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| **ALDI Meal Plan week of 2/27/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan Parmesan chicken thighs & green beans, lemon Parmesan roasted Brussels sprouts & carrots |
| **Monday** | Vegetarian lemon chickpea wraps, strawberries, mango |
| **Tuesday** | Caprese chicken + zucchini skillet, glazed carrots |
| **Wednesday** | Chicken & mushroom sandwiches with avocado spread, salad |
| **Thursday** | Sheet pan gnocchi with sausage & veggies |
| **Friday** | Arrabbiata white bean & vegetable soup, sourdough toast |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 2/26):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Sun, Tues, Thurs)  
8 oz Happy Farms mozzarella block, $1.89 (Tues)

*Grocery*

Specially Selected everything sourdough loaf, $3.49 (Weds, Fri)  
L’Oven Fresh spinach wraps, $3.29 (Mon)  
2 cans Dakota’s Pride chickpeas (garbanzo beans), $1.18 (Mon)  
2 cans Dakota’s Pride great northern beans, $1.38 (Fri)  
1 can Happy Harvest cut green beans, $.49 (Fri)  
1 can Happy Harvest whole kernel corn, $.49 (Fri)  
Priano potato gnocchi, $1.69 (Thurs)  
Priano arrabbiata sauce, $1.89 (Fri)  
32 oz Simply Nature organic vegetable broth, $1.89 (Fri)

*Meat*

2 lbs boneless skinless chicken breast, $5.98 (Weds)  
3.75 lbs boneless skinless chicken thighs, $7.46 (Sun, Tues)  
Parkview Polska kielbasa, $2.69 (Thurs)

*Produce*

1 lb Brussels sprouts, $1.99 (Sun)  
1 lb strawberries, $1.99 (Mon)  
1 mango, $.89 (Mon)  
2 lbs lemons, $3.49 (Sun, Mon, Weds, Thurs)  
12 oz Simply Nature organic chopped kale, $2.99 (Mon, Weds, Thurs)  
Bag of garden salad, $1.09 (Weds)  
2 packs 8 oz white mushrooms, $3.78 (Weds, Thurs)  
16 oz pack of green beans, $1.89 (Sun)  
2 lbs carrots, $1.69 (Sun, Tues, Weds, Fri)  
3 lbs yellow onions, $1.99 (Mon, Tues, Thurs, Fri)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Thurs, Fri)  
1 lb zucchini, $1.29 (Tues)  
1 pint grape tomatoes, $1.89 (Mon, Weds)  
7 Roma tomatoes, $1.15 (Tues)  
2 avocados, $1.98 (Mon, Weds)

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**Total: $65.19**

***\*\*\* 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, brown sugar, balsamic vinegar, dijon or coarse ground mustard, tarragon, garlic powder, black pepper, sea salt, salt, oregano, crushed red pepper, basil, chili powder, cumin, seasoned salt, Italian seasoning*

*\*\* 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.*