

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1</p> <p>Balsamic Pork Chops with Apples</p> <p><i>Herbed Crescent Rolls and Steamed Green Beans</i></p> <p> <table border="1" data-bbox="186 514 470 577"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>25m</td> <td>40m</td> </tr> </table></p>	Prep	Cook	Total	15m	25m	40m	<p>6 (1½-inch-thick) boneless pork loin chops ¼ cup all-purpose flour 2 Tbsp olive oil 3 Tbsp butter 3 apples, cored and thinly sliced (such as Gala) 1 sweet onion, thinly sliced ½ cup chicken broth ½ cup balsamic vinegar ½ tsp crushed dried rosemary</p> <hr/> <p>1 (8-oz) can refrigerated crescent roll dough 2 Tbsp butter, melted 1 Tbsp Italian seasoning 1 (16-oz) pkg frozen extra fine green beans</p>	<p>Lightly season pork chops with salt and pepper; dredge in flour, shaking off excess. Heat oil in a large skillet over medium-high heat; add pork, and cook 3 to 4 minutes per side or until browned. Remove from skillet, and set aside. Melt butter in skillet over medium heat; add apples and onion. Cook, stirring, 8 minutes. Stir in broth, vinegar, and rosemary; bring to a boil, reduce heat, and simmer 5 minutes. Return pork chops to pan, and cook 5 minutes or until chops are done and sauce is thickened.</p> <hr/> <p><i>Unroll dough on a flat surface; roll into crescents according to package directions, and place on a baking sheet. Brush rolls with butter, and sprinkle with seasoning. Bake according to package directions. Steam beans according to package directions; season to taste.</i></p>
Prep	Cook	Total						
15m	25m	40m						
<p>Meal 2 Quick and Easy</p> <p>Hawaiian Bacon Pizza</p> <p><i>Shredded Carrot and Apple Salad</i></p> <p> <table border="1" data-bbox="186 1081 470 1144"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>25m</td> <td>40m</td> </tr> </table></p>	Prep	Cook	Total	15m	25m	40m	<p>6 slices bacon 1 prebaked original pizza crust ½ cup barbecue sauce 2 cups shredded Cheddar cheese 1 cup crushed pineapple, well drained</p> <hr/> <p>1 lb carrots 2 apples Juice of 1 lemon ¼ cup sour cream ¼ cup mayonnaise 3 Tbsp sugar ½ tsp salt</p>	<p>Preheat oven to 400°F. Cook bacon in a skillet over medium heat until crisp; drain on paper towels, and crumble. Place crust on a lightly greased baking sheet. Spread barbecue sauce over crust, and top with bacon, cheese, and pineapple. Bake 10 to 12 minutes or until crust is browned and cheese is melted.</p> <p>Note: Double pizza recipe if needed for your family.</p> <hr/> <p><i>Grate carrots and apples, using the large holes of a box grater or a food processor. Place in a serving bowl; add lemon juice, and toss. Whisk together sour cream, mayonnaise, sugar, and salt. Pour over salad; toss to coat. Chill until ready to serve.</i></p>
Prep	Cook	Total						
15m	25m	40m						
<p>Meal 3 Classic Favorite</p> <p>Crispy Chicken Parmesan</p> <p><i>Thin Spaghetti and Steamed Broccoli</i></p> <p> <table border="1" data-bbox="186 1585 470 1648"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>15m</td> <td>20m</td> <td>35m</td> </tr> </table></p>	Prep	Cook	Total	15m	20m	35m	<p>3 boneless, skinless chicken breasts, cut in half lengthwise (about 1½ lb) 1 tsp salt, ½ tsp pepper 2 large eggs, beaten 1 cup Italian-seasoned or plain panko breadcrumbs ½ cup shredded Parmesan cheese 4 Tbsp olive oil 1 (24-oz) jar pasta sauce 6 slices mozzarella cheese</p> <hr/> <p>1 (13.25-oz) pkg whole-grain thin spaghetti 1 (16-oz) crown broccoli, cut into florets 2 Tbsp butter</p>	<p>Sprinkle chicken with salt and pepper. Place eggs in a shallow dish; combine breadcrumbs and Parmesan cheese in another dish. Dip chicken in egg; coat with breadcrumb mixture, pressing to adhere. Heat 2 Tbsp oil in a large skillet over medium-high heat; add half of chicken. Cook 3 to 4 minutes per side; remove from skillet, and repeat with remaining oil and chicken. Reduce heat to low; pour half of pasta sauce into skillet. Return chicken to skillet, overlapping to fit. Top with mozzarella; pour remaining pasta sauce around chicken. Cook 3 to 4 minutes; serve over hot cooked pasta.</p> <hr/> <p><i>Cook pasta according to package directions. Steam broccoli in a steamer basket over boiling water 6 to 8 minutes or until crisp-tender. Toss with butter; season with salt and pepper to taste.</i></p>
