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| **ALDI Meal Plan week of 2/20/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan sausage, peppers, & pierogies, oranges |
| **Monday** | Smoked salmon, avocado, & ricotta frittata, sliced tomatoes |
| **Tuesday** | Sheet pan Parmesan chicken drumsticks with carrots & potatoes |
| **Wednesday** | Loaded potato naan pizza, blistered green beans |
| **Thursday** | Sheet pan sausage, green beans, & potatoes, oranges, hard boiled eggs |
| **Friday** | Easy cheesy vegetarian pasta skillet, garden salad with homemade artichoke dressing |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 2/19):**

*Dairy & refrigerated*

One dozen Goldhen large eggs, $1.29 (Mon, Thurs)  
Emporium Selection whole milk ricotta, $1.69 (Mon, Fri)  
8 oz block Happy Farms mozzarella, $1.89 (Mon, Fri)  
8 oz block Happy Farms cheddar, $1.89 (Weds)  
Priano shredded Parmesan, $1.99 (Tues, Thurs)  
Emporium Selection garlic & herb cheese spread, $3.69 (Weds)

*Frozen*

2 boxes Bremer roasted garlic pierogies, $4.98 (Sun)

*Grocery*

Specially Selected naan, $4.19 (Weds)  
Tuscan Garden marinated artichoke hearts, $2.89 (Fri)  
2.5 oz bag Tuscan Garden real bacon bits, $1.29 (Weds)  
12 oz Reggano farfalle, $.99 (Fri)  
24 oz jar Reggano marinara, $1.19 (Fri)

*Meat*

2 Parkview Polska kielbasa, $5.38 (Sun, Thurs)  
2.5 lbs chicken drumsticks, $4.23 (Tues)  
Specially Selected smoked salmon, $4.09 (Mon)

*Produce*

4 lbs navel oranges, $2.99 (Sun, Thurs)  
3 lbs yellow onions, $1.89 (Sun, Mon, Fri)  
3 heads garlic, $1.29 (Mon, Thurs, Fri)  
Bunch green onions, $.79 (Mon, Weds, Thurs, Fri)   
2 packs 8 oz white mushrooms, $3.78 (Sun, Fri)  
16 oz green beans, $1.89 (Weds, Thurs)  
8 oz bag spinach, $1.69 (Fri)  
1 bag garden salad, $1.09 (Fri)  
8 oz baby carrots, $.89 (Tues)  
3 pack multi-colored bell peppers, $2.99 (Sun, Fri)  
5 lbs yellow potatoes, $3.29 (Tues, Weds, Thurs)  
1 avocado, $.99 (Mon)  
3 Roma tomatoes, $.60 (Mon)

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**Total: $65.84**

***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, Italian seasoning, oregano, crushed red pepper, sea salt, salt, black pepper, garlic powder, parsley, paprika, soy sauce, seasoned salt, rosemary*

*\*\* 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.*