

The \$30 Weekly Meal Plan - Shopping List & Menu

The Little Frugal House

Aldi Shopping List:

This plan is based on current Aldi prices. Prices may differ in your area, but just check out your local discount grocery store to compare.

Make adjustments as needed, like if you see a great deal on ground turkey or the ingredients to a favorite meal of yours.

- Can of biscuits \$0.49
- Dozen eggs \$1.23 (These fluctuate a lot, and used to be \$0.49 often.)
- Bag of oranges (4 lbs) - \$2.49
- Bag of apples (2 lbs) - \$1.69 (If these fruits are higher, substitute for what's on sale at the time.)
- Flour tortillas (10 ct) - \$0.99
- Bag of frozen chicken breasts (48 oz) - \$5.99
- 1 package of frozen ground beef (1 lb) - \$3.19
- Bag of shredded cheese (cheddar or taco style) - \$1.89
- 1 taco seasoning packet - \$0.35
- Yogurt (your favorite flavor - 32 oz) - \$1.49
- Ready rice (your favorite flavor) - \$1.49
- 1 can of vegetables (whatever kind you like best - peas, beans, corn) - \$0.49
- Garden salad mix - \$0.89
- Salad dressing (your favorite flavor) - \$0.89
- Spaghetti sauce - \$0.99
- Spaghetti noodles - \$1.49
- Chunky salsa - \$1.29

Total = \$27.33 (+tax \$2.52 in my area) = \$29.85

Menu Plan Tips:

To get ahead and make sure you have enough food to last you throughout the week, go ahead and portion a few things out.

- Divide yogurt into 5 containers. This will make it easy to grab on your way out the door!
- Cut, grill, and divide your chicken. You will need 3 whole chicken breasts. The rest needs to be diced, grilled with whatever seasoning you prefer, and divided up for 7 lunches. I would just put these in individual bags so you can grab them easily for lunches.
- Salad mix needs to last 4 lunches, go ahead and divide it up into 4 containers on Tuesday so it stays fresh.
- You can make all of your taco meat at once if you prefer. Brown 2/3 lb. ground beef, mix with taco seasoning packet, and divide into 2 portions. Heat in microwave or on skillet when ready for dinner.
- For the salsa chicken, if you only have a large crockpot, I would go ahead and place 2 chicken breasts in the crockpot on Thursday morning with almost the whole jar of salsa (save some for your breakfast burrito), and split into two portions.

The \$30 Weekly Meal Plan

Sunday

Breakfast: 1 can of biscuits, 2 scrambled eggs, 1 orange

Lunch: Quesadilla: 1 tortilla, diced grilled chicken, shredded cheese, 1 apple

Dinner: Tacos: 1/3 lb ground beef, 1/2 taco seasoning packet, 2 tortillas, shredded cheese

Monday

Breakfast: 1/5 yogurt, 1 apple

Lunch: Diced grilled chicken and 1/2 package of rice

Dinner: 1 grilled chicken breast, can of vegetables

Tuesday

Breakfast: 1/5 yogurt, 1 orange

Lunch: 1/4 salad, diced grilled chicken, shredded cheese, dressing, 1 apple

Dinner: Tacos: 1/3 lb ground beef, 1/2 taco seasoning packet, 2 tortillas, shredded cheese

Wednesday

Breakfast: 1/5 yogurt, 1 apple

Lunch: 1/4 salad, diced grilled chicken, shredded cheese, dressing, 1 orange

Dinner: Spaghetti: 1/3 lb ground beef, spaghetti sauce, noodles (split the sauce into 2 portions and save one for Friday's dinner)

Thursday

Breakfast: 1/5 yogurt, 1 orange

Lunch: 1/4 salad, diced grilled chicken, shredded cheese, dressing, 1 apple

Dinner: Crockpot Salsa Chicken: Place 1 chicken breast and 1/2 salsa in crockpot on low for 6-8 hours. Serve with 1 tortilla and shredded cheese.

Friday

Breakfast: 1/5 yogurt, 1 apple

Lunch: 1/4 salad, diced grilled chicken, shredded cheese, 1 orange

Dinner: Leftover spaghetti sauce with noodles

Saturday

Breakfast: Breakfast Burrito: 1 tortilla, 2 scrambled eggs, shredded cheese, salsa, 1 orange

Lunch: Diced grilled chicken with 1/2 package of rice

Dinner: Crockpot Salsa Chicken: Place 1 chicken breast and 1/2 salsa in crockpot on low for 6-8 hours. Serve with 1 tortilla and shredded cheese.