

An Unofficial Guide to Shopping at Aldi: Tips, Tricks, & Resources
The Meal Plan Bonus Pack

by

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Introduction

Welcome to the Aldi Reviewer Meal Plan. The dinner plans here will get you through one whole week and can be created entirely using ingredients purchased just at Aldi, so you only have to shop at one store for your food.

Each week contains nine recipes: six main dish recipes, two side dish recipes (as well as several quick and easy, ready-made side dish recommendations), and one dessert recipe.

At the end of each week is a shopping list containing all the necessary ingredients to make all the meals. Keep in mind that you will have to add any other personal items or preferred ingredients to the shopping list yourself.

You can prepare these meals in any order you wish. Each meal serves approximately four people.

Aldi Reviewer Meal Plan, Week 1

This week's meals:

1. **Chili with Jiffy Corn Muffins**
 2. **Sloppy Joes** with French Fries and Salad
 3. **Crispy Shrimp Wraps** with **Mexican Corn**
 4. **Spaghetti Pie** with Salad
 5. **Hoosier Stew** with **Berry Crisp and Whipped Cream**
 6. **Baked Chicken** with **Mashed Potatoes** and Steamed Broccoli
 7. Leftovers
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1. Chili with Jiffy Corn Muffins

This chili can be prepared in your slow cooker or on the stove top.

- 1 lb. **Fit & Active** ground turkey or grass-fed ground beef
- 1 onion, chopped
- 1 can **Dakota's Pride** chili beans
- 1 can **Pueblo Lindo** diced tomatoes with green chilies
- 1 can **Dakota's Pride** pork and beans
- 1/2 can **Nature's Nectar** tomato juice (optional; omit if you want a thicker chili.)
- Optional Toppings: **Happy Farms** mild cheddar shredded Cheese, **Savoritz** saltine crackers, **Stonemill Essentials** chili powder, diced raw onion
- 1 Box of **Jiffy** corn muffin mix (along with milk, egg)

Brown meat and onion until cooked through. Place in slow cooker or in Dutch oven on stove top. Add cans of chili beans, pork and beans, and diced tomatoes with chilies. Add tomato juice if desired.

Cook on low in slow cooker for 3-6 hours, or simmer on stove top for 30 minutes. Top individual servings with cheese, crackers, chili powder, and onions if desired.

While chili is cooking, prepare Jiffy Corn Muffins according to package directions.

2. Sloppy Joes and French Fries with Salad

- 1 lb. **Fit & Active** ground turkey or ground beef
- 1 bottle **Sweet Baby Ray's** barbecue sauce
- 1 package **L'Oven Fresh** hamburger buns
- 1 package **Season's Choice** frozen French fries of your choice
- 1 package bagged salad or fresh greens of your choice
- optional toppings: **Happy Farms** sliced American cheese or cheddar cheese, **Little Salad Bar** pickle chips

Brown meat in a large skillet until cooked through.

While meat is browning, cook French fries according to directions.

When meat is browned, add barbecue sauce to taste and simmer for 10 minutes.

Meanwhile, follow directions for preparing French fries.

When meat mixture is done simmering, spoon the mixture onto hamburger buns, add cheese and pickles if desired, and place bun tops on. Place all sandwiches on microwave-safe plate and warm for 30 seconds in microwave to heat buns and cheese.

Serve with a ready-to-serve bagged salad.

3. Crispy Shrimp Wraps with Mexican Corn

Crispy Shrimp Wraps:

- 1 cup cooked **Fit & Active** instant brown rice
- ½ Tbsp. **Stonemill Essentials** chili powder
- 1 tsp. **Stonemill Essentials** ground cumin
- ½ tsp. **Stonemill Essentials** garlic salt
- 1 package **Fremont Fish Market** or **Sea Queen** cooked medium shrimp (whole or you can dice)
- 1 can **Dakota's Pride** black beans, rinsed and drained
- 1 green onion, diced
- ¼ cup fresh cilantro, chopped
- juice of one lime
- 2 cups **Happy Farms** shredded cheese of your choice (I suggest a Mexican blend or mild Cheddar)
- **Happy Farms** sour cream
- 1 package **Pueblo Lindo** medium flour tortillas

Mix rice with chili powder, cumin, and garlic salt. Add shrimp, black beans, green onion cilantro, and lime juice. Sprinkle cheese on tortillas, leaving a half-inch empty border on the edges. Top with one to two small spoonfuls of sour cream, then place the shrimp mixture down the center of each tortilla. Roll the stuffed tortillas, leaving the ends open,

and slightly flatten the wraps with your hand or a spatula. Spray the seam side of the wrap lightly with cooking spray.

Heat a large non-stick skillet or griddle over medium heat. Arrange wraps seam-side down on skillet or griddle and cook until golden brown and crisp, about 1-3 minutes on each side. Serve warm.

Mexican Corn:

- 3 Tbsp. **Countryside Creamery** butter
- 1 package **Season's Choice** frozen corn
- 1 garlic clove, minced (either fresh or from a jar)
- 1 Tbsp. lime juice
- 1 tsp. **Stonemill Essentials** cumin
- 1/3 cup **Reggano** grated parmesan cheese
- 1/3 cup **Friendly Farms** heavy whipping cream
- ½ tsp. **Stonemill Essentials** salt
- ¼ tsp. **Stonemill Essentials** black pepper
- ½ cup chopped cilantro

In a large skillet over medium heat, melt butter. Add garlic and corn, stirring to coat with butter. Cooking, stirring frequently, for 2 minutes. Add the lime juice and cumin and cook 2 more minutes. Stir in the cheese and heavy cream. Continue stirring so mixture won't stick to the pan. Add salt and pepper and cook about 5 minutes until most of the cream has been absorbed. Remove from heat, stir in cilantro, and serve hot.

