


Meal Plan for Two

ALDI

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 Warm Barbecue Chicken Salad <i>Texas Toast</i>	1 boneless chicken breast, cook & shred 8 oz bacon, cook & crumble ½ c yellow corn, fry in skillet w/ bacon drippings 1 bag salad 2 Roma tomatoes, chopped ½ small onion, sliced in rings 1 c shredded cheddar 1 bottle BBQ sauce <hr/> ½ box <i>Texas toast</i>	Combine ½ c BBQ sauce w/ chicken. Heat in microwave. Toss together lettuce, tomatoes, and onion. Divide on serving plates. Top each w/ warm bacon, corn, & chicken. Then top w/ cheese. Thin ½ cup BBQ sauce w/ water. Heat and drizzle over salad as desired. <i>Bake toast as pkg directs.</i>
Meal 2 <i>Crock Pot</i> Favorite Beef Stew <i>w/ Potatoes and Carrots</i> <i>Texas Toast</i>	1 lb beef stew meat ½ can beef broth (1 T Greek seasoning) 1 pkt onion soup mix 1 can cream of mushroom soup 4 potatoes, peeled and cubed 8 oz mini carrots <hr/> ½ box <i>Texas toast</i>	Put all ingredients in a crock-pot and cook all day on low, 6-8 hours. <i>Bake toast as pkg directs.</i>
Meal 3 <i>Yummy</i> Teriyaki Pork Tenderloin <i>Baked Pineapple</i> <i>Baked Potatoes</i>	1-2 lbs teriyaki pork tenderloin* <hr/> 1 can <i>chunked pineapple</i> , reserve 2T juice, ½ c <i>shredded cheddar cheese</i> (2T flour, ¼ c sugar, ½ roll of <i>crushed butter crackers</i> , ½ stick <i>melted butter</i>) 2-3 <i>potatoes, wrapped in foil</i> (<i>Butter, salt and pepper</i>)	Tenderloin comes prepared in its own teriyaki marinade. Bake as package directs, uncovered @ 350°, 20 minutes per pound. *Reserve 2 c shredded pork for meal # 6. <i>Place pineapple and reserved juice at bottom of a small casserole dish. Mix flour and sugar, sprinkle on top of pineapple. Add cheese, crackers and then melted butter. Bake @ 350°, 45 min, uncovered. Bake potatoes wrapped in foil w/ pineapple and serve with butter, salt and pepper.</i>
Meal 4 Ham and Cheese Sliders <i>Roasted Red Pepper and Tomato Soup</i>		
Meal 5 <i>Crock Pot</i> Picante Chicken <i>Honey Lime Cantaloupe</i> <i>Tortilla Chips</i>		
Meal 6 Sour Cream Pork and Mushroom <i>Steamed Rice</i> <i>Butter Dill Carrots</i> <i>Rolls</i>		
Meal 7 <i>Easy Meal</i> Easy Texas Scrambled Eggs <i>Bacon</i> <i>Cantaloupe</i>		

(Staples are in parenthesis)

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Meal Plan for Two 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				
4,6		1 pkg Hawaiian Sweet rolls		1.99		
4,5		1 pkg deli sliced pepper jack cheese		1.99		
4		1 pkg deli sliced ham		2.89		
	X	PRODUCE				
1		1 bag salad		1.99		
1		2 Roma tomatoes		1.49		
1,4,6		1 bag onions		.49		
2,3		1 bag potatoes		2.99		
2,6		16 oz mini carrots		.99		
5,7		1 cantaloupe		2.29		
		DAIRY/REFRIGERATED				
1,3,7		8 oz shredded cheddar		1.99		
5,6		1 container sour cream		1.29		
7		1 dozen eggs		1.29		
		MEATS				
1,7		16 oz bacon		2.49		
1,5		3 boneless chicken breasts		3.58		
2		1 lb beef stew meat (freeze remaining)		5.13		
3,6		1-2 lbs teriyaki pork tenderloin		4.28		
		FROZEN FOODS				
1,5		16 oz bag yellow corn		.95		
1,2		1 box Texas toast		1.64		
		CANNED / BOTTLED				
1		1 bottle BBQ sauce		1.19		
2,6		1 can beef broth		.59		
2		1 can cr of mushroom soup		.59		
3		1 can chunk pineapple		.79		
5,7		1 can black beans		.55		
5,7		1 jar salsa		1.79		
6		4 oz jar or can sliced mushrooms		.55		
		PACKAGED / BOXES				
2		1 pkg onion soup mix		.79		
4		1 pkg Red Pepper/ Tomato Soup (w/ the soups)		1.99		
5		1 bag tortilla chips		1.19		
		TOTAL (approx.)		\$49.77	Copyright 2012, E-mealz, Inc.	

STAPLES NEEDED FOR EACH MEAL #:

Meal 1

Meal 2

Greek seasoning

Meal 3

Flour
Sugar
Butter crackers
Butter
Foil

Meal 4

Dijon mustard
Poppy seeds

Meal 5

Lime juice
Honey

Meal 6

Prepared mustard
Parsley
Paprika
Steamed rice
Butter
Dried dill

Meal 7

Butter
Milk