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| **ALDI Meal Plan week of 4/23/23 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Arrabbiata white bean & vegetable soup, salad |
| **Monday** | Naan pesto pizza with roasted tomatoes, mushrooms, & spinach, cups of leftover soup |
| **Tuesday** | Skillet chicken tenders with artichoke avocado salad, grapes |
| **Wednesday** | Chicken tikka masala grilled cheese wraps, grapes |
| **Thursday** | Strawberry spinach salad w/ chicken & chickpeas, Parmesan roasted carrots |
| **Friday** | Ground turkey & zucchini pesto pasta skillet |
| **Saturday** | Leftovers, pizza night, carryout, mix it up! |

Dairy & refrigerated

2 blocks 8 oz Happy Farms mozzarella, $4.18 (Mon, Weds)  
Emporium Selection shredded Parmesan, $2.49 (Sun, Thurs, Fri)

Grocery

L’Oven Fresh original flatbread, $1.69 (Weds)  
Specially Selected artisan flatbread, $4.19 (Mon)  
Jar of Tuscan Garden artichoke hearts in water, $2.69 (Tues)  
Simply Nature organic poppyseed dressing, $2.49 (Sun, Thurs)  
Jar of Burman’s tikka masala sauce, $3.55 (Weds)  
32 oz Chef’s Cupboard chicken broth, $1.29 (Sun)  
Priano gourmet arrabbiata sauce, $2.19 (Sun)  
Priano Genovese pesto, $2.29 (Mon, Fri)  
12 oz Reggano farfalle, $.95 (Fri)  
Can Dakota’s Pride garbanzo beans (chickpeas), $.79 (Thurs)  
2 cans Dakota’s Pride great northern beans, $1.42 (Sun)  
Can Happy Harvest whole kernel corn, $.49 (Sun)  
Can Happy Harvest cut green beans, $.49 (Sun)

Meat & seafood

5.25 lbs chicken tenderloin family pack, $12.02 (Tues, Weds, Thurs)  
16 oz chub Kirkwood frozen ground turkey, $2.49 (Fri)

Produce

16 oz strawberries, $2.89 (Thurs)  
2 lbs red grapes, $2.38 (Tues, Weds)  
2 bags 8 oz spinach, $2.98 (Sun, Mon, Thurs)  
Bag of garden salad, $1.79 (Sun)  
2 packs 8 oz white mushrooms, $1.98 (Mon, Fri)  
2 lbs carrots, $1.89 (Sun, Thurs)  
3 lbs medium yellow onions, $2.19 (Sun, Tues, Thurs, Fri)  
3 heads garlic, $1.49 (Sun, Tues, Thurs, Fri)  
16 oz zucchini, $1.29 (Fri)  
2 avocados, $1.38 (Tues, Thurs)  
2 Roma tomatoes, $.36 (Tues)  
Container grape tomatoes, $1.99 (Mon)  
24 oz tomatoes on the vine, $2.59 (Fri)

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**Total: $70.90**

***\*\*\* Staple items you’ll need: Check for pantry staples, seasonings, & condiments that are used in this week’s recipes, but not included in the shopping list:***

Olive oil, butter, chili powder, oregano, Italian seasoning, cumin, garlic powder, smoked paprika, crushed red pepper, basil, garlic salt, sea salt, black pepper

*\*\* Note: You can often* ***substitute something else and/or omit*** *some of these items, depending on the recipe. Read through the recipes before shopping, to see where you may need to re-stock your own pantry staples.*