

## Meal Plan for Two

JANUARY 13 – 19, 2009

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>
<b>Meal 1</b>  <b>Pasta and Meatballs</b> <i>Salad</i> <i>Garlic Toast</i>	½ lb ground beef ½ onion, chopped finely (¼ c Italian bread crumbs, 1 beaten egg, ¼ c milk, ½ t salt, ¼ t pepper) 8 oz pasta, any kind 14 oz pasta sauce (Grated parmesan) <hr/> ½ bag salad greens 1 Roma tomato, sliced ½ cucumber, sliced ( <i>Italian salad dressing</i> ) ½ garlic toast	<b>Meatballs:</b> Mix beef, onion, bread crumbs, egg, milk, salt and pepper. Form into 1" balls and place into a 13x9 pan. Bake @350 for 30 minutes. Drain off any grease Heat pasta sauce and add meatballs. Prepare pasta and drain. Serve pasta with meatballs and sauce. Top with parmesan cheese. <i>Toss salad. Bake bread as directed.</i>
<b>Meal 2</b> <i>Easy Favorite</i>  <b>Creamy Crock Pot Chicken</b> <i>Steamed White Rice</i> <i>Sautéed Zucchini</i> <i>Garlic Toast</i>	2 chicken breasts, skins off ½ can cr of mushroom soup 4 oz cream cheese (½ pkt dry Italian seasoning, ½ c dry white wine or cooking wine) <hr/> ( <i>White rice, 2 c cooked</i> ) 2 small zucchini ( <i>Butter</i> ) ½ garlic toast	Soften cream cheese in microwave. Mix cream cheese, cr of chicken soup, Italian seasoning and wine until smooth in crock pot. Add and combine chicken. Cook on low 4-6 hrs. Serve chicken and creamy gravy over steamed rice. <i>Sauté sliced zucchini in melted butter until crisp-tender. Bake bread as directed.</i>
<b>Meal 3</b> <i>Quick Meal</i>  <b>Mexican Taco Salad</b>	½ lb ground beef 1 pkt taco seasoning ½ bag salad 2 Roma tomatoes, chopped ½ can corn 4 oz shredded cheddar Sour cream 1 bag corn chip scoops ( <i>White rice, 2 c cooked</i> )	Cook and drain ground beef. Add taco seasoning & water as directed on pkt. Assemble each salad by topping lettuce with tomatoes, heated corn, cheese, sour cream, rice, and hot meat mixture. Serve w/ corn chip scoops.
<b>Meal 4</b> <i>Easy Meal</i>  <b>Easy Warehouse Soup</b> <i>Combread</i> <i>Veggies and Dip</i>	<h3>Sample Partial Plan</h3>	
<b>Meal 5</b> <i>Yummy</i>  <b>Lemon-Caper Fish Sauté</b> <i>Green Bean Casserole</i> <i>Baked Potato</i>		

(Staples are in parenthesis)



## Meal Plan for Two 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. Because ALDI products are sold in larger quantities, many unused items may be frozen and used in subsequent meal plans.

MEAL #	X	GROCERY ITEM	N/A = Not sold at ALDI	PRICE	OTHER GROCERIES I NEED:	X
	X	<b>DELI / BAKERY</b>				
	X	<b>PRODUCE</b>				
1		1 small onion		.49		
1,3		1 bag salad		1.99		
1,3		3 Roma tomatoes (3 pack)		1.99		
1,4		1 small cucumber		.49		
2,4		3 small zucchini (3 pack)		1.39		
5		1 small lemon		.49		
5		2 baking potatoes		.98		
		<b>DAIRY/REFRIGERATED</b>				
2		8 oz cream cheese, use ½		.99		
3		12 oz shredded cheddar (freeze remaining)		2.99		
3,5		16 oz sour cream		.89		
		<b>MEATS</b>				
1,3		1 lb ground beef (2 lb container, freeze ½)		5.15		
2		2 to 3 chicken breasts (freeze remaining)		2.99		
4		1 lb smoked kielbasa sausage (freeze ½)		2.29		
5		1 lb tilapia fillets, frozen		3.99		
		<b>FROZEN FOODS</b>				
1,2		1 box garlic toast		1.64		
		<b>CANNED / BOTTLED</b>				
1		26 oz pasta/spaghetti sauce, use 14 ounces		.99		
2,5		1 can cr of mushroom soup		.49		
4		1 can condensed cr of potato soup		N/A		
4		1 can condensed split pea & ham soup		N/A		
4		14.5 oz can diced tomatoes		.49		
3,4		1 can corn		.49		
5		1 small jar capers		N/A		
5		14.5 oz can green beans		.49		
		<b>PACKAGED / BOXES</b>				
1		16 oz box pasta, use ½		.99		
3		1 pkt taco seasoning		.33		
3		1 pkg corn chips		.99		
4		1 box cornbread mix		.35		
4,5		1 bag French fried onions		1.99		
		<b>TOTAL COST: approx</b>		<b>\$36.35</b>		

### Staples for each meal:

#### Meal 1

1 egg  
¼ c grated parmesan  
Garlic salt  
Italian dressing

#### Meal 2

½ c white wine  
½ pkt dry Italian seas  
2 c cooked white rice  
Butter

#### Meal 3

2 c cooked rice

#### Meal 4

Egg  
Milk  
Butter  
Ranch drsng

#### Meal 5

Butter  
Milk