

ALDI MEAL PLAN

March 11 - 17, 2008

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>Crock Pot</i> Hawaiian Chicken <i>Instant White Rice</i> <i>Buttered Broccoli</i> <i>Crescent Rolls</i>	4-6 frozen skinless split chicken breasts 20 oz can pineapple chunks, reserve juice (1/3 cup brown sugar, 2 T lemon juice, ¼ t ground ginger, ¼ c cornstarch) <hr/> <i>(Instant Rice)</i> <i>1 bunch broccoli</i> <i>1 or 2 cans crescent rolls</i> <i>(Butter)</i>	Place chicken breasts in crock pot. Sprinkle w/ salt, then arrange pineapple over chicken. Wisk pineapple juice, brown sugar, lemon juice, ginger & cornstarch. Pour over chicken. Cover; cook on low for 4-5 hours or high 2 ½ -3 hours. Spoon chicken and sauce over white rice. <i>Steam broccoli and flavor w/ butter & salt.</i> <i>Bake crescent rolls; serve w/ butter.</i>
Meal 2 <i>Lazy Meal</i> Homemade Pepperoni Pizzas <i>Iceberg Wedges</i>	2 prepared pizza crusts w/ sauce 4 c shredded mozzarella 1 pkg pepperoni (1 t garlic salt, 1 t pepper, 4 t Italian seasoning) <hr/> <i>1 head iceberg lettuce</i> <i>(Ranch drsng)</i>	Place pizza crust on cookie sheet per pkg directions. Spread pizza sauce evenly over crust. Sprinkle spices, then cheese, then pepperoni. Bake 15 to 18 min @350. <i>Drizzle iceberg wedge with dressing.</i>
Meal 3 <i>Make Once... Eat Twice</i> Swedish Meatballs <i>French Green Beans</i> <i>Mixed Fruit</i> <i>Hot Biscuits</i>	Meatballs: 2 lbs ground beef 1 onion , finely chopped (1 c fine bread crumbs, 2 eggs - beaten, 1 c milk, 2 t salt, ½ t pepper, ½ t allspice) Gravy: 1 envelope dry onion soup mix (1 c water, 1 T flour, 1 c milk) <hr/> <i>1 pkg wide noodles</i> <i>2 cans French cut green beans</i> <i>24 oz jar mixed fruit</i> <i>1 pkg buttermilk biscuits</i> <i>(Butter)</i>	Meatballs: Mix all meatball ingredients together. Form into 1" meatballs. Place in 13x9. Bake @350, 30 min. Drain grease. Freeze half of cooked meatballs for Meal #7. Gravy: In large skillet, combine gravy ingred. Add meatballs. Heat/simmer for 20 min. <i>Serve meatballs and sauce over noodles.</i> <i>Serve with hot green beans, chilled fruit, and hot biscuits w/ butter.</i>
Meal 4 <i>Frugal Meal</i> French Toast & Hot Cinnamon Apples <i>Bacon</i>		
Meal 5 <i>Broil or Grill</i> Blackened Salmon over Raspberry Vinaigrette Salad <i>Sweet Orange Rolls</i>		
Meal 6 <i>Quick Meal</i> Sausage Fajitas <i>Refried Beans</i> <i>Spanish Rice</i>		
Meal 7 <i>30-Min Meal</i> Pasta & Meatballs <i>Caesar Salad</i> <i>Garlic Bread</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 Available at ALDI	PRICE:	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY				
2		1 pkg pizza crust - 2 count		2.99		
4		1 loaf of sliced bread		.69		
6		1 pkg flour tortillas		.89		
	X	PRODUCE				
1		1 bunch broccoli		1.29		
2		1 head iceberg lettuce		.99		
3,6		2 onions - 3 lb bag		.89		
4		5 apples - 3 lb bag		2.19		
5		1 bag salad greens		1.69		
5		1 tomato		.49		
5		1 cucumber		.39		
5,6		1 green peppers - pkg of 3		1.49		
7		1 Caesar salad kit		1.69		
	X	DAIRY / REFRIGERATED				
1		1 or 2 cans crescent rolls - 8 ct each		1.39		
2		1 pkg shredded mozzarella - 4 cup pkg		3.49		
3		1 pkg of buttermilk biscuits		.79		
4		1 dozen eggs, need 6		1.79		
5		1 pkg of orange rolls		1.89		
6		8 oz shredded cheddar - 3 cup pkg		2.69		
6		16 oz sour cream		.99		
	X	MEATS				
1		3 lbs skinless split chicken breasts, frozen		6.49		
2		1 pkg pepperoni		1.79		
3		2 lbs ground beef		4.69		
4		1 lb bacon		2.49		
5		1 or 2 lbs frozen salmon filets or Tilapia, enough for your family		3.99		
6		1 lb smoked kielbasa sausage		1.99		
	X	FROZEN FOODS				
	X	PACKAGED / BOXED				
3		1 box onion soup mix		.59		
3		1 pkg wide egg noodles		.75		
6		6.9 spanish rice		.59		
7		17.5 tricolor pasta		1.89		
7		1 pkg garlic bread		1.59		
	X	CANNED / BOTTLED				
1		20 oz can chunk pineapple		.79		
7		26 oz jar spaghetti sauce		.99		
3		2 cans French cut green beans		.39		
3		24 oz jar mixed fruit		1.89		
5		16 oz bottle raspberry vinaigrette dressing		1.99		
6		1 can refried beans		.49		
	X	TOTAL COST (approx)		62.10		

STAPLES:

Meal 1

Instant rice
Butter
Brown sugar
Lemon juice
Ground ginger
Cornstarch

Meal 2

Garlic salt
Italian seasoning
Ranch drsng

Meal 3

1 c fine bread crumbs
2 eggs
2 c milk
Allspice
Flour
Butter

Meal 4

Sugar
Cinnamon
1 c milk
Vanilla
Powdered sugar

Meal 5

Blackened seasoning
Dried cilantro
¼ c diced onion

Meal 6

Oil

Meal 7

Parmesan cheese
topping