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| **ALDI Meal Plan week of 11/28/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Naan pizza with pesto, zucchini, & tomatoes, this is not a green bean casserole |
| **Monday** | Smoked salmon & avocado ricotta frittata, grapes |
| **Tuesday** | Turkey taco stuffed sweet potatoes, grapes |
| **Wednesday** | Ground turkey & zucchini pesto pasta skillet, baguette |
| **Thursday** | French fried onion chicken, simple sauteed spinach |
| **Friday** | The chicken & the egg soup, side salad |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 11/27):**

*Dairy & refrigerated*

Dozen Goldhen large eggs, $1.06 (Mon, Thurs, Fri)  
12 oz Happy Farms shredded Italian blend cheese, $3.49 (Sun, Mon)  
8 oz block Happy Farms cheddar, $1.85 (Tues)  
Priano shredded Parmesan, $1.99 (Sun, Weds)  
Emporium Selection whole milk ricotta, $1.69 (Mon)

*Grocery*

Specially Selected naan, $3.99 (Sun)  
Specially Selected French baguette, $1.39 (Weds)  
32 oz box Chef’s Cupboard chicken broth, $1.19 (Fri)  
12 oz box Reggano farfalle (bowtie pasta), $.99 (Weds)  
6.7 oz jar Priano Genovese pesto, $2.29 (Sun, Weds)  
8 oz can Happy Harvest tomato sauce, $.29 (Tues)  
Can Dakota’s Pride black beans, $.69 (Tues)  
6 oz can Chef’s Cupboard French fried onions, $2.19 (Sun, Thurs)

*Meat*

3 oz Specially Selected smoked salmon, $3.99 (Mon)  
36 oz Kirkwood fresh ground turkey, $5.99 (Tues, Weds)  
2.5 lbs boneless skinless chicken breast, $7.23 (Thurs, Fri)

*Produce*

2 lbs red grapes, $1.90 (Mon, Tues)  
1 lb green beans, $1.89 (Sun)  
3 packs 8 oz white mushrooms, $5.67 (Sun, Weds, Fri)  
Bunch green onions, $.79 (Mon, Tues, Fri)  
2 bags 8 oz spinach, $2.98 (Thurs, Fri)  
2 lbs zucchini, $2.58 (Sun, Weds)  
3 lbs yellow onions, $1.19 (Sun, Mon, Tues, Weds)  
3 heads garlic, $1.19 (Sun, Mon, Tues, Weds, Thurs, Fri)  
Pint grape tomatoes, $1.89 (Sun)  
24 oz tomatoes on the vine, $2.49 (Weds)  
5 medium sweet potatoes, $1.23 (Sun, Tues)  
3 avocados, $1.77 (Mon, Tues)

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**Total: $65.88**

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

*Olive oil, canola oil, sesame oil, butter, salad dressing of choice, balsamic vinegar, crushed red pepper, thyme, rosemary, sea salt, black pepper, smoked paprika, cumin, oregano, chili powder, cayenne, Italian seasoning, seasoned salt, flour, garlic powder, ground ginger, turmeric, soy sauce*

*\*\* 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.*