4. Spaghetti Pie and Salad

Spaghetti Pie:

- 1 lb. **Fit & Active** ground turkey or ground beef
- 1 jar **Reggano** or **Simply Nature** spaghetti sauce
- 24 oz. **Friendly Farms** cottage cheese
- 12-16 oz. cooked **Reggano** or **Simply Nature** spaghetti noodles
- 4 Tbsp. **Countryside Creamery** butter
- 3 **Goldhen** or **Simply Nature** eggs
- 4 oz. **Reggano** grated Parmesan cheese
- 1 cup **Happy Farms** shredded mozzarella cheese

Note: This meal makes a lot. You can choose to make it all in a single 9x13 casserole dish, or divide it between two 8x8 or 9x9 pans (and freeze one pan for later use), or divide it among three pie pans (and freeze two for later use).

Mix pasta, eggs, butter, and Parmesan cheese in a large pot or bowl. In a greased dish (either one 9x13, 2 8x8 or 2 9x9, or three pie pans), press down pasta mixture. Put cottage cheese on top. Mix spaghetti sauce with beef or ground turkey and layer on top of pasta mixture. Cover with foil and bake at 350 degrees for 40 minutes. Remove cover and sprinkle mozzarella cheese on top. Put back in oven uncovered for about 10 minutes to melt cheese. Let cool 15 minutes before serving.

Serve with bagged salad and dressing of your choice.

5. Slow Cooker Hoosier Stew with Berry Crisp and Whipped Cream

Hoosier Stew:

- 1 package **Fit & Active** turkey kielbasa
- half a bag of red or Yukon Gold potatoes, cubed

- ½ medium onion, sliced
- 2 cans **Happy Harvest** green beans, drained (or about 2 cups of fresh green beans if your prefer)
- 2 cups (approximately) **Chef's Cupboard** or **Simply Nature** chicken broth
- 2 cloves of fresh garlic, minced
- ½ tsp. **Stonemill Essentials** black pepper
- **Stonemill Essentials** salt to taste

Combine all ingredients except kielbasa in slow cooker. Add chicken broth to barely cover ingredients. Cover and cook on low for 4 to 6 hours or until potatoes are done. One hour before serving, cut the kielbasa into bite-sized pieces and add to slow cooker. If using fresh green beans instead of canned, wait to add them at the same time as the kielbasa. Cook for one more hour. Mix before serving, and serve with a slotted spoon so the liquid can drain out.

Berry Crisp with Whipped Cream:

- 1 package of **Season's Choice** frozen mixed berries, thawed
- 2 cups **Baker's Corner** all-purpose flour
- 2 cups **Millville** oats
- 1 ½ cups **Baker's Corner** packed brown sugar
- 1 tsp. **Stonemill Essentials** cinnamon
- 1 ½ cups **Countryside Creamery** butter
- **Happy Farms** heavy whipping cream
- 1 Tbsp. **Baker's Corner** white sugar

Preheat oven to 350 degrees. In a large bowl, combine flour, oats, brown sugar, cinnamon, and nutmeg. Cut in butter until crumbly. Press half of the mixture in the bottom of a 9x13 inch pan coated with nonstick spray. Cover with berries. Top with remaining crumb mixture.

Bake for 30 to 40 minutes or until fruit is bubbly and topping is golden brown.

Just before serving, make whipped cream by pouring heavy whipping cream into a medium mixing bowl. Add sugar, and beat for several minutes using a stand or hand mixer until stiff peaks form.

6. Baked Chicken and Mashed Potatoes

Baked Chicken:

- 3 lbs. **Kirkwood** chicken drumsticks
- ¼ cup melted **Countryside Creamery** butter
- ½ cup **Baker's Corner** flour
- 1 tsp. **Stonemill Essentials** salt
- ¼ tsp. **Stonemill Essentials** pepper
- 1 ½ tsp. **Stonemill Essentials** paprika

Preheat oven to 400 degrees. Remove skin from chicken drumsticks. Mix flour, salt, pepper, and paprika in a Ziploc bag. Dip chicken drumsticks in melted butter and then coat with flour mixture. Place in a single layer on a greased shallow baking pan. Bake for 30 minutes. Turn chicken pieces over and bake another 30 minutes.

Mashed Potatoes:

- half a bag of red or Yukon Gold potatoes, cubed (peeled or unpeeled, depending on your preference)
- ½ stick **Countryside Creamery** butter
- ½ cup **Friendly Farms** milk
- 2 cloves of fresh garlic, minced

- **Stonemill Essentials** salt and pepper, to taste

Bring about 2 inches of water to a boil in a Dutch oven. Add potatoes and cook until potatoes are tender, about 20-30 minutes. Drain water, then cook potatoes, stirring frequently, for one minute to cook off any remaining water.

Place cooked potatoes in a large mixing bowl. Add butter, milk, garlic, salt, and pepper. Mix with hand mixer or stand mixer until desired consistency is reached. Serve immediately.

Serve with a bag of microwavable steamed broccoli.

Week 1 Shopping List

You may already own some items on this list such as spices, baking supplies, and salad dressing. Adjust the list according to your personal needs and preferences.

Baking Items/Spices:

- **Stonemill Essentials** chili powder
- **Stonemill Essentials** cumin
- **Stonemill Essentials** garlic salt
- **Stonemill Essentials** salt
- **Stonemill Essentials** black pepper
- **Baker's Corner** white sugar
- **Baker's Corner** all-purpose flour
- **Baker's Corner** brown sugar
- **Stonemill Essentials** cinnamon

Dairy:

- **Happy Farms** sliced cheese (optional)
- 1 bag **Happy Farms** shredded cheese
- 1 container **Friendly Farms** sour cream
- 1 package **Countryside Creamery** salted stick butter
- **Reggano** grated Parmesan
- 2 cartons **Countryside Creamery** heavy whipping cream
- 1 container **Friendly Farms** cottage cheese
- 1 package **Happy Farms** shredded mozzarella

Canned Goods:

- 1 can **Dakota's Pride** chili beans

- 1 can **Dakota's Pride** pork and beans
- 1 can **Casa Mamita** diced tomatoes with chilies
- 1 can **Nature's Nectar** tomato juice (optional)
- 1 can **Dakota's Pride** black beans
- 2 cans **Happy Harvest** green beans

Produce:

(Note: some of Aldi's produce is sold in larger packages or bags and may contain more than what is needed here. What is listed below is only what is required for this week's recipes.)

