

UNDOMESTIC MOM'S

\$100 VEGETARIAN Aldi Meal Plan

This vegetarian meal plan includes a full week of breakfasts, lunches, dinners and snacks to feed a family of 4 with complete grocery list.



Check out more at <https://www.facebook.com/theundomesticmom/>

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Sweet Potato Black Bean Tacos & Rice

Ingredients

2 lg sweet potatoes, peeled/cubed
1 red onion, finely chopped
2 pkg corn tortillas
1 cup queso fresco, crumbled
1 avocado, diced
14.5oz can black beans, drain/rinse
1/2 cup cilantro, chopped
2 cups white rice
2 limes
1 tbsp chili powder
1 tsp cumin
1 tsp garlic powder
1 tbsp olive oil
salt & pepper

**Serves 4 with
Lunch Leftovers**

Taco Tuesday

Preheat oven to 400 degrees. Line a baking sheet with foil and spray with cooking spray. Put sweet potatoes on sheet and sprinkle with olive oil. Sprinkle with chili powder, cumin, garlic powder and s&p. Toss potatoes and then bake for 15 minutes, stir on the pan and then bake another 15 minutes. Make rice according to package directions (or use rice cooker) and add salt, 1/2 cup cilantro and the juice of one lime. When potatoes are tender, add the black beans and toss with potatoes. Bake 5 more minutes. Heat tortillas. To assemble, double tortillas and fill with potato mixture and top with remaining cilantro, red onion, avocado and queso fresco. Serve with rice on the side.

Broccoli Alfredo Pasta Bake

Ingredients

1 1/2 cups heavy cream
5oz pkg shredded parmesan
1/4 cup butter
16oz pkg penne
12oz bag frozen broccoli
8oz block mozzarella, shredded
1 tsp garlic powder
salt & pepper

**Serves 4 with
Lunch Leftovers**

30 Minute Meal

Preheat broiler. In a 5qt pot, cook penne to al dente, reserve 1/2 cup of pasta water before draining. Drain and set aside. While pasta cooks, microwave bag of broccoli for 3 minutes and shred mozzarella cheese. In the same pot you cooked penne, add heavy cream, parmesan and butter. Heat over low until you form a sauce. Season with salt & pepper. Add penne and broccoli to the sauce. Stir and add small amounts of cooking water if too thick. Spray a 9x13 baking dish with cooking spray and pour pasta into it. Top with mozzarella cheese and broil for 3-5 minutes until cheese is golden brown.

Buffalo Garbanzo Bean Wraps & Chips

Ingredients

1 pkg spinach wraps
2 cans garbanzo beans, drained and rinsed
1/4-1/3 cup hot sauce
3 celery stalks, thinly sliced
salt & pepper
1 roma tomato, thinly sliced
1 avocado
1/2 red onion, thinly sliced
1/2 cup ranch dressing
2 cups spinach
2 tbsp olive oil
1 7oz bag sweet potato chips

**Serves 4 with
Lunch Leftovers**

15-Minute Meal

In a food processor or blender, add one and half cans of garbanzo beans, hot sauce (adding more if you like it spicier) and olive oil until smooth. If mixture is too thick, add a tbsp or two of water to thin it out. Add last half can of beans and pulse once or twice to combine but keep it chunky. Lay out wrap and spread with 1/4 cup of garbanzo beans. Top with tomato, red onion, celery, avocado, spinach, ranch and salt & pepper. Roll it up and cut in half. Serve with sweet potato chips.

Broccoli Cheddar Quiche & Pineapple

Ingredients

12 eggs, beaten
2 frozen pie shells
1/2 cup heavy cream
3/4 cup milk
12oz pkg frozen broccoli
1 1/2 cups shredded cheddar
1 tsp onion powder
Salt & Pepper, to taste
Pineapple, cut into chunks

**Serves 4 with
Lunch Leftovers**

**Breakfast for
Dinner**

Preheat oven to 375 degrees. Take pie shells out of the freezer and place on a baking sheet to thaw for 10 minutes. Microwave broccoli for 2 minutes and drain excess liquid from bag. In a large bowl, beat eggs. Add milk, heavy cream, broccoli, cