

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 1</p> <p>Spicy Jerk Chicken Tacos</p> <p><i>Roasted Sweet Potatoes</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>15m</td> <td>20m</td> <td>35m</td> </tr> </table>		Prep	Cook	Total		15m	20m	35m	<p>1 lb boneless, skinless chicken breasts ½ Tbsp olive oil 3 tsp Caribbean Jerk seasoning, divided ½ cup sour cream 1 Tbsp chopped fresh parsley (optional) ½ Tbsp fresh lime juice 1 pkg taco shells 2 cups tri-color coleslaw mix (see note)</p> <hr/> <p><i>2 medium-size sweet potatoes (about 1½ lb)</i> <i>2 Tbsp olive oil</i> <i>¼ tsp salt, ¼ tsp pepper</i></p>	<p>Preheat grill to medium-high heat. Pound chicken to an even thickness. Brush with oil, and sprinkle with 2 tsp jerk seasoning. Grill chicken, covered with grill lid, 5 to 6 minutes per side or until done. Let stand 5 minutes; thinly slice. Stir together sour cream, parsley, lime juice, and remaining 1 tsp jerk seasoning. Heat taco shells according to package directions; place chicken in shells. Top with slaw mix and sour cream mixture.</p> <hr/> <p><i>Preheat oven to 425°F. Line a baking sheet with foil. Cut potatoes into wedges, and toss with oil. Sprinkle with salt and pepper, and arrange on baking sheet. Bake 20 minutes or until tender.</i></p>
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	15m	20m	35m							
<p>Meal 2</p> <p>Kid-Friendly</p> <p>Country-Fried Steak and Mushrooms</p> <p><i>Herb-Butter Rice and Mixed Veggies</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>25m</td> <td>45m</td> </tr> </table>		Prep	Cook	Total		20m	25m	45m	<p>½ to ¾ lb cubed steaks 2 Tbsp olive oil, divided ½ onion, cut in half and thinly sliced 1 (8-oz) pkg sliced fresh mushrooms ¾ cup beef broth ½ Tbsp cornstarch</p> <hr/> <p><i>½ cup uncooked long-grain rice</i> <i>1 Tbsp butter</i> <i>1 Tbsp chopped fresh parsley (or use ¼ tsp dried)</i> <i>¼ tsp salt, ⅛ tsp pepper</i> <i>½ (12-oz) pkg frozen mixed vegetables, thawed</i></p>	<p>Sprinkle steaks with salt and pepper. Heat 1 Tbsp olive oil in a large deep skillet over medium-high heat. Brown steak 2 to 3 minutes per side; remove from skillet, and keep warm. Add remaining 1 Tbsp oil to skillet; add onion and mushrooms. Cook, stirring occasionally, 10 minutes or until onions are tender and mushrooms are browned; return steaks to skillet. Combine broth and cornstarch, stirring until smooth and blended; add to skillet. Bring to a boil; cook 3 minutes or until sauce is thickened. Season with salt and pepper to taste.</p> <hr/> <p><i>Cook rice according to package directions; stir in butter, parsley, salt and pepper. Steam vegetables according to package directions. Sprinkle with salt and pepper to taste.</i></p>
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<p>Meal 3</p> <p>Kid-Friendly</p> <p>Skillet Meatballs with Fire-Roasted Tomato Sauce</p> <p><i>Spaghetti with Baby Spinach</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>25m</td> <td>45m</td> </tr> </table>		Prep	Cook	Total		20m	25m	45m	<p>1 lb ground beef 1 (8-oz) pkg sliced fresh mushrooms, finely chopped 1 onion, chopped 1 tsp dried oregano 1 Tbsp Montreal steak seasoning 1 large egg, lightly beaten 2 Tbsp vegetable oil 1 (14.5-oz) can fire-roasted diced tomatoes</p> <hr/> <p><i>4 oz uncooked spaghetti (or use ¾ cup short pasta)</i> <i>1 Tbsp butter</i> <i>1 clove garlic, minced</i> <i>½ (5-oz) bag fresh baby spinach</i> <i>⅛ tsp salt, ⅛ tsp pepper</i></p>	<p>Combine ground beef, mushrooms, onion, oregano, steak seasoning and egg; shape mixture into 1-inch meatballs. Heat oil in a large deep nonstick skillet over medium heat; cook meatballs 4 minutes or until browned and no longer pink in centers, stirring often. Remove from skillet, and keep warm. Add tomatoes to skillet; bring to a boil, and simmer 15 minutes or until slightly thickened. Add meatballs to pan; cover and simmer 5 minutes or until thoroughly heated.</p> <hr/> <p><i>Cook pasta according to package directions. Melt butter in a large skillet; add garlic; sauté 30 seconds. Add spinach, salt and pepper; sauté just until wilted. Gently toss spinach with cooked pasta.</i></p> <p>Note: Prepare the pasta while the tomato sauce simmers.</p>
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	20m	25m	45m							

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Meal 4	Freezer Friendly	1 (25-oz) pkg frozen cheese ravioli 1 (25-oz) jar marinara sauce 2 cups shredded mozzarella cheese ½ cup reduced-sodium chicken broth ½ (5-oz) bag fresh baby spinach ¼ cup chopped fresh parsley (or use 2 Tbsp dried)	Preheat oven to 400°F; coat an 11- x 7-inch baking dish with cooking spray. Stir together ravioli, marinara sauce, 1 cup cheese, broth, spinach, and parsley; spoon into prepared dish. Sprinkle with remaining cheese. Bake 20 to 25 minutes or until hot and bubbly.						