- 2 onions
- 1 bunch cilantro
- 2 limes
- 1 green onion
- 1 head of garlic
- 1 bag salad
- Approximately 2-3 pounds of red or gold potatoes

Meat:

- 3 lbs. **Fit & Active** ground turkey or ground beef
- 1 pack **Fit & Active** turkey kielbasa

Frozen Foods:

- 1 bag **Season's Choice** broccoli florets
- 1 bag **Season's Choice** French fries
- 1 bag **Fremont Fish Market** or **Sea Queen** cooked medium shrimp
- 1 bag **Season's Choice** corn
- 1 bag **Season's Choice** mixed berries

Other:

- 1 box **Savoritz** Saltine crackers
- 1 box **Jiffy** corn muffin mix
- 1 bottle **Sweet Baby Ray's** BBQ sauce
- 1 package **L'Oven Fresh** hamburger buns
- 1 box **Fit & Active** brown rice
- **Little Salad Bar** pickle chips (optional)
- 1 package **Pueblo Lindo** medium flour tortillas
- 1 jar **Reggano** or **Simply Nature** spaghetti sauce
- 1 package **Reggano** or **Simply Nature** spaghetti noodles
- 1 carton **Goldhen** or **Simply Nature** eggs
- **Tuscan Garden** salad dressing of your choice
- **Chef's Cupboard** or **Simply Nature** chicken broth
- 1 container **Millville** oats

Aldi Reviewer Meal Plan, Week 2

This week's meals:

1. **Parmesan Salmon with Glazed Carrots**
 2. **Chicken Wings with Parmesan Zucchini**
 3. **Sausage and Veggie Sheet Pan Dinner with No-Bake Cookies**
 4. **Ranch Slow Cooker Chicken Tacos** and chips with salsa
 5. **Crab Melts with Salad**
 6. **Cheesy Broccoli Soup** with French/Garlic Bread
 7. Leftovers
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1. **Parmesan Salmon with Glazed Carrots**

Parmesan Salmon:

- 4 **Sea Queen** or **Fremont Fish Market** salmon fillets
- 5 Tbsp. **Burman's** mayonnaise (or 2 ½ Tbsp. mayo and 2 ½ Tbsp. plain **Fit & Active** Greek yogurt)
- 2 Tbsp. grated **Reggano** Parmesan cheese
- 1-2 green onions, diced
- 1 tsp. **Burman's** steak sauce
- **Stonemill Essentials** black pepper, to taste

Preheat oven to 450 degrees.

In a small bowl, mix together mayonnaise or mayonnaise/yogurt, Parmesan cheese, green onions, steak sauce, and pepper.

Place fillets on a baking sheet sprayed with cooking spray. Spread the mayonnaise and Parmesan mixture evenly over each salmon fillet.

Bake for about 10 minutes or until the salmon is just cooked through.

Glazed Carrots:

- 1 package baby carrots
- ¼ cup **Countryside Creamery** salted stick butter
- ¼ cup packed **Baker's Corner** brown sugar
- ¼ teaspoon **Stonemill Essentials** salt
- 1/8 teaspoon **Stonemill Essentials** black pepper

Put carrots in a large saucepan and pour in enough water to reach a depth of 1 inch. Bring to a boil. Reduce heat to low, cover, and simmer 8-10 minutes or until carrots are tender. Drain and transfer carrots to a bowl.

Melt butter in the saucepan. Stir in brown sugar, salt, and black pepper, and cook until brown sugar and salt have dissolved. Add the carrots to the sauce. Cook and stir 5 more minutes until the carrots are covered with sauce.

2. Chicken Wings with Parmesan Zucchini

You can bake the zucchini at the same time as the chicken wings; just pop the zucchini in the oven during the last 15-20 minutes of baking time.

Chicken Wings:

- 1/3 cup **Baker's Corner** white flour
- 1 Tbsp. **Stonemill Essentials** paprika
- 1 tsp. **Stonemill Essentials** garlic salt

- 1 tsp. **Stonemill Essentials** black pepper
- 3 Tbsp. **Countryside Creamery** butter, melted
- approximately 3 lbs. **Kirkwood** chicken wings, tips removed
- **Burman's** wing sauce, if desired and if currently available in Aldi stores

Cut wings at joints.

Preheat oven to 425 degrees. Combine flour, paprika, garlic salt, and black pepper in a large plastic Ziploc-style bag. Shake to mix the ingredients, and then add the wings a few at a time. Knead the bag to coat the wings evenly.

Line a large baking pan with foil and evenly pour melted butter on it. Add the wings to the pan, turning them to coat with butter.

Bake for 30 minutes. Turn wings over and bake another 15 minutes or until crisp and fully cooked. Serve with wing sauce, if desired.

Parmesan Zucchini:

- 2 medium zucchini
- ½ cup shredded **Reggano** Parmesan cheese
- **Stonemill Essentials** garlic salt
- **Stonemill Essentials** black pepper

Preheat oven to 425 degrees. Line a baking sheet with foil and spray lightly with cooking spray.

Rinse and dry zucchini and cut into ¼-inch-thick slices. Arrange the zucchini rounds close together on the prepared baking sheet. Lightly

sprinkle with garlic salt and pepper. Then sprinkle shredded Parmesan cheese on each zucchini slice.

Bake for 15 to 20 minutes or until Parmesan cheese turns golden brown. Serve immediately.

