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| **ALDI Meal Plan week of 7/11/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan cod & asparagus dinner, nectarines |
| **Monday** | Bowties & beans pasta with spinach & tomatoes, baguette |
| **Tuesday** | Easy steak fajitas, garlicky black beans |
| **Wednesday** | Slow cooker garlic lime chicken thighs, side salad |
| **Thursday** | Kielbasa quesadillas, side salad |
| **Friday** | Almond Parmesan crusted low carb cod with garlicky spinach, jalapeño-lime honey glazed carrots |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 7/10):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Mon, Fri)  
8 oz Happy Farms sharp cheddar block, $1.95 (Tues, Thurs)  
8 oz Happy Farms mozzarella block, $1.95 (Thurs)

*Grocery*

Specially Selected French baguette, $1.69 (Mon)  
6 oz Southern Grove slivered almonds, $2.49 (Thurs, Fri)  
12 oz Reggano farfalle (bowtie pasta), $.95 (Mon)  
2 packs El Milagro flour tortillas, $1.96 (Tues, Thurs)  
2 cans Happy Harvest diced tomatoes, $1.30 (Mon)  
2 cans Dakota’s Pride Cannellini beans, $1.18 (Mon)  
2 cans Dakota’s Pride black beans, $1.38 (Tues)

*Meat*

2 lbs Fremont Fish Market cod fillets (frozen), $9.99 (Sun, Fri)  
1 lb top round steak, $5.99 (Tues)  
3 lbs bone-in chicken thighs, $2.97 (Weds)  
Parkview Polska kielbasa, $2.89 (Thurs)

*Produce*

2 lbs nectarines, $1.70 (Sun)  
16 oz limes, $2.49 (Tues, Weds, Fri)  
2 lbs carrots, $1.29 (Sun, Weds, Fri)  
16 oz asparagus, $2.79 (Sun)  
2 bags 8 oz spinach, $1.98 (Mon, Fri)  
3 ct romaine hearts, $2.49 (Weds, Thurs)  
8 oz white mushrooms, $1.89 (Tues)  
3 heads garlic, $1.29 (Sun, Mon, Tues, Weds, Thurs, Fri)  
3 lbs yellow onions, $2.49 (Tues, Weds, Thurs)  
24 oz little potatoes, $2.99 (Sun)  
8 oz jalapeños, $.69 (Tues, Fri)  
3 pack multi-colored bell peppers, $2.99 (Tues, Thurs)  
2 avocados, $1.70 (Tues)  
2 Roma tomatoes, $.40 (Weds)

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**Total: $65.86**

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

*Olive oil, sesame oil, butter, soy sauce, honey, sea salt, coarse ground mustard, parsley, tarragon, crushed red pepper, black pepper, oregano, basil, cumin, chili powder, seasoned salt, Kosher salt, ginger, paprika, garlic powder*

*\*\* 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.*