

Meal Plan for Two

ALDI

April 27 – May 3, 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>
Meal 1 <i>Delicious</i> Poppy Seed Chicken <i>White Rice</i> <i>Sautéed Green Beans</i> <i>Sugared Peaches</i>	3 chicken breasts, cooked & chopped 10 oz can cream of chicken soup 4 oz sour cream ½ tube Ritz crackers (1 T poppy seeds, ½ stick melted butter) <hr/> <i>(Steamed rice)</i> ½ pkg frozen green beans (2 T butter, salt) 2 peaches, peeled/diced (Sugar)	Place cooked chicken in a greased square casserole. Combine chicken soup and sour cream; spoon over chicken. Sprinkle crushed crackers and poppy seeds over top; drizzle butter over casserole. Bake at 350° for about 30 minutes; until hot and bubbly. Serve over steamed rice. <i>Steam green beans until barely tender. Drain. Add butter and re-close lid. Turn heat to med-hi and sauté further. Salt. Toss peaches in sugar.</i>
Meal 2 Italian Meatballs and Gravy Over Noodles <i>Hot Peas</i> <i>Strawberries</i>	½ pkg Italian meatballs Gravy: 1 pkt dry onion soup mix (1 c water, 1 T flour, 1 c milk) <hr/> 1 pkg wide noodles 1 can early peas ½ container strawberries, sliced (2 t sugar)	Cook meatballs as pkg directs. Gravy: In skillet, mix onion soup mix, water, flour, and milk together well. Heat to thicken. Add meatballs. Simmer for 20 min, stirring occasionally. Serve meatballs and sauce over desired amount of cooked noodles. <i>Heat peas and serve on the side. Toss strawberries in 2 t sugar.</i>
Meal 3 <i>Easy Meal</i> Pesto Chicken <i>Chips</i> <i>Strawberries</i>		
Meal 4 Beef Macaroni Casserole <i>Italian Salad</i>		
Meal 5 <i>20-Min Meal</i> Quick Italian Beef Soup <i>Combread</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	DELI / BAKERY				
3		1 pkg Ciabatta rolls		1.69		
	X	PRODUCE				
1		2 peaches		.98		
2,3		1 container strawberries		1.49		
4,5		2 onions		1.29		
4		1 bag salad greens		1.99		
	X	DAIRY				
1		16 oz sour cream, use 4 oz		.89		
3,5		5 oz shredded parmesan cheese		1.99		
4		12 oz Mexican shredded cheese		2.29		
	X	MEATS				
1,3		5 boneless chicken breasts		5.99		
2,5		1 lb frozen Italian meatballs		1.99		
4		1 lb ground beef		3.01		
	X	FROZEN FOODS				
1		1 bag green beans		1.49		
	X	PACKAGED / BOXED				
1		1 box townhouse crackers		1.69		
2		1 pkg onion soup mix		.79		
2		1 pkg wide noodles		.99		
3		1 pkt pesto mix		n/a		
3		1 bag chips		1.29		
4		1 box macaroni noodles, for 1 cup		1.69		
5		1 box cornbread mix		.35		
	X	CANNED / BOTTLED				
1		10 oz can cr of chicken soup		.59		
2		1 can peas		.55		
4		1 can tomato sauce		.25		
4		1 can black olives		1.19		
5		1 can corn		.55		
5		1 green beans		.55		
5		1 can butter beans		.79		
5		1 can beef broth		.59		
5		1 can diced tomatoes		.55		
		TOTAL (approx)		\$37.50		

STAPLES NEEDED FOR EACH MEAL #:

Meal 1
Poppy seeds
1 stick butter
White rice
Sugar

Meal 2
Flour
Sugar
Milk

Meal 3
Olive oil

Meal 4
Flour
Italian drsng
Croutons
Italian seasoning

Meal 5
Italian seasoning
Egg
Milk