3. Sausage and Veggie Sheet Pan Dinner with No-Bake Cookies

Sausage and Veggie Sheet Pan Dinner:

- 2-4 small red potatoes
- 1 package fresh green beans
- 1 large stalk of broccoli
- 1-2 bell peppers
- 1 package **Fit & Active** turkey kielbasa
- 6 Tbsp. **Carlini** olive oil
- 1 tsp. **Stonemill Essentials** paprika
- ½ tsp. **Stonemill Essentials** garlic powder
- 2 Tbsp. **Stonemill Essentials** Italian seasoning
- **Stonemill Essentials** salt and pepper, to taste
- optional: **Fit & Active** quinoa or rice, **Reggano** Parmesan cheese

Preheat oven to 400 degrees.

Line a large baking pan that has slight edges with foil.

Chop the potatoes, trim green beans, and chop broccoli and peppers. Slice the sausage.

Place all the veggies and sausage on the pan. Drizzle olive oil and sprinkle all spices on top. Toss gently to evenly coat veggies and meat.

Bake 15 minutes. Remove pan from oven and flip or stir the veggies and meat. Return the pan to the oven and bake another 10-15 minutes or until vegetables are crisp tender and the sausage is slightly browned.

Optional: Sprinkle Parmesan cheese over veggies and meat. Serve with rice or quinoa if desired.

No-Bake Cookies:

- 1 $\frac{3}{4}$ cup **Baker's Corner** white sugar
- $\frac{1}{2}$ cup **Friendly Farms** milk
- 4 tablespoons **Baker's Corner** baking cocoa
- $\frac{1}{2}$ cup **Peanut Delight** Peanut Butter
- 3 cups **Millville** quick-cooking oats
- 1 teaspoon **Stonemill Essentials** vanilla extract

In a medium saucepan, mix sugar, milk, butter, and baking cocoa. Bring the mixture to a boil and cook for 1.5 minutes. Remove from the heat and stir in the peanut butter, oats, and vanilla. Drop by spoonfuls onto a cookie sheet lined with wax paper. Place in the refrigerator until hardened. Remove from the cookie sheet and store in an airtight container in the refrigerator.

4. Ranch Slow Cooker Tacos

- 4 **Kirkwood** chicken breasts (about 1.5 pounds)
- 1 packet **Casa Mamita** taco seasoning
- 1 packet **Stonemill Essentials** Ranch dressing mix
- 14 ounces **Chef's Cupboard** or **Simply Nature** chicken broth
- **Pueblo Lindo** soft tortillas or hard taco shells

- toppings: **Casa Mamita** salsa, **Friendly Farms** sour cream, lettuce, diced tomatoes, etc.
- **Pueblo Lindo** or **Clancy's** tortilla chips
- **Casa Mamita** salsa

Place chicken breasts, taco seasoning, Ranch dressing mix, and chicken broth in the slow cooker. Cook on low for about 5 hours or until chicken is tender. Shred the chicken and serve on taco shells with your favorite taco toppings. Serve with chips and salsa.

5. Crab Melts with Salad

- 3 Tbsp. **Burman's** mayonnaise
- 1 tsp. **Burman's** mustard (we prefer spicy brown mustard, but any will do)
- ½ tsp. fresh lemon juice
- 1 package **Sea Queen** imitation crab
- **Stonemill Essentials** salt and pepper, to taste
- 1 tomato, sliced
- 4 slices **Happy Farms** mozzarella cheese
- 4 **L'Oven Fresh** English muffin halves

Dice imitation crab and mix with mayonnaise, mustard, lemon juice, salt, and pepper. Spoon crab mixture onto English muffin halves. Top each half with a slice of tomato and a slice of mozzarella. Place on a baking sheet and broil for 2 to 4 minutes or until cheese is lightly browned.

Serve with salad.

6. Cheesy Broccoli Soup with French/Garlic Bread

- ½ cup **Countryside Creamery** butter
- ½ cup **Baker's Corner** flour
- 2 cups water
- 2 cups **Countryside Creamery** heavy whipping cream
- 4 cups **Chef's Cupboard** or **Simply Nature** chicken broth
- 1 package fresh broccoli, chopped
- **Stonemill Essentials** salt and pepper, to taste
- 1 cup **Happy Farms** shredded cheddar cheese
- 1 cup **Happy Farms** sharp cheddar cheese
- **L'Oven Fresh** or **Mama Cozzi's** French bread or garlic bread
- 1 bag salad or fresh greens of your choice

Mix water and heavy cream and set aside.

Melt butter and flour together, then slowly add heavy cream and water mixture, stirring constantly. Add the chicken broth and stir, then simmer for 20-25 minutes until soup thickens.

Add the broccoli and cook over low heat for another 20-25 minutes until broccoli is tender.

Add salt and pepper to taste.

Sprinkle shredded cheese into the soup and stir until cheese is melted and thoroughly blended.

Serve with French bread or with garlic bread and salad.

Week 2 Shopping List

You may already own some items on this list such as spices, baking supplies, and salad dressing. Adjust the list according to your personal needs and preferences.

Baking Items/Spices:

- **Stonemill Essentials** black pepper
- **Baker's Corner** brown sugar
- **Stonemill Essentials** salt
- **Baker's Corner** all-purpose flour
- **Stonemill Essentials** paprika
- **Stonemill Essentials** garlic salt
- **Carlini** olive oil
- **Stonemill Essentials** garlic powder
- **Stonemill Essentials** Italian seasoning
- **Casa Mamita** taco seasoning
- **Stonemill Essentials** ranch dressing mix

Dairy:

- **Fit & Active plain** Greek yogurt (optional)
- **Countryside Creamery** salted stick butter
- **Happy Farms** shredded Parmesan
- **Friendly Farms** sour cream (optional)
- **Countryside Creamery** heavy whipping cream
- **Happy Farms** shredded mild cheddar
- **Happy Farms** shredded sharp cheddar
- **Happy Farms** sliced mozzarella

Canned Goods:

- **Chef's Cupboard** or **Simply Nature** 46 oz. chicken broth

Produce:

(Note: some of Aldi's produce is sold in larger packages or bags and may contain more than what is needed here. What is listed below is only what is required for this week's recipes.)