Prep	Cook	Total						
15m	20m	35m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 4</p> <p>Ground Beef-Spinach Bake</p> <p><i>Honeyed Dinner Rolls</i></p> <p> <table border="1" data-bbox="186 472 470 535"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>30m</td> <td>50m</td> </tr> </table></p>	Prep	Cook	Total	20m	30m	50m	<p>1½ lb ground beef ½ cup chopped onion 2 large eggs, beaten 1 tsp garlic powder 1 (4-oz) can sliced mushrooms, drained 1 cup shredded Italian-blend cheese 1 (10-oz) pkg frozen chopped spinach, thawed and drained ½ cup shredded Parmesan cheese</p> <hr/> <p>1 (15-oz) pkg center-split deli rolls ¼ cup honey</p>	<p>Preheat oven to 375°F. Cook beef and onion in a large skillet over medium-high heat until meat is crumbled and brown; drain. Season with salt and pepper to taste. Whisk together eggs and garlic powder. Add mushrooms, Italian cheese, spinach, egg mixture, and Parmesan cheese to beef mixture. Place in a large lightly greased baking dish. Bake 20 minutes.</p> <hr/> <p><i>Heat rolls according to package directions. Drizzle with honey.</i></p>
Prep	Cook	Total						
20m	30m	50m						
<p>Meal 5</p> <p>Chicken, Sausage and Rice Casserole</p> <p><i>Roasted Squash and Zucchini</i></p> <p> <table border="1" data-bbox="186 861 470 924"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>25m</td> <td>45m</td> <td>1h 10m</td> </tr> </table></p>	Prep	Cook	Total	25m	45m	1h 10m	<p>1 (6.8-oz) pkg chicken-flavored rice mix 1 (16-oz) pkg mild pork sausage roll 1 lb boneless, skinless chicken breasts 1 (10½-oz) can cream of chicken soup 1 Tbsp Worcestershire sauce ½ cup shredded Parmesan cheese</p> <hr/> <p>3 zucchini, cut into ¼-inch slices 3 yellow squash, cut into ¼-inch slices 2 Tbsp olive oil ½ tsp salt, ½ tsp pepper</p>	<p>Preheat oven to 350°F. Cook rice according to package directions. Cook sausage over medium heat in a skillet until crumbled and browned; drain. Bring chicken and water to cover to a boil in a saucepan; cook 20 minutes or until chicken is done. Drain, cool, and dice. Combine rice, sausage, chicken, soup and Worcestershire. Transfer to a large baking dish, and top with cheese. Bake 30 minutes.</p> <hr/> <p><i>Preheat oven to 350°F. Toss zucchini and squash with oil, salt and pepper in a 13- x 9-inch baking dish. Bake 20 to 30 minutes or until tender.</i></p>
Prep	Cook	Total						
25m	45m	1h 10m						
<p>Meal 6 Meatless Meal</p> <p>Three-Cheese Tortellini Soup</p> <p><i>Winter Fruit Salad and Cheese Breadsticks</i></p> <p> <table border="1" data-bbox="186 1344 470 1407"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>25m</td> <td>35m</td> </tr> </table></p>	Prep	Cook	Total	10m	25m	35m	<p>2 Tbsp olive oil 1 cup chopped onion 3 carrots, chopped 2 stalks celery, chopped 4 cloves garlic, minced 1 (14.5-oz) can diced tomatoes, drained 1 (32-oz) carton chicken broth 2 (9-oz) pkg refrigerated three-cheese tortellini</p> <hr/> <p>¼ cup sugar 2 Tbsp lemon juice 1 (15-oz) can mandarin oranges, drained 3 ripe pears, cored and sliced 2 apples, cored and sliced 1 (11.5-oz) pkg frozen cheese breadsticks</p>	<p>Heat oil in a stock pot over medium-high heat. Sauté onion, carrots, celery, and garlic in hot oil 3 minutes. Stir in tomatoes and broth; bring mixture to a simmer, and cook 15 minutes. Increase heat, and bring to a boil. Add tortellini; cook 4 minutes or until pasta is done.</p> <hr/> <p><i>Combine sugar and lemon juice in a serving bowl. Add oranges, pears, and apples; toss to coat. Chill until ready to serve. Bake bread according to package directions.</i></p>
Prep	Cook	Total						
10m	25m	35m						
