

ALDI MEAL PLANNING • BUDGET EDITION

# ALDI MEAL PLAN

November 12, 2025 – November 23, 2025

Cook once, rest often. Designed for leftover nights on Wednesdays, Fridays, and Sundays.

# 11-Day Dinner Schedule

DATE	DAY	DINNER
Wed Nov 12	Wednesday	Easy One Pot Cajun Chicken Pasta Recipe - Savvy Bites (\$0.00)
Thu Nov 13	Thursday	Lemon Garlic Butter Shrimp & Zucchini (\$1.17)
Fri Nov 14	Friday	Soy-Glazed Chicken with Scallion-Ginger Oil (\$1.87)
Sat Nov 15	Saturday	Sausage & Spinach Pasta (\$5.19)
Sun Nov 16	Sunday	Leftovers / Flex Night
Mon Nov 17	Monday	Ginger Chicken (\$3.81)
Tue Nov 18	Tuesday	Philly Cheesesteak Tin Foil Dinners (\$8.79)
Wed Nov 19	Wednesday	Leftovers / Flex Night
Thu Nov 20	Thursday	Teriyaki Chicken (\$4.23)
Fri Nov 21	Friday	Leftovers / Flex Night
Sat Nov 22	Saturday	Taco Pasta Casserole (\$10.61)
Sun Nov 23	Sunday	Leftovers / Flex Night

Total recipe cost: \$35.67

Leftover / rest nights: 4

Cooking nights: 8

# This Plan's Recipes

- Easy One Pot Cajun Chicken Pasta Recipe
  - Savvy Bites
- Lemon Garlic Butter Shrimp & Zucchini
- Soy-Glazed Chicken with Scallion-Ginger Oil
- Sausage & Spinach Pasta
- Ginger Chicken
- Philly Cheesesteak Tin Foil Dinners
- Teriyaki Chicken
- Taco Pasta Casserole

# Grocery List

## PRODUCE

- Bell peppers, sliced – 2 each
- Fresh ginger, grated – 1 tbsp
- Fresh ginger, minced – 2 tbsp
- Garlic clove, minced – 1 each
- Garlic cloves, minced – 7 each
- Green onions, sliced – 4 each
- Lemon, juiced – 1 each
- Russet potatoes, thinly sliced – 2 each
- Yellow onion, diced – 0.5 each
- Yellow onion, sliced – 1 each
- Zucchini – 2 each

## MEAT

- chicken breasts – 300 g
- ground beef – 2 lb
- Italian sausage – 1 lb
- Large shrimp (peeled and deveined) – 1 lb
- whole chicken – 2 lb

## DAIRY

- butter – 1 oz
- heavy cream – 201 ml
- milk – 1 each
- parmesan cheese (grated) – 25 g
- Parmesan cheese, grated – 0.5 cup
- sliced cheese – 2 oz
- Sour cream – 0.5 cup
- Unsalted butter – 3 tbsp

## PANTRY

- Black beans, drained – 1 can
- Brown sugar – 2 tbsp
- cajun seasoning – 3 tbsp
- Cooked rice (for serving) – 4 cup
- Cornstarch – 1 tbsp
- Diced tomatoes with green chiles – 1 can
- Garlic powder – 1 tsp
- Hoisin sauce – 1 tbsp
- Honey – 2 tbsp
- Italian seasoning – 1 tsp
- Olive oil – 1 tbsp
- Pasta shells or rotini – 12 oz
- Penne pasta – 12 oz
- Red pepper flakes – 1×
- Rice vinegar – 3 tsp
- Salt and black pepper – 1×
- Sesame oil – 2 tsp
- Sesame seeds – 1 tbsp
- Soy sauce – 3 tbsp
- Taco seasoning – 1 packet
- Vegetable oil – 4 tbsp

## BAKERY

- tortilla chips – 1 each

## OTHER

- corn – 2 each

## PANTRY STAPLE

- broth – 1 fl oz
- pasta – 301 g
- salt – 2 each
- sugar, brown – 1 lb

## PRODUCE (FRUIT/VEGETABLE)

- cilantro – 0.5 each
- garlic – 5 each
- green onions – 2 each
- lemons – 1 each
- mushrooms – 1 each
- onion powder – 1 oz
- spinach – 1 each
- tomato paste – 1 oz
- tomato sauce – 400 g
- zucchini – 1 each