- 1-2 green onions
- 1 bag baby carrots
- 2 zucchini
- 2-4 red potatoes
- 1 package green beans
- 2 packages broccoli
- 1-2 bell peppers
- 1-2 large tomatoes
- 1 head of lettuce (optional)
- 1 lemon

Meat:

- 3 lbs. **Kirkwood** chicken wings
- **Fit & Active** turkey kielbasa
- 1.5 lbs. **Kirkwood** chicken breasts
- 8 oz. **Sea Queen** imitation crab

Frozen Food:

- 1 package frozen **Sea Queen** or **Fremont Fish Market** salmon (or fresh if available)

Other:

- **Burman's** mayonnaise
- **Reggano** grated Parmesan cheese
- **Burman's** steak sauce
- **Fit & Active** quinoa or rice (optional)
- **Pueblo Lindo** taco shells (hard or soft)
- **Casa Mamita** or **Park Street Deli** salsa
- **Pueblo Lindo** or **Clancy's** tortilla chips
- **Burman's** mustard
- **L'Oven Fresh** or **Mama Cozzi's** garlic bread
- **L'Oven Fresh** English muffins

Aldi Reviewer Meal Plan, Week 3

This week's meals:

1. **Grilled Pork Chops with Parmesan Roasted Asparagus**
 2. **Shrimp Quesadillas**
 3. **Ham and Pineapple Kabobs with Banana Chocolate Chip Muffins**
 4. **Slow Cooker Pot Roast**
 5. **Slow Cooker Barbecued Ribs with Sliced Baked Potatoes**
 6. **Tomato Basil Artichoke Chicken with Salad**
 7. Leftovers
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1. **Grilled Pork Chops with Parmesan Roasted Asparagus**

Grilled Pork Chops:

- 1 package pork chops
- **Stonemill Essentials** salt and pepper, to taste

Preheat grill. Season pork chops with salt and pepper on both sides. Grill, turning occasionally, until meat reaches internal temperature of 145 degrees.

Parmesan Roasted Asparagus:

- 1 package fresh asparagus
- 2 Tbsp. **Carlini** olive oil
- **Stonemill Essentials** salt and pepper, to taste
- ½ cup grated **Reggano** Parmesan cheese

Preheat oven to 400 degrees. Rinse asparagus and cut off tough ends. Arrange asparagus in a single layer on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Bake for 15 minutes. Remove the baking sheet from the oven and sprinkle Parmesan cheese on top of the asparagus. Put back in the oven and bake for 5 additional minutes. Serve immediately.

2. Shrimp Quesadillas

- 1 package frozen raw **Sea Queen** or **Fremont Fish Market** medium shrimp
- 1 container **Casa Mamita** or **Park Street Deli** salsa
- 1 or 2 packages **Happy Farms** shredded Mexican blend cheese
- 1 package **Pueblo Lindo** medium flour tortillas
- 2 Tbsp. **Countryside Creamery** butter
- optional toppings: **Casa Mamita** or **Park Street Deli** salsa, **Friendly Farms** sour cream, **Little Salad Bar** or **Park Street Deli** guacamole

Thaw shrimp and remove shells and tails, if necessary. Heat a medium skillet and add shrimp and enough salsa to cover the shrimp. Cook, stirring occasionally, until shrimp are cooked through. If desired, chop the cooked shrimp into small pieces.

Heat a griddle or skillet on medium-low heat. Add a small amount of butter to coat the skillet. Place a flour tortilla on the skillet and spread cheese on to cover the tortilla. Add some of the shrimp and salsa mixture, top with a little more cheese, and place another flour tortilla on top, pressing down firmly with a spatula.

Cook for 1-3 minutes or until the bottom of the tortilla is slightly crisp and golden. Flip the quesadilla to cook the other side.

Serve with salsa, guacamole, sour cream, or other toppings if desired.

3. Ham and Pineapple Kabobs with Banana Chocolate Chip Muffins

Ham and Pineapple Kabobs:

- 1 package **Appleton Farms** ham, about $\frac{3}{4}$ lb., cut into one-inch pieces (can be regular or turkey ham)
- 1 can **Sweet Harvest** diced pineapple
- 3 Tbsp. **Baker's Corner** brown sugar
- 2 Tbsp. **Tuscan Garden** white vinegar
- 1 Tbsp. **Carlini** vegetable oil
- 1 tsp. **Burman's** mustard (I prefer Aldi's spicy brown mustard)

You'll need grill skewers for this recipe. Find them in most big box stores or cooking supply stores.

Preheat the grill to high.

In a medium bowl, mix brown sugar, white vinegar, vegetable oil, and mustard. Alternately place ham and pineapple chunks onto skewers. Place the kabobs on the grill and brush generously with the sauce mixture. Cook for 6 to 8 minutes. Turn often and continue basting with remaining sauce. Serve when ham and pineapple are heated through.

Banana Chocolate Chip Muffins:

- 1 cup **Baker's Corner** granulated sugar
- 1 stick **Countryside Creamery** unsalted stick butter, softened
- 2 **Goldhen** or **Simply Nature** eggs

- 4 mashed overripe bananas
- 1 Tbsp. **Friendly Farms** milk
- 1 tsp. **Stonemill Essentials** vanilla
- 1 tsp. **Stonemill Essentials** cinnamon
- 2 cups **Baker's Corner** all-purpose flour
- 1 tsp. **Baker's Corner** baking powder
- 1 tsp. **Baker's Corner** baking soda
- 1 tsp. **Stonemill Essentials** salt
- $\frac{3}{4}$ cup **Baker's Corner** chocolate chips

Preheat oven to 325 degrees. Grease a muffin tray or line it with baking cups.

Beat the sugar and butter in a large mixing bowl. Add the eggs once at time, beating after each addition.

