


ALDI MEAL PLAN

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
Meal 1 <i>Easy Meal</i> Ranch Burgers <i>Caesar Salad</i>	1½ lbs ground beef 1 pkg dry ranch salad dressing mix 1 c sour cream 1 pkg Kaiser buns 2 tomatoes, sliced <hr/> <i>1 Caesar salad kit</i>	Combine 2 T salad dressing mix and ¼ c sour cream. Mix with ground beef and form into 6 patties. Grill or cook in skillet 10 -12 minutes, turning once. Combine the remaining dressing mix and sour cream. Spread on rolls. Serve meat on rolls and top with tomatoes. <i>Prepare salad and serve with burgers.</i>
Meal 2 Chicken & Sausage Soup <i>Saltines</i>	1 can chicken broth 1 can diced tomatoes, undrained 16 oz frozen mixed vegetables 1½ lbs boneless chicken breasts, cubed ½ lb smoked sausage, thinly sliced (2 t Cajun season, ½ c water, 2 c cooked rice) <hr/> <i>Saltine crackers</i>	Combine all ingredients except rice in stock pot. Bring to boil then simmer for at least 30 minutes. If preferred, may be cooked in crock pot for 4 hours on high. Stir in cooked rice when ready to serve. <i>Serve with saltines.</i>
Meal 3 One-Dish Chicken Meal <i>Roasted Asparagus</i>	1 lb boneless chicken breasts, 3 to 4 breasts 4 medium potatoes – peeled, cubed 1 lb mini carrots 2 pkts dry Lipton herb seasoning mix (2 T olive oil & ½ c white wine or water) <hr/> <i>1 bunch asparagus</i> <i>(1 T olive oil, 1 t dried Italian herb seasoning)</i>	Cut raw chicken in small cubes. In 9x13 mix chicken & vegetables. Blend seasoning mix, oil & wine well. Pour over chicken & veggies. Cover & cook @ 350° for 1 hour. <i>Toss asparagus with olive oil & Italian seasonings. Bake @ 350° for 20 minutes.</i>
Meal 4 <i>Crock Pot</i> Potatoes and Chops Casserole <i>Biscuits and Honey</i>		
Meal 5 Italian-Dijon Tilapia <i>Stuffing</i> <i>Lemon Butter Broccoli</i>		
Meal 6 <i>Make Ahead</i> Rainbow Layered Salad <i>Hot Garlic Bread</i>		
Meal 7 <i>Crock Pot</i> French Dip Sandwiches <i>Cucumbers n' Dip</i> <i>Chips</i>		

(Staples are in parenthesis)

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ALDI GROCERY LIST

*To eliminate a particular meal, cross out each grocery item with that corresponding meal number. Specialty items NOT sold at ALDI are kept at a minimum, but are listed for you as N/A in the price column. Staples listed at the very bottom of the page are necessary items for that meal, but may or may not be available at ALDI.

MEAL #	X	GROCERY ITEM	N/A = Not sold at ALDI	PRICE:	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY				
1		1 pkg Kaiser buns		1.69		
7		1 whole loaf French bread		n/a		
	X	PRODUCE				
1		2 large tomatoes		1.99		
1		1 Caesar salad kit		1.99		
3		4 medium baking potatoes		2.89		
3,6		2 bags mini carrots		1.98		
3		1 bunch of asparagus		2.49		
5		1 bunch broccoli		1.69		
6		1 head iceberg lettuce		.99		
7		2 to 3 cucumbers		1.47		
	X	DAIRY / REFRIGERATED				
1,4		1 container sour cream		1.29		
4		1 pkg shredded hash browns		1.49		
4,6		12 oz shredded cheddar		2.79		
4		1-2 pkg refrigerated biscuits		1.19		
7		8 oz shredded mozzarella		1.99		
	X	MEATS				
1		1½ lbs ground beef		5.86		
2,3		2½ lbs boneless chicken breasts		4.64		
2		1 lb smoked sausage (need ½)		2.29		
4		6 pork chops		5.79		
5		6 tilapia filets		4.49		
7		1.5 lb boneless round steak or chuck roast		6.28		
	X	FROZEN FOODS				
2		16 oz mixed vegetables		1.49		
6		1 pkg green peas		.99		
6		1 pkg frozen garlic bread		1.59		
	X	PACKAGED / BOXED				
1		1 pkt ranch salad dressing mix		n/a		
2		Box of saltine crackers		1.39		
3		1 box Lipton herb seasoning mix, contains 2 packets		n/a		
5		1 or 2 boxes stuffing, enough for your family/ any flavor		1.58		
6		1 pkg real bacon pieces		1.39		
7		1 box onion soup mix		.79		
7		1 bag chips, your favorite		1.39		
	X	CANNED / BOTTLED				
2		1 can chicken broth		.59		
2		1 can diced tomatoes		.49		
4		1 can cr of mushroom soup		.69		
4		1 can French fried onions		1.99		
7		1 can beef broth		.59		
		TOTAL (approx.)		\$70.24	Copyright 2012, E-Mealz, Inc.	

STAPLES NEEDED FOR EACH MEAL:

Meal 1

Meal 2

2 t Cajun seasonings
2 c cooked rice

Meal 3

3 T olive oil
½ c white wine
Ital seasonings

Meal 4

Seasoned salt
Vegetable oil
Milk
Butter
Honey

Meal 5

Italian drsng
Dijon mustard
Italian bread crumbs
Butter
Lemon-pepper

Meal 6

2 eggs
1 c mayonnaise
Sugar

Meal 7

Ranch dressing
Aluminum foil