## CONDIMENTS

- olive oil – 2 tbsp
- salsa – 1 oz
- soy sauce – 2 fl oz

## OILS & VINEGARS

- sesame oil – 1 fl oz

WEDNESDAY, NOV 12

# Easy One Pot Cajun Chicken Pasta Recipe - Savvy Bites

Chicken • 4 servings • \$0.00

## GROCERY LIST

- 2 tablespoons olive oil
- 3 tablespoons Cajun seasoning
- 300 g chicken breast
- 3 cloves garlic, minced
- 1 brown onion, diced
- 400 g chopped tomatoes
- 200 ml heavy cream
- Juice of 1 lemon
- 300 g penne pasta
- 1/2 bunch cilantro, chopped
- 25 g parmesan cheese, grated

## INSTRUCTIONS

1. Prepare the chicken: Cut into 2.5 cm cubes and toss with 2 tablespoons Cajun spice.
2. Sear: Heat olive oil in a high-sided skillet over medium-high. Sear chicken until golden and cooked through. Remove and set aside.
3. Aromatics: In the same pan, sauté garlic and onion until fragrant and translucent. Deglaze with a splash of water if needed.
4. Sauce base: Add chopped tomatoes and remaining 1 tablespoon Cajun spice. Simmer 5 minutes.
5. Cream + lemon: Stir in cream and half the lemon juice. Taste and add more lemon if you prefer brighter sauce. Return chicken to warm through.
6. Pasta: Cook pasta per package. Drain and add to sauce, tossing to coat. Mix in chopped coriander.
7. Serve: Plate and top with grated parmesan.

THURSDAY, NOV 13

# Lemon Garlic Butter Shrimp & Zucchini

Seafood • 6 servings • \$1.17

## GROCERY LIST

- - Zucchini: 1–2 medium, sliced into half-moons (about 1.5–2 lb total)
- - Unsalted butter: 3 Tbsp
- Large shrimp (peeled and deveined)
- Zucchini
- Unsalted butter
- Garlic cloves, minced
- Lemon, juiced
- Cooked rice (for serving) (optional)
- Salt and black pepper (optional)
- Red pepper flakes (optional)

## INSTRUCTIONS

1. 1. Cook the rice according to package directions. Fluff and keep warm.
2. 2. Heat a large skillet over medium heat and melt 3 Tbsp butter.
3. 3. Add minced garlic and sauté until fragrant, about 30–60 seconds.
4. 4. Add the shrimp in a single layer. Cook 2–3 minutes per side until pink and opaque. Transfer to a plate.
5. 5. Add sliced zucchini to the skillet with a pinch of salt and pepper. Sauté 4–5 minutes until tender-crisp.
6. 6. Return shrimp to the skillet. Squeeze in the lemon juice and toss to combine. Adjust seasoning to taste.
7. 7. Serve the shrimp and zucchini over the cooked rice.

FRIDAY, NOV 14

# Soy-Glazed Chicken with Scallion-Ginger Oil

Chicken • 4 servings • \$1.87

## GROCERY LIST

- - 1 lb chicken breast, quick-marinated in soy + honey (+ optional hoisin/sesame oil)
- - 2–3 green onions, thinly sliced
- - Salt, to taste
- Soy sauce
- Honey
- Sesame oil
- Vegetable oil
- Fresh ginger, minced
- Rice vinegar (optional)
- Hoisin sauce (optional)
- Garlic clove, minced (optional)

## INSTRUCTIONS

1. Quick-marinate chicken in soy + honey (+ optional hoisin/sesame).
2. Make scallion-ginger oil: warm neutral oil over minced ginger and scallion; season with salt.
3. Pan-sear chicken 4–5 minutes per side; brush with marinade to glaze.
4. Spoon over scallion-ginger oil to serve.