In a separate bowl, mash the peeled bananas with a fork. Add the milk, vanilla, and cinnamon. In another bowl, mix the flour, baking powder, baking soda, and salt. Add the banana mixture to the sugar and butter mixture and stir. Add the chocolate chips and stir. Add the dry ingredients and mix just until the flour disappears. Don't overmix.

Pour the batter into the muffin tray. Bake approximately 18-22 minutes or until a toothpick inserted in a muffin comes out clean. Serve plain or with honey or butter.

4. **Slow Cooker Pot Roast**

- 1 **USDA Choice** beef chuck roast (approximately 3 to 5 lbs., depending on how much meat you like)

- 1 package baby carrots (or a similar amount of whole, peeled, sliced carrots)
- 2 lbs. Yukon Gold or red potatoes, roughly diced
- **Stonemill Essentials** salt and pepper, to taste
- **Stonemill Essentials** dried thyme
- 3 cloves of fresh garlic, minced
- 2 cups **Chef's Cupboard** beef broth (I use Aldi's beef bouillon cubes mixed with water)
- 2 Tbsp. **Baker's Corner** cornstarch
- 2 Tbsp. cold water

Sprinkle salt, pepper, and thyme all over both sides of the chuck roast. Spray slow cooker with nonstick spray. Add carrots, potatoes, and garlic to the slow cooker. Place the roast in the slow cooker. Pour in the beef broth and cover. Cook on low for 8-10 hours or on high for 4-6 hours, depending on how fast your appliance cooks.

During the last hour of cooking, mix together cornstarch and cold water and add it to the slow cooker to thicken the sauce. Or remove the food from the slow cooker and pour the liquid into a saucepan with the cornstarch and water. Bring to a boil and cook for about two minutes or until the sauce thickens. Add the sauce back to the cooked meat/veggies.

5. Slow Cooker Barbecued Ribs with Sliced Baked Potatoes

Barbecued Ribs:

- 1 package ribs
- 1 large onion, diced
- **Stonemill Essentials** salt and pepper, to taste

- 1 bottle **Sweet Baby Ray's** barbecue sauce

Spray slow cooker with nonstick cooking spray. Add diced onion to the slow cooker. Cut ribs into serving sizes and season with salt and pepper on both sides. Place the ribs in the slow cooker and add a drizzle of barbecue sauce on top. Cook on low for about 8 hours or on high for about 4 hours, or according to how quickly your slow cooker works. When ribs are cooked through, serve with additional barbecue sauce if desired.

Sliced Baked Potatoes:

- 4 medium baking potatoes
- **Stonemill Essentials** salt, to taste
- 3 Tbsp. **Countryside Creamery** melted butter
- **Stonemill Essentials** Italian seasoning
- **Happy Farms** shredded cheddar cheese
- **Reggano** grated Parmesan cheese

Preheat oven to 425 degrees. Rinse potatoes and cut into thin slices, but don't cut all the way through. Place the potatoes on a rimmed baking sheet and gently fan out the slices. Sprinkle with salt and drizzle butter on top, then top with Italian seasoning.

Bake the potatoes for approximately 50 minutes. Remove them from the oven and top with shredded cheese and Parmesan cheese. Bake for an additional 10-15 minutes or until potatoes are cooked through.

6. Tomato Basil Artichoke Chicken

- 4 **Kirkwood** chicken breasts

- **Stonemill Essentials** Italian seasoning
- 1 Tbsp. **Countryside Creamery** butter
- 1 jar **Tuscan Garden** artichoke hearts in water, drained
- **Stonemill Essentials** dried basil
- 1 large tomato, chopped
- 2 fresh garlic cloves, minced
- ¼ cup **Reggano** grated Parmesan cheese
- 8 oz. sliced **Happy Farms** mozzarella cheese
- **Fit & Active** cooked rice, if desired
- 1 bag of salad or other fresh greens of your choice

Preheat the oven to 375 degrees. Grease a casserole dish with butter. Season chicken with salt and Italian seasoning. Put the chicken in the dish and bake for 15 minutes uncovered.

Remove the chicken from the oven. (It won't be completely cooked; it will bake more later). Combine diced artichoke hearts, basil, chopped tomato, minced garlic, and Parmesan in a small bowl. Add the mixture to the chicken in the dish. Top with mozzarella slices.

Bake the chicken for an additional 15-20 minutes. Serve with a salad and with rice, if desired.

Week 3 Shopping List

You may already own some items on this list such as spices, baking supplies, and salad dressing. Adjust the list according to your personal needs and preferences.

Baking Items/Spices:

- **Stonemill Essentials** salt
- **Stonemill Essentials** pepper
- **Baker's Corner** brown sugar
- **Tuscan Garden** white vinegar
- **Carlini** vegetable oil
- **Baker's Corner** granulated sugar
- **Stonemill Essentials** vanilla
- **Stonemill Essentials** cinnamon
- **Baker's Corner** all-purpose flour
- **Baker's Corner** baking soda
- **Baker's Corner** baking powder
- **Stonemill Essentials** dried thyme
- **Baker's Corner** cornstarch
- **Stonemill Essentials** Italian seasoning
- **Stonemill Essentials** dried basil
- **Carlini** olive oil
- **Baker's Corner** chocolate chips

Dairy:

- **Happy Farms** shredded mexican cheese
- **Countryside Creamery** salted stick butter
- **Countryside Creamery** unsalted stick butter
- **Friendly Farms** sour cream (optional)

- **Friendly Farms** milk
- **Happy Farms** shredded cheddar cheese
- **Happy Farms** sliced mozzarella

Canned Goods:

- 1 can **Sweet Harvest** diced pineapple

Produce:

(Note: some of Aldi's produce is sold in larger packages or bags and may contain more than what is needed here. What is listed below is only what is required for this week's recipes.)

