lb mini cucumbers, $2.19 (Thurs)
8 oz mushrooms, $1.69 (Fri)
8 oz bag fresh spinach, $1.49 (Sun, Mon)
Bag of Little Salad Bar garden salad, $1.19 (Mon)
Bag of Little Salad Bar classic coleslaw, $1.39 (Weds)
8 oz jalapeños, $.69 (Tues, Weds)
1 lb zucchini, $1.29 (Fri)
10 oz cherub grape tomatoes, $1.99 (Sun)
24 oz tomatoes on the vine, $2.49 (Mon, Tues)
5 Roma tomatoes, $1.00 (Thurs)
2 avocados, $1.78 (Thurs)

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**Total: $65.08**

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

*Olive oil, vegetable oil, sesame oil, hot sauce, butter, brown sugar, soy sauce, smoked paprika, sea salt, Kosher salt, black pepper, cumin, oregano, cocoa powder, chili powder, 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.*