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| **ALDI Meal Plan week of 12/19/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Kielbasa potato soup, salad |
| **Monday** | Black bean & potato tacos, black bean soup |
| **Tuesday** | Fajita-inspired sheet pan chicken thighs, this is not a green bean casserole |
| **Wednesday** | Low carb taco casserole, roasted potatoes & carrots |
| **Thursday** | Slow cooker BBQ chicken drumsticks, pineapple |
| **Friday** | Cream cheese pasta bake w French fried onions, salad |
| **Saturday** | Happy holidays! Normally this is our day off from cooking, but: Have leftover pasta bake, or go off plan & splurge on your own family’s traditional Christmas dinner. |

**Shopping list (through 12/18):**

Dairy & refrigerated

Friendly Farms 16 oz sour cream, $1.69 (Sun, Mon, Weds)  
8 oz Brick Happy Farms cream cheese, $1.29 (Fri)  
Priano shredded Parmesan, $1.99 (Tues, Weds, Fri)  
12 oz bag Happy Farms shredded cheddar, $3.49 (Sun, Mon, Weds)

Grocery  
  
18 oz Burman’s BBQ sauce, $.95 (Thurs)  
2 boxes 32 oz Chef’s Cupboard chicken broth, $1.98 (Sun, Mon)  
24 oz Reggano marinara sauce, $1.29 (Fri)  
12 oz box Reggano farfalle (bowtie pasta), $.99 (Fri)  
6 oz can Chef’s Cupboard French’s fried onions, $2.25 (Tues, Fri)  
El Milagro flour tortillas, $.98 (Mon)  
7 oz can Pueblo Lindo chipotles in adobo, $1.29 (Mon,   
4 cans Dakota’s Pride black beans, $2.76 (Mon)

Meat

Parkview Polska kielbasa, $2.59 (Sun)  
3 lbs chicken drumsticks, $4.77 (Thurs)  
3 lbs chicken thighs, $4.77 (Tues)  
2 lbs 80/20 ground beef, $7.58 (Weds, Fri)

Produce

Pineapple, $.99 (Thurs)  
1 lb green beans, $1.89 (Tues)  
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Fri)  
3 heads garlic, $1.49 (Sun, Mon, Tues, Weds, Fri)  
10 lbs russet potatoes, $2.99 (Sun, Mon, Weds)  
Bunch green onions, $.79 (Sun, Mon, Weds)  
2 bags 8 oz spinach, $3.18 (Sun, Mon)   
Bag of garden salad, $1.19 (Fri)  
2 containers 8 oz mushrooms, $3.78 (Tues, Fri)  
2 lbs carrots, $1.29 (Sun, Weds  
Head of cauliflower, $1.99 (Weds)  
3 pack multi-colored bell peppers, $2.99 (Mon, Tues)  
1 avocado, $.59 (Mon)  
1 medium sweet potato, $.27 (Tues)

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**Total: $65.94**

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

*Olive oil, brown sugar (optional), balsamic vinegar, parsley, seasoned salt, black pepper, cumin, smoked paprika, chili powder, sea salt, Kosher salt, cayenne, oregano, garlic powder, thyme, Italian seasoning, rosemary, onion powder, cocoa powder, salad dressing of choice*

*\*\* 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.*