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| **ALDI Meal Plan week of 6/19/22 – Find the recipes at MashupMom.com** |
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| **Sunday** | Lemon garlic chicken thighs with tomato cucumber salad, grapes |
| **Monday** | One pan paprika chicken drumsticks & rice, corn & zucchini saute  |
| **Tuesday** | Easy 25 minute veggie fajitas, grapes |
| **Wednesday** | Slow cooker Mediterranean chicken drumsticks, rice |
| **Thursday** | Salsa vegetable soup with beans, garden salad with balsamic vinaigrette |
| **Friday** | Zucchini Spanish rice burrito bowls, sauteed spinach |
| **Saturday** | Leftovers, family pizza night, or order in! |

**Shopping list (through 6/18):**

*Dairy & refrigerated*

8 oz block Happy Farms cheddar, $1.85 (Tues, Fri)

*Frozen*

12 oz Season’s Choice steamable sweet corn, $.89 (Mon)

*Grocery*

24 oz Casa Mamita salsa, $1.99 (Thurs, Fri)
3 lbs Earthly Grains long grain white rice, $2.19 (Mon, Weds, Fri)
5.75 oz jar Tuscan Garden Spanish manzanilla olives, $1.29 (Weds)
Tuscan Garden balsamic vinaigrette, $1.49 (Weds, Thurs)
2 boxes 32 oz Chef’s Cupboard chicken broth, $2.58 (Mon, Thurs, Fri)
El Milagro flour tortillas, $.98 (Tues)
Can Happy Harvest diced tomatoes, $.71 (Weds)
Can Dakota’s Pride black beans, $.71 (Thurs)
Can Simply Nature organic pinto beans, $.99 (Thurs)
Can Happy Harvest whole kernel corn, $.51 (Thurs)
Can Happy Harvest cut green beans, $.51 (Thurs)
8 oz Stonemill minced garlic in water, $2.29 (Sun, Mon, Tues, Weds, Thurs, Fri)

*Meat*

5 lbs bone-in chicken thighs, $8.45 (Sun)
6 lbs chicken drumsticks, $8.94 (Mon, Weds)
2 lbs boneless skinless chicken breast, $7.38 (Fri)

*Produce*

2 lb bag of lemons, $2.99 (Sun, Mon, Tues, Fri)
3 lbs green grapes, $2.85 (Sun, Tues)
1 cucumber, $.55 (Sun)
8 oz bag of spinach, $1.69 (Fri)
Bag of garden salad, $1.49 (Thurs)
2 packs 8 oz white mushrooms, $3.78 (Tues, Fri)
3 lbs yellow onions, $2.29 (Mon, Tues, Weds, Thurs, Fri)
2 lbs zucchini, $2.78 (Tues, Fri)
8 oz jalapeno peppers, $.89 (Tues)
3 ct multicolored bell peppers, $2.99 (Tues, Weds)
Pint grape tomatoes, $1.89 (Sun)
2 avocados, $2.58 (Tues)
2 Roma tomatoes, $.40 (Tues)

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**Total: $70.92**

***\*\*\* 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, Kosher salt, sea salt, oregano, rosemary, black pepper, paprika, parsley, chili powder, cumin, smoked paprika, thyme, garlic powder, seasoned salt, crushed red pepper*

*\*\* 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.*