Easy Cheesy Ravioli Bake <i>Garlic-Herb Bread and Steamed Lemon-Broccoli</i>		½ pkg garlic-herb bread ½ (12-oz) pkg frozen steamable broccoli florets ½ Tbsp fresh lemon juice 2 Tbsp butter	<i>Warm bread according to package directions. Slice before serving. Steam broccoli according to package directions. Toss with lemon juice, butter and salt and pepper to taste.</i>						
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Meal 5	Quick Prep Slow Cooker	½ sweet onion, sliced 2 carrots, cut into 1-inch pieces ¼ cup reduced-sodium chicken broth 1 clove garlic, minced ¼ tsp dried thyme 2 lb boneless, skinless chicken thighs ¼ tsp salt, ⅛ tsp pepper ½ tsp paprika ⅛ tsp garlic powder	Place onion and carrots in a lightly greased 5-quart slow cooker; top with broth, garlic and thyme. Sprinkle chicken with salt, pepper, paprika and garlic powder; arrange chicken over vegetables. Cover and cook on LOW 7 to 8 hours. (Shred and reserve half of chicken for Chicken Fried Rice.) Serve remaining chicken with carrots over rice.						
Braised Chicken with Carrots <i>Hot Cooked Rice and Garlic-Herb French Bread</i>		½ cup uncooked long-grain rice ½ pkg garlic-herb bread	<i>Cook rice according to package directions. Warm bread according to package directions. Slice before serving.</i>						
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Meal 6	Classic Favorite	¾ lb boneless pork loin, cut into 6 pieces 1 Tbsp lemon juice ¼ cup Italian-seasoned breadcrumbs 1½ Tbsp olive oil 1 cup reduced-sodium chicken broth 1½ Tbsp butter 1 Tbsp chopped fresh parsley (or use ½ tsp dried)	Place pork between sheets of plastic wrap; pound to ¼-inch thickness. Brush pork with lemon juice, and sprinkle with salt and pepper. Dredge pork in breadcrumbs. Heat oil in a greased large nonstick skillet over medium-high heat. Cook pork 2 to 3 minutes per side or until done. Remove from skillet, and keep warm. Add broth and butter to skillet. Cook until sauce is slightly reduced; stir in parsley. Spoon sauce over pork, and serve over hot cooked pasta.						
Pork Scallopine <i>Hot Cooked Pasta and Broccoli</i>		½ (12-oz) pkg frozen steamable broccoli florets 4 oz uncooked spaghetti	<i>Steam broccoli according to package directions. Season to taste. Cook pasta according to package directions.</i>						
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Meal 7	Classic Favorite	1 (8.8-oz) pouch microwaveable brown rice 1 Tbsp vegetable oil 2 large eggs, lightly beaten ⅛ tsp crushed red pepper ½ (12-oz) pkg frozen mixed vegetables, thawed Reserved shredded cooked chicken (from Braised Chicken with Carrots recipe) 2 Tbsp low-sodium soy sauce	Microwave rice according to package directions. Heat ½ Tbsp oil in a large skillet over medium heat; add eggs, and cook, stirring occasionally, 4 minutes or until set. Remove from skillet. Heat remaining ½ Tbsp oil in skillet. Add rice, red pepper and vegetables; sauté 5 minutes or until vegetables are tender. Add chicken; cook 3 to 4 minutes. Stir in soy sauce and eggs; cook until thoroughly heated.						
