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| **ALDI Meal Plan week of 9/11/22 – Find the recipes at MashupMom.com** | |
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| **Sunday** | Roasted broccoli, cauliflower, & chicken sausage casserole, grapes |
| **Monday** | Smothered skillet pork chops, garlic broccoli stir fry |
| **Tuesday** | Slow cooker salsa chicken tacos, grapes |
| **Wednesday** | Olive Garden dressing sheet pan chicken dinner, cantaloupe |
| **Thursday** | Leftover chicken taco soup, side salad |
| **Friday** | Chicken & cauliflower sheet pan dinner, baguette |
| **Saturday** | Leftovers, family pizza night, or order in! |

Dairy & refrigerated

16 oz Happy Farms shredded cheddar, $3.99 (Sun, Tues, Thurs)  
Friendly Farms sour cream, $1.69 (Sun, Tues, Thurs)  
Emporium Selection shredded Parmesan, $2.49 (Sun, Weds, Fri)

Grocery

Casa Mamita mild salsa, $1.99 (Tues)  
Specially Selected French baguette, $1.69 (Fri)  
Tuscan Garden restaurant style Italian dressing, $1.99 (Mon, Weds, Thurs)  
32 oz box Chef’s Cupboard chicken broth, $1.29 (Mon, Thurs)  
El Milagro flour tortillas, $1.16 (Tues)  
Casa Mamita taco seasoning, $.39 (Tues)  
Can Pueblo Lindo chipotles in adobo, $1.29 (Thurs)  
Can Casa Mamita diced tomatoes with green chilies, $.89 (Thurs)  
Can Happy Harvest tomato sauce, $.39 (Thurs)  
2 cans Dakota’s Pride black beans, $1.42 (Tues, Thurs)  
Can Happy Harvest whole kernel corn, $.59 (Thurs)

Meat

Never Any chicken apple sausage, $4.89 (Sun)  
5 lbs boneless skinless chicken breast, $14.45 (Tues, Weds, Thurs, Fri)  
1 lb boneless center cut pork chops, $4.39 (Mon)

Produce

3 lbs red grapes, $1.90 (Sun, Tues)  
Cantaloupe, $1.99 (Weds)  
2 heads cauliflower, $3.98 (Sun, Fri)  
1.5 lbs broccoli crowns, $2.99 (Sun, Mon)  
16 oz green beans, $1.69 (Weds)  
8 oz white mushrooms, $1.89 (Weds)  
Bunch green onions, $.85 (Sun, Tues, Thurs)  
Bag Little Salad Bar garden salad, $1.49 (Thurs)  
3 lbs yellow onions, $2.29 (Sun, Mon, Tues, Thurs, Fri)  
3 heads garlic, $1.49 (Sun, Mon, Thurs)  
3 pack multi-colored bell peppers, $2.99 (Mon, Thurs)  
2 avocados, $1.58 (Tues)  
2 Roma tomatoes, $.50 (Tues)

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**Total: $70.62**

***\*\*\* 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, smoked paprika, parsley, garlic powder, cayenne, black pepper, Italian seasoning, salt, chili powder, oregano, cumin, sea salt, seasoned salt*

*\*\* Note: In many cases you can substitute for and/or omit some of these staples, depending on the recipe. Read through the recipes, to see where you may need to re-stock your pantry staples.*