- 1 package asparagus
- 1 bunch of bananas
- 1 bag baby carrots
- Approximately 2 lbs. Yukon Gold or red potatoes
- 1 head of garlic
- 1 onion
- 4 baking potatoes
- 1 large tomato
- salad bag/kit of your choice

Meat:

- 1 package pork chops
- 1 package **Appleton Farms** ham
- **USDA Choice** beef chuck roast (3-5 lbs.)
- ribs
- 4 **Kirkwood** chicken breasts

Frozen Foods:

- **Sea Queen** or **Fremont Fish Market** medium raw shrimp

Other:

- **Reggano** grated Parmesan cheese
- **Casa Mamita** or **Park Street Deli** salsa
- **Pueblo Lindo** flour tortillas
- **Park Street Deli** guacamole (optional)
- **Burman's** mustard
- **Goldhen** or **Simply Nature** eggs
- **Chef's Cupboard** beef bouillon
- **Sweet Baby Ray's** barbecue sauce
- **Tuscan Garden** artichoke hearts
- **Fit & Active** rice (optional)

Aldi Reviewer Meal Plan, Week 4

This week's meals:

1. **Grilled Ribeye** with **Garlic Parmesan Mushrooms** with Salad
 2. **Chicken Tikka Masala** with Naan and Basmati Rice and Vegetable Korma
 3. **Pulled Pork Sandwiches** and Barbecue Sauce with **Parmesan Roasted Cauliflower** and **Apple Crisp**
 4. **Shrimp Boil Sheet Pan Dinner**
 5. **Taco Soup**
 6. **Egg and Sausage Casserole** with Fresh Fruit
 7. Leftovers
-

1. **Grilled Ribeyes with Garlic Parmesan Mushrooms and Salad**

Ribeye Steaks:

- 2 **USDA Choice** ribeye steaks
- **Stonemill Essentials** salt and pepper, to taste

Season steaks with salt and pepper and allow to sit at room temperature for 20-30 minutes. Cook on a grill until internal temperature reaches 145 degrees.

Garlic Parmesan Mushrooms:

- 2 Tbsp. **Countryside Creamery** butter
- 1 Tbsp. **Carlini** olive oil
- 8 oz. mushrooms, sliced
- 2 cloves fresh garlic, minced

- ½ cup **Countryside Creamery** heavy cream
- ¼ cup grated **Reggano** Parmesan cheese
- 2 ounces **Happy Farms** cream cheese, softened
- 1 tsp. **Stonemill Essentials** Italian seasoning
- ½ tsp. **Stonemill Essentials** salt
- ¼ tsp. **Stonemill Essentials** pepper

Heat butter and olive oil in a medium saucepan or skillet. Add mushrooms and garlic and saute until tender. Add the heavy cream, Parmesan cheese, cream cheese, Italian seasoning, salt, and pepper. Stir and heat until the sauce is bubbly and smooth. Serve as a side dish or serve spooned directly on top of ribeye steaks.

Serve with a ready-to-serve bagged side salad or other fresh greens of your choice.

2. Chicken Tikka Masala with Naan and Basmati Rice and Vegetable Korma

Chicken Tikka Masala:

- 1 jar **Journey to India** Tikka Masala sauce
- 2 **Kirkwood** chicken breasts
- 1 Tbsp. **Carlini** olive oil, optional
- **Stonemill Essentials** salt and pepper, to taste
- 1 bag **Specially Selected** basmati rice
- 1 package **Specially Selected** Naan

Precook chicken with salt and pepper in slow cooker and cut into cubes, or, if preferred, cut chicken into cubes and cook in skillet with olive oil,

salt, and pepper. Add sauce and chicken in a large skillet and cook until sauce is heated through and bubbly.

Meanwhile, prepare rice and naan according to package instructions. Serve cooked chicken tikka masala on top of rice and/or spooned onto naan.

Vegetable Korma:

- 1 jar **Journey to India** Korma sauce
- 1 package **Season's Choice** frozen mixed vegetables
- 1 can **Dakota's Pride** garbanzo beans

Add all ingredients to a skillet and cook until heated through and bubbly.

3. Pulled Pork Sandwiches and Barbecue Sauce with Parmesan Roasted Cauliflower and Apple Crisp

Pulled Pork Sandwiches with Barbecue Sauce:

- 1 package half pork butt
- 1 bottle **Sweet Baby Ray's** barbecue sauce
- **L'Oven Fresh** hamburger buns, Kaiser buns, or Hawaiian rolls for sliders

Season pork butt on all sides with salt and pepper. Place in slow cooker and cook on high 4-6 hours or on low 8-10 hours or until tender.

Remove pork from slow cooker, place on a cutting board, and shred with a knife and fork. Place pork in serving bowl with some of the juice from the slow cooker. Serve with barbecue sauce and buns.

Parmesan Roasted Cauliflower:

- 1 head cauliflower, cut into bite-sized pieces
- 2 Tbsp. **Countryside Creamery** melted butter
- 1 Tbsp. **Carlini** olive oil
- **Stonemill Essentials** salt and pepper, to taste
- ½ cup **Reggano** Parmesan cheese
- 1 tsp. **Stonemill Essentials** dried parsley

Preheat oven to 400 degrees. In a large bowl, mix cauliflower with butter, olive oil, salt, and pepper. Place the cauliflower on a baking sheet in a single layer and roast for 20-30 minutes or until tender. Remove from the oven and sprinkle the Parmesan and parsley on top. Roast for an additional 5 minutes or until the cheese gets melty and crusty. Serve immediately.

Apple Crisp:

- 4 apples
- 6 Tbsp. **Baker's Corner** flour
- 6 Tbsp. **Millville** rolled oats
- ½ cup **Baker's Corner** brown sugar
- ½ tsp. **Stonemill Essentials** cinnamon
- 6 Tbsp. **Countryside Creamery** butter or margarine
- **Friendly Farms** whipped topping or **Belmont** or **Specially Selected** vanilla ice cream

Preheat oven to 375 degrees. Peel, core, and slice apples into wedges. Arrange in a greased baking dish. In a bowl, combine all dry ingredients. Cut in butter and mix until crumbly. Spread the mixture over the apples

in the dish. Bake for 30 minutes. Serve with whipped topping or ice cream.