<p>Meal 7 Kid-Friendly</p> <p>Beefy Two-Cheese Italian Casserole</p> <p><i>Balsamic Roasted Cauliflower</i></p> <p> <table border="1" data-bbox="186 1785 470 1848"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>30m</td> <td>50m</td> </tr> </table></p>	Prep	Cook	Total	20m	30m	50m	<p>1 lb ground beef ½ cup chopped onion 1 (24-oz) jar pasta sauce 2 cups shredded Italian-blend cheese 1 (8-oz) can refrigerated crescent rolls 2 Tbsp butter, melted ¼ cup shredded Parmesan cheese</p> <hr/> <p>1 head cauliflower, cut into florets 4 cloves garlic, minced 1½ Tbsp balsamic vinegar 2 tsp brown sugar 2 Tbsp olive oil</p>	<p>Preheat oven to 350°F. Cook beef and onion in a large skillet until meat crumbles and browns. Drain and return to skillet. Stir in pasta sauce, and cook until thoroughly heated. Spoon into a 13- x 9-inch baking dish. Sprinkle with Italian cheese. Arrange crescent roll dough on top to form a crust. Drizzle with butter, and sprinkle with Parmesan. Bake 20 minutes.</p> <hr/> <p><i>Preheat oven to 350°F. Spread cauliflower and garlic on a rimmed baking sheet. Whisk together vinegar, sugar, and oil. Pour over cauliflower; toss to coat. Season with salt and pepper to taste. Bake 30 minutes.</i></p>
Prep	Cook	Total						
20m	30m	50m						



ALDI Classic Family Plan Sample Plan

Meal	✓	Grocery Items to Purchase	Price
Produce			
1,2,6		1 (3-lb) bag Gala apples, need 7	2.99
1,4,6,7		1 (2-lb) bag sweet onions, need 3	0.99
3		1 (16-oz) crown fresh broccoli	1.49
5		1 (3-count) pkg zucchini	0.99
5		1 (3-count) pkg yellow squash	1.99
6		1 bunch celery, need 2 stalks	1.29
6		1 (2-lb) bag pears, need 3	2.49
2,6		1 (2-lb) bag carrots	0.99
7		1 head cauliflower	1.99
Meat & Seafood			
1		6 (1½-inch-thick) boneless pork loin chops	8.75
2		1 (16-oz) pkg sliced bacon, need 6 slices, Appleton Farms	3.29
3,5		2½ lb boneless, skinless chicken breasts, Kirkwood	6.22
4,7		2½ lb ground beef	7.47
5		1 (16-oz) pkg mild pork sausage roll, Appleton Farms	1.99
Refrigerated			
1,7		2 (8-oz) cans refrigerated crescent roll dough, Bake House Creations	2.98
2		1 (8-oz) block sharp Cheddar cheese, Happy Farms	1.59
3		1 (8-oz) pkg deli-sliced mozzarella cheese, Happy Farms	1.99
3,4,5,7		2 (5-oz) pkg shredded Parmesan cheese, need about 1½ cups, Priano	3.98
4,7		1 (12-oz) pkg shredded Italian-blend cheese, need 3 cups, Happy Farms	2.49
6		2 (9-oz) pkg refrigerated three-cheese tortellini, Priano	3.98
Frozen			
1		1 (16-oz) pkg frozen extra fine green beans, Season's Choice	1.59
4		1 (10-oz) pkg frozen chopped spinach, Season's Choice	0.99
6		1 (11.5-oz) pkg frozen cheese breadsticks, Mama Cozzi's	2.19
Canned & Packaged			
1,6		1 (32-oz) carton AND 1 (14.5-oz) can chicken broth, Chef's Cupboard	2.34
1,7		1 (32-oz) bottle balsamic vinegar, need about ½ cup, Tuscan Garden	0.79
2		1 (2-count) pkg original pizza crusts, need 1 crust, Mama Cozzi's	2.99
2		1 (20-oz) can crushed pineapple, need 1 cup, Sweet Harvest	0.99
3		1 (13.25-oz) pkg whole-grain thin spaghetti, Fit & Active	0.89
3,7		2 (24-oz) jars traditional pasta sauce, Reggano	1.98
4		1 (4-oz) can sliced mushrooms	0.59
4		1 (15-oz) pkg center-split deli rolls, L'oven Fresh	1.49
5		1 (6.8-oz) pkg chicken-flavored rice mix, Rice Bowl	1.29
5		1 (10½-oz) can cream of chicken soup, Chef's Cupboard	0.79
6		1 (14.5-oz) can diced tomatoes, Happy Harvest	0.55
6		1 (15-oz) can mandarin oranges, Sweet Harvest	0.89
Approximate Total			\$80.29

Necessary Staples
Meal 1
5 Tbsp butter 1 Tbsp Italian seasoning ½ tsp crushed dried rosemary ¼ cup all-purpose flour 2 Tbsp olive oil
Meal 2
½ cup barbecue sauce ¼ cup mayonnaise ¼ cup sour cream 3 Tbsp sugar Cooking spray Juice of 1 lemon
Meal 3
2 large eggs 1 cup Italian-seasoned or plain panko breadcrumbs 4 Tbsp olive oil 2 Tbsp butter
Meal 4
2 large eggs 1 tsp garlic powder ¼ cup honey Cooking spray
Meal 5
2 Tbsp olive oil 1 Tbsp Worcestershire sauce
Meal 6
2 Tbsp olive oil ¼ cup sugar 2 Tbsp lemon juice 4 cloves garlic
Meal 7
2 Tbsp olive oil 2 Tbsp butter 2 tsp brown sugar 4 cloves garlic