SATURDAY, NOV 15

# Sausage & Spinach Pasta

Pork • 4 servings • \$5.19

## GROCERY LIST

- - Italian sausage links (~1 lb)
- - Dry pasta (penne or similar)
- - Chicken broth
- - Tomato paste
- - Fresh spinach
- - Heavy cream
- Olive oil
- Yellow onion, diced
- Garlic cloves, minced
- Penne pasta
- Italian seasoning (optional)
- Parmesan cheese, grated (optional)

## INSTRUCTIONS

1. 1. Brown sausage.
2. 2. Add tomato paste and broth; simmer.
3. 3. Add cooked pasta, cream, and spinach; toss until wilted and saucy.

MONDAY, NOV 17

# Ginger Chicken

Chicken • 4 servings • \$3.81

## GROCERY LIST

- - 1 lb chicken breast
- - 2–3 cloves garlic, minced
- - 2–3 tbsp soy sauce
- - 2 tsp cornstarch (slurry)
- Fresh ginger, grated
- Brown sugar
- Rice vinegar
- Sesame oil (optional)
- Vegetable oil
- Green onions, sliced (optional)

## INSTRUCTIONS

1. 1. Sear chicken; set aside.
2. 2. Sauté ginger and garlic in a little oil.
3. 3. Add soy, sugar, splash vinegar + slurry; reduce to a shiny sauce.
4. 4. Return chicken; simmer 2–3 minutes. Serve over rice.

TUESDAY, NOV 18

# Philly Cheesesteak Tin Foil Dinners

Beef • 4 servings • \$8.79

## GROCERY LIST

- - 1 lb ground beef
- - 1 cup sliced mushrooms
- - 4 slices provolone cheese
- - Salt and pepper to taste
- Bell peppers, sliced
- Yellow onion, sliced
- Russet potatoes, thinly sliced
- Garlic powder
- Vegetable oil

## INSTRUCTIONS

1. 1. (If using an oven) Preheat oven to 400°.
2. 2. Divide all the ingredients into fourths.
3. 3. Place a nice 1/4 lb layer of meat on a 14" x 14" square foil piece. You can do a solid patty of meat or disperse the meat into chunks.
4. 4. Pile a desired amount of the remaining ingredients into your own individual meal.
5. 5. Be very generous with the salt when seasoning your uncooked pocket of awesome. Put more than you think you will need. Somehow, the salt kinda disappears during the cooking process, so be liberal.
6. 6. When the foil dinner is built according to your desires, wrap it up in the foil. Bring two sides in and crease the sides together, folding over a few times to make a tight pocket. Take the open sides and fold them closed until your fold runs into the food piled inside.
7. 7. Place the packet on a cookie sheet and bake for about 20-25 minutes - no need to flip or double wrap.

THURSDAY, NOV 20

# Teriyaki Chicken

Chicken • 4 servings • \$4.23

## GROCERY LIST

- - 1 lb chicken breast (or thighs)
- - 3–4 tbsp soy sauce
- - 2–3 tbsp sugar or brown sugar
- - 1–2 tsp oil
- Garlic cloves, minced
- Fresh ginger, minced
- Rice vinegar
- Cornstarch
- Sesame seeds (optional)

## INSTRUCTIONS

1. Pan-sear chicken until nearly done.
2. Add teriyaki mix (soy + sugar + mirin substitute).
3. Reduce to a lacquered glaze, turning to coat. Slice; serve.

SATURDAY, NOV 22

# Taco Pasta Casserole

Beef • 6 servings • \$10.61

## GROCERY LIST

- 1 lb ground beef (or other meat)
- 1 bag shredded taco cheese
- Mild salsa
- 1 bag or can corn
- Onion powder
- Garlic powder
- Tortilla chips (for topping)
- Pasta shells or rotini
- Taco seasoning
- Black beans, drained (optional)
- Diced tomatoes with green chiles (optional)
- Sour cream (optional)
- Green onions, sliced (optional)

## INSTRUCTIONS

1. 1. Preheat your oven to 350°F (175°C).
2. 2. In a large skillet, cook the ground beef over medium heat until browned; drain excess fat.
3. 3. Stir in taco seasoning, diced tomatoes, and any desired vegetables.
4. 4. Cook until heated through, then mix in cooked pasta.
5. 5. Transfer the mixture to a casserole dish.
6. 6. Top with shredded cheese and bake for 20-25 minutes, or until the cheese is bubbly and golden.
7. 7. Let cool for a few minutes before serving.  
Enjoy!