4. Shrimp Boil Sheet Pan Dinner

- 4 medium potatoes
- 1 package fresh corn (about 4 ears)
- ¼ cup **Countryside Creamery** unsalted butter, melted
- 4 cloves fresh garlic, minced
- **Stonemill Essentials** salt and pepper, to taste
- 1 package **Sea Queen** or **Fremont Fish Market** frozen medium raw shrimp, thawed and peeled
- 1 package **Fit & Active** turkey kielbasa sausage, thinly sliced
- 1 lemon, cut in wedges
- 2 Tbsp. **Stonemill Essentials** dried parsley

Preheat oven to 400 degrees. Coat a baking sheet with nonstick spray.

In a large pot of boiling water, cook potatoes until just tender, about 10-13 minutes. Add corn during the last 5 minutes of cooking time. Drain well.

In a small bowl, combine butter, garlic, salt, and pepper.

Place potatoes, corn, shrimp, and sausage in a single layer on the baking sheet. Pour butter mixture over and gently toss to combine.

Bake for 12-15 minutes or until shrimp are opaque. Serve immediately with lemon wedges and garnished with parsley.

5. Taco Soup

- 1 lb. **Fit & Active** ground turkey
- 1 can **Dakota's Pride** black beans, drained and rinsed
- 1 can **Dakota's Pride** chili beans, drained and rinsed
- 1 cup **Season's Choice** frozen corn
- 1 can **Happy Harvest** diced tomatoes with green chilies
- 1 onion, diced
- 1 envelope **Casa Mamita** taco seasoning mix
- 1 envelope **Stonemill Essentials** ranch dressing mix
- ½ can **Nature's Nectar** 100% tomato juice
- Toppings: crumbled **Clancy's** or **Pueblo Lindo** tortilla chips, **Friendly Farms** sour cream, **Happy Farms** shredded cheese, diced avocado (optional)

Brown the ground turkey and onions in a large skillet. Add all ingredients to a slow cooker and cook on low for 4-8 hours or until soup is hot and bubbly. Serve with crumbled tortilla chips, sour cream, shredded cheese, and/or diced avocado if desired.

6. Egg and Sausage Casserole with Fresh Fruit

- 1 lb. **Appleton Farms** pork sausage
- 1 tube **Bake House Creations** crescent roll dough
- 8 **Goldhen** or **Simply Nature** eggs, beaten
- 2 cups **Happy Farms** shredded mozzarella cheese
- 2 cups **Happy Farms** shredded cheddar cheese
- 1 tsp. **Stonemill Essentials** Italian seasoning

- fresh fruit of your choice

Preheat oven to 325 degrees. Brown sausage in a large skillet and drain. Coat a 9x13 baking dish with nonstick cooking spray. Line the bottom of the dish with crescent roll dough and top with the crumbled cooked sausage. In a large bowl, mix beaten eggs and both of the cheeses. Add Italian seasoning and pour the mixture over the crescent rolls and sausage. Bake 25-30 minutes or until a knife inserted in the center of the casserole comes out clean.

Serve with fresh fruit such as strawberries, grapes, and/or melon.

Week 4 Shopping List

You may already own some items on this list such as spices, baking supplies, and salad dressing. Adjust the list according to your personal needs and preferences.

Baking Items/Spices:

- **Stonemill Essentials** salt
- **Stonemill Essentials** pepper
- **Carlini** olive oil
- **Stonemill Essentials** Italian seasoning
- **Stonemill Essentials** dried parsley
- **Baker's Corner** all-purpose flour
- **Millville** oats
- **Baker's Corner** brown sugar
- **Stonemill Essentials** cinnamon

Dairy:

- **Countryside Creamery** salted stick butter
- 1 carton **Countryside Creamery** heavy whipping cream
- 1 package **Happy Farms** cream cheese
- **Friendly Farms** whipped topping or **Belmont** or **Specially Selected** vanilla ice cream
- **Countryside Creamery** unsalted stick butter
- **Happy Farms** shredded cheddar (x2)
- **Friendly Farms** sour cream (optional)
- **Happy Farms** shredded mozzarella
- **Reggano** Parmesan cheese

Canned Goods:

- 1 can **Dakota's Pride** garbanzo beans
- 1 can **Dakota's Pride** black beans
- 1 can **Dakota's Pride** chili beans
- 1 can **Happy Harvest** diced tomatoes with green chilies
- ½ of a large can of **Nature's Nectar** tomato juice

Produce:

(Note: some of Aldi's produce is sold in larger packages or bags and may contain more than what is needed here. What is listed below is only what is required for this week's recipes.)

- 1 package mushrooms
- 1 head of fresh garlic
- 1 head cauliflower
- 4 apples
- 4 medium potatoes
- 4 ears corn
- 1 lemon
- 1 onion
- Fresh fruit of your choice (strawberries, melon, grapes, etc.)

Meat:

- 2 **USDA Choice** ribeye steaks
- 2 **Kirkwood** chicken breasts
- 1 half pork butt
- 1 package **Fit & Active** turkey kielbasa
- 1 lb. **Fit & Active** ground turkey
- 1 lb. **Appleton Farms** pork sausage

Frozen Foods:

- 1 package **Season's Choice** frozen mixed vegetables
- 1 package **Sea Queen** or **Fremont Fish Market** medium raw shrimp
- 1 package **Season's Choice** frozen corn

Other:

- 1 jar **Journey to India** Tikka masala sauce
- 1 package **Specially Selected** basmati rice
- 1 package **Specially Selected** naan
- 1 jar **Journey to India** Korma sauce
- **Sweet Baby Ray's** barbecue sauce
- **L'Oven Fresh** hamburger / sandwich buns
- 1 envelope **Casa Mamita** taco seasoning
- 1 envelope **Stonemill Essentials** ranch dressing mix