

Aldi 5 Day Meal Plan



Shopping List

DAIRY

- 1 pkg. of shredded cheddar cheese
- Provolone Cheese Slices
- Mozzarella Cheese Slices
- Butter (optional if needed)
- _____
- _____
- _____
- _____
- _____
- _____

PRODUCE

- 1 bag of onions (2-3)
- 1 pack bell peppers
- Zucchini
- 1-2 Yellow Squash
- Fresh Sweet Potato (yam)
- Butternut squash
- Acorn Squash
- 3 or more apples,
any variety
- 1 Pk Fresh Mushrooms
- 1 Pomegranate, optional

MEATS

- 1 Pack Bacon, 12 oz.
- 3-4 lb. boneless chicken breasts
- 12 oz. of smoked kielbasa
or Polish sausage

FROZEN

- _____
- _____
- _____
- _____

DRY/PANTRY

- (2) 12 oz packages macaroni
- 1 can (15.5 oz.) red kidney beans
- 1 can (14.5 oz.) fat free reduced sodium chicken broth
- (1) 14-ounce can Beef Broth or stock
- _____
Balsamic Vinegar (or dressing)
- _____
1) 8 oz can tomato sauce
- _____
1 package Knorr® Fiesta Sides™
- Spanish Rice, or Aldi brand.
- _____

OTHER

- _____
- _____
- _____
- _____
- _____
- _____

BAKING

- Olive Oil
- Salt and Pepper
- Cinnamon
- Vegetable Oil
- Brown Sugar
- Pecan Pieces
- Cornstarch or Flour