

## ALDI MEAL PLAN

APRIL 20 – 26, 2010

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>
<b>Meal 1</b>  <b>Warm Barbecue Chicken Salad</b> <i>Texas Toast</i>	3 c shredded cooked chicken 1 c corn ½ lb bacon, cooked & crumbled* 1 ½ stalks Romaine hearts, torn/rinsed 4 plum tomatoes, chopped ½ small purple onion, sliced in rings 1 c shredded mozzarella 1 c BBQ sauce <hr/> 1 box <i>Texas toast</i>	Combine 1 c BBQ sauce w/ chicken. Spread in greased square baking dish. Cover; heat @350°, 25 min. Five minutes before serving, toss together <u>heated</u> corn, bacon, lettuce, tomatoes, and onion. Divide on serving plates. Top each w/ warm chicken, then w/ cheese. <i>Bake toast as pkg directs.</i>  *Cook all bacon and reserve ½ for meal #3.
<b>Meal 2</b> <i>Slow Cooker</i>  <b>Favorite Beef Stew</b> <i>w/ Potatoes and Carrots</i> <i>Crescent Rolls</i>	1 lb beef stew meat 1 can beef broth (1 T Greek seasoning) 1 pkt onion soup mix 1 can cream of mushroom soup 4-5 potatoes, peeled and cubed 16 oz mini carrots, cut in halves <hr/> 1 can <i>crescent rolls</i>	Put all ingredients in a crock-pot and cook all day on low, 8 hours. <i>Bake rolls as directed on pkg.</i>
<b>Meal 3</b>  <b>Cheddar Bacon Quiche</b> <i>Grapes</i> <i>Sweet Rolls</i>	10 eggs 2 c half and half cream ½ lb bacon, cooked & crumbled 3 cups shredded cheddar 2 frozen deep dish pie crusts <hr/> ½ container <i>grapes</i> 1 can <i>refrigerated sweet rolls</i>	In blender, mix eggs, 1 t salt, & cream. Divide bacon and cheese evenly into each crust. Pour egg mixture evenly over each. Bake 350°, 1 hour or until knife comes out of center clean. <i>Serve with grapes and hot sweet rolls.</i>
<b>Meal 4</b>  <b>Sour Cream Pork Chops</b> <i>Steamed Rice</i> <i>Baked Fruit</i> <i>Steamed Broccoli</i>		
<b>Meal 5</b> <i>Crock Pot</i>  <b>Southwestern Chicken</b> <i>Honey Lime Cantaloupe</i>		
<b>Meal 6</b>  <b>Spaghetti and Meatballs</b> <i>Italian Salad</i>		
<b>Meal 7</b>  <b>BBQ Chicken Sandwiches</b> <i>Chips</i> <i>Grapes</i>		

(Staples are in parenthesis)

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# ALDI GROCERY LIST

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\*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	<b>DELI / BAKERY</b>				
7		1 pkg sandwich buns		.85		
	X	<b>PRODUCE</b>				
1,6		1 pkg Romaine hearts		1.99		
1		1 bag tomatoes on vine		1.69		
1,4		1 bag onions		.99		
2		4 to 5 med red potatoes		1.99		
2		16 oz mini carrots		.99		
3,7		1 container seedless grapes		2.49		
4		1 head broccoli		1.99		
5		1 cantaloupe		1.39		
	X	<b>DAIRY/REFRIGERATED</b>				
1,6,7		16 oz shredded mozzarella		2.89		
2		1 can crescent rolls		1.49		
3		1 dozen eggs		1.39		
3		1 container half and half		1.99		
3		12 oz shredded cheddar		2.29		
3		1 can refrigerated sweet rolls		1.89		
4		1 container sour cream		.89		
	X	<b>MEATS</b>				
1		1 ½ lbs chicken breast, approx 3 chicken breasts		5.99		
1,3		1 lb bacon		2.49		
2		1 lb beef stew meat		3.98		
4		4 to 6 pork chops		5.28		
5,7		1 bag frozen skinless chicken thighs		5.99		
6		1 bag frozen Italian meatballs		1.99		
	X	<b>FROZEN FOODS</b>				
1,5		1 bag yellow corn		.95		
1		1 box Texas toast		1.64		
3		2 deep dish pie crusts		n/a		
	X	<b>CANNED / BOTTLED</b>				
1,7		1 bottle BBQ sauce		1.19		
2		1 can beef broth		.59		
2		1 can cr of mushroom soup		.59		
4		1 can sliced mushrooms		.59		
4		2 cans pineapple chunks		1.78		
5		2 cans black beans		1.18		
5		1 jar chili con queso		1.99		
5		1 jar salsa		1.69		
6		1 jar spaghetti sauce		1.09		
6		1 can black olives		1.19		
	X	<b>PACKAGED / BOXES</b>				
2		1 pkg onion soup mix		.69		
6		1 box thin spaghetti		1.59		
7		1 bag chips, any flavor		1.29		
	X	<b>TOTAL (approx)</b>		<b>\$70.96</b>		

**STAPLES NEEDED FOR EACH MEAL:**

Meal 1

Meal 2

Meal 3

Meal 4

Meal 5

Meal 6

Meal 7

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Greek seasoning

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1 c beef bouillon  
Prepared mustard  
Parsley  
Paprika  
Steamed rice  
½ stick butter  
½ c brown sugar

Lime juice  
Honey

Italian drsng

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