Chicken Fried Rice <i>Orange-Glazed Sweet Potatoes</i>		2 medium-size sweet potatoes (about 1½ lb) 5 Tbsp orange juice 1½ Tbsp dark brown sugar 1 Tbsp butter, melted ⅛ tsp salt	<i>Preheat oven to 425°F. Peel potatoes, and cut into ½-inch wedges. Arrange in a lightly greased 13- x 9-inch baking dish. Stir together orange juice, brown sugar, butter, and salt; pour over potatoes. Cover with foil. Bake 20 minutes or until potatoes are tender.</i>						
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ALDI Classic Plan for Two Sample Plan

Meal	✓	Grocery Items to Purchase	Price
Produce			
1		1 (1-lb) pkg limes, need 1	0.99
1,7		1 (48-oz) pkg sweet potatoes	1.99
2,3		2 (8-oz) pkg sliced fresh mushrooms	2.38
2,3,5		1 (2-lb) pkg sweet onions, need 2	0.99
3,4		1 (5-oz) bag fresh baby spinach, SimplyNature	2.49
5		1 (2-lb) pkg carrots, need 2	0.99
4,6		1 (1-lb) pkg lemons, need 2	1.49
Meat & Seafood			
1		1 lb boneless, skinless chicken breasts, Kirkwood	2.49
2		½ carton ¾ lb cubed steaks	4.15
3		1 lb ground beef	2.99
5,7		2 lb boneless, skinless chicken thighs, Kirkwood	1.98
6		¾ lb boneless pork loin	2.29
Refrigerated			
1		1 (16-oz) container sour cream, Friendly Farms	0.99
4		1 (8-oz) block mozzarella cheese, Happy Farms	1.79
7		1 (64-oz) container orange juice, need about ¼ cup, Nature's Nectar	1.69
3,7		1 dozen large eggs, need 3, Golden	2.39
Frozen			
2,7		1 (12-oz) pkg frozen mixed vegetables, Season's Choice	0.95
4		1 (25-oz) pkg frozen cheese ravioli, Priano	2.69
4,6		1 (12-oz) pkg frozen steamable broccoli florets, Season's Choice	1.19
Canned & Packaged			
1		1 pkg taco shells, Casa Mamita	0.99
2		1 (14.5-oz) can beef broth, need ¾ cup, Fit & Active	0.95
3		1 (14.5-oz) can diced tomatoes, Happy Harvest	0.55
4		1 (25-oz) jar organic marinara pasta sauce, SimplyNature	1.89
4,5		1 pkg garlic-herb bread, Specially Selected	1.79
6		1 (15-oz) container Italian breadcrumbs, need ¼ cup, Chef's Cupboard	0.85
3,6		1 (16-oz) pkg organic spaghetti, need half, SimplyNature (use leftover from last week's plan, if available)	1.19
4,5,6		1 (14.5-oz) can reduced-sodium chicken broth, Fit & Active	0.95
7		1 (8.8-oz) pouch microwavable brown rice, Uncle Ben's Ready Rice	1.75
Misc			
1		1 (10-oz) pkg tri-color coleslaw mix (not available at Aldi; omit or use romaine)	
1		1 bottle Caribbean Jerk seasoning, need 3 tsp (not available at Aldi)	
1,2,4,6		1 bunch fresh parsley (optional; not available at Aldi)	
Approximate Total			\$47.82

Necessary Staples
Meal 1
20 Tbsp olive oil
Meal 2
½ Tbsp cornstarch 1 Tbsp butter ½ cup uncooked long-grain rice 2 Tbsp olive oil
Meal 3
1 Tbsp butter 1 tsp dried oregano 1 Tbsp Montreal steak seasoning 2 Tbsp vegetable oil 1 clove garlic
Meal 4
No staples for this meal
Meal 5
¼ tsp dried thyme ½ tsp paprika ¼ tsp garlic powder ½ cup uncooked long-grain rice 1 clove garlic
Meal 6
5½ Tbsp olive oil 5½ Tbsp butter
Meal 7
1 Tbsp vegetable oil ¼ tsp crushed red pepper 2 Tbsp low-sodium soy sauce 1 Tbsp butter 5½ Tbsp dark brown sugar