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| **ALDI Meal Plan week of 6/12/22 – Find the recipes at MashupMom.com** |
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| **Sunday** | Slow cooker Italian chicken sandwiches, garlic Parmesan broccoli, grapes |
| **Monday** | Beef & cabbage stir fry, peaches |
| **Tuesday** | Slow cooker salsa chicken tacos, grapes |
| **Wednesday** | Beef, tomato, & spinach tortellini, baguette |
| **Thursday** | Mushroom, black bean, & spinach burritos, leftover salsa chicken, peaches |
| **Friday** | Ground beef & broccoli stir fry, Asian couscous blend |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 6/11):**

*Dairy & refrigerated*

9 oz Priano three cheese tortellini, $2.99 (Weds)
12 oz Happy Farms shredded sharp cheddar, $3.39 (Tues, Thurs)
8 oz Happy Farms block mozzarella, $1.85 (Sun)
Priano shredded Parmesan, $2.45 (Sun, Weds)

*Frozen*

Season’s Choice Asian couscous blend, $2.95 (Fri)

*Grocery*

24 oz Casa Mamita medium salsa, $1.95 (Tues, Thurs)
L’Oven Fresh deli rolls, $2.29 (Sun)
Specially Selected French baguette, $1.79 (Weds)
Tuscan Garden mild giardiniera, $3.49 (Sun, Mon)
32 oz Chef’s Cupboard chicken broth, $1.29 (Sun, Mon)
2 packs El Milagro flour tortillas, $1.96 (Tues, Thurs)
Casa Mamita taco seasoning mix, $.39 (Tues)
2 cans Dakota’s Pride black beans, $1.42 (Tues, Thurs)

*Meat*

2 lbs 80/20 ground beef, $7.98 (Weds, Fri)
4 lbs boneless skinless chicken breast family pack, $7.96 (Sun, Tues)
14 oz shaved beef, $5.99 (Mon)

*Produce*

2 lbs red grapes, $1.90 (Sun, Tues)
2 lbs peaches, $2.58 (Mon, Thurs)
8 oz bag spinach, $1.69 (Weds, Thurs)
14 oz bag classic coleslaw, $1.39 (Mon)
3 packs 8 oz baby bella mushrooms, $4.47 (Mon, Thurs)
1.5 lbs broccoli crowns, $3.44 (Sun, Fri)
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Thurs)
3 heads garlic, $1.49 (Sun, Mon, Weds, Thurs. Fri)
7 Roma tomatoes, $1.40 (Tues, Weds)

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**Total: $70.79**

***\*\*\* 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, crushed red pepper, salt, Italian seasoning, oregano, black pepper, sea salt, basil, chili powder, cumin, soy sauce, brown sugar, corn starch, sesame oil, ground ginger*

*\*\* 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.*