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| **ALDI Meal Plan week of 5/2/21 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Sheet pan chili-lime chicken drumsticks with baby potatoes & crispy kale |
| **Monday** | Vegetarian elote tortilla casserole, mangoes |
| **Tuesday** | Veggie fajita bowls with cilantro lime cauliflower rice, garlicky black beans |
| **Wednesday** | Chicken & cauliflower sheet pan dinner, sauteed kale |
| **Thursday** | Slow cooker salsa chicken tacos, tortilla chips |
| **Friday** | Chopped chicken avocado tomato cucumber salad, chips & salsa |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 5/1):**

*Dairy & refrigerated*

Priano shredded Parmesan, $1.99 (Sun, Weds)  
Friendly Farms 16 oz sour cream, $1.49 (Mon, Thurs)  
2 blocks 8 oz Happy Farms sharp cheddar, $3.90 (Mon, Tues, Thurs)

*Frozen*

Season’s Choice elote-style corn, $2.19 (Mon)  
Season’s Choice plain riced cauliflower, $1.99 (Tues)

*Grocery*

Specially Selected 16 oz salsa verde, $1.99 (Mon)  
Clancy’s restaurant style tortilla chips, $1.85 (Thurs, Fri)  
Casa Mamita 24 oz salsa, $1.95 (Thurs, Fri)  
4 cans Dakota’s Pride black beans, $2.36 (Mon, Tues, Thurs)  
2 packs El Milagro flour tortillas, $1.96 (Mon, Thurs)  
Casa Mamita taco seasoning mix, $.39 (Thurs)

*Meat*

2 lbs chicken drumsticks, $2.58 (Sun)  
5 lbs boneless skinless chicken breast, $8.03 (Weds, Thurs, Fri)

*Produce*

1 lb limes, $1.99 (Sun, Tues, Weds, Fri)  
2 mangoes, $.98 (Mon)  
8 oz white mushrooms, $1.89 (Tues)  
1 cucumber, $.69 (Fri)  
Bunch cilantro, $.69 (Tues, Weds, Thurs)  
Bunch green onions, $.79 (Tues, Weds, Thurs, Fri)  
12 oz Simply Nature organic chopped kale, $2.99 (Sun, Weds)  
2 bags 8 oz spinach, $2.70 (Mon, Tues)  
1 head of cauliflower, $2.29 (Weds)  
3 ct garlic heads, $1.19 (Sun, Mon, Tues, Weds  
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Fri)  
24 oz Dynamic Duo little potatoes, $2.99 (Sun)  
8 oz jalapeños, $.69 (Sun, Tues)  
3 pack multi-colored bell peppers, $2.69 (Tues)  
4 avocados, $2.36 (Mon, Tues, Fri)  
7 Roma tomatoes, $1.10 (Thurs, Fri)

**Total: $60.99**

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

*Olive oil, Kosher salt, sea salt, chili powder, cumin, smoked paprika, crushed red pepper, Italian seasoning, garlic powder, seasoned salt, cayenne, black pepper, oregano*

*\*\* 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.*