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| **ALDI Meal Plan week of 1/23/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Taco naan pizza, grapes |
| **Monday** | Chicken sausage dinner salad with avocado pepperoncini dressing |
| **Tuesday** | Many mushroom quesadillas with sour cream & salsa, strawberries |
| **Wednesday** | Sheet pan Parmesan chicken + green beans |
| **Thursday** | Slow cooker Italian pulled chicken sandwiches, grapes |
| **Friday** | Roasted broccoli pasta with chicken & mushrooms, garlic bread |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 1/22):**

*Dairy & refrigerated*

16 oz bag Happy Farms shredded cheddar, $4.19 (Sun, Tues)  
8 oz Happy Farms deli sliced provolone, $1.69 (Thurs)  
Friendly Farms sour cream, $1.69 (Sun, Tues)  
Priano shredded Parmesan, $1.99 (Mon, Weds, Fri)

*Grocery*

Jar of Casa Mamita salsa, $1.99 (Sun, Tues)  
Specially Selected artisan flatbread, $3.69 (Sun)  
L’Oven Fresh Italian bread, $1.69 (Thurs, Fri)  
16 oz jar Tuscan Garden pepperoncini, $1.89 (Mon, Thurs)  
Casa Mamita taco seasoning packet, $.39 (Sun)  
Can of Casa Mamita refried beans, $.89 (Sun)  
12 ct El Milagro medium flour tortillas, $.98 (Tues)  
12 oz box Reggano rotini, $.99 (Fri)  
1 can Dakota’s Pride garbanzo beans (chickpeas), $.59 (Mon)  
8 oz can Happy Harvest tomato sauce, $.29 (Thurs)  
14.5 oz can Happy Harvest diced tomatoes, $.69 (Thurs)  
1 can Happy Harvest fire roasted diced tomatoes, $.91 (Fri)  
8 oz Stonemill minced garlic in water, $1.79 (Mon, Tues, Weds, Thurs, Fri)

*Meat*

16 oz 85% lean ground beef chub (frozen), $3.75 (Sun)  
Never Any chicken apple sausage, $3.29 (Mon)  
4.5 lbs boneless skinless chicken breast, $8.96 (Weds, Thurs, Fri)

*Produce*

2 lbs green grapes, $2.58 (Sun, Thurs)  
1 lb strawberries, $1.99 (Tues)  
3 ct hearts of romaine, $2.79 (Sun, Mon)  
1 cucumber, $.59 (Mon)  
3 packs 8 oz mushrooms, $5.67 (Tues, Fri)  
1 lb green beans, $1.89 (Weds)  
1 lb broccoli crowns, $2.39 (Fri)  
3 lbs yellow onions, $1.89 (Sun, Mon, Tues, Fri)   
2 avocados, $1.78 (Sun, Mon)  
6 Roma tomatoes, $1.50 (Sun, Mon)

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**Total: $65.41**

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

*Olive oil, butter, oregano, black pepper, sea salt, smoked paprika, cumin, Dijon or coarse ground mustard, tarragon, garlic powder, Italian seasoning, parsley, crushed red pepper*

*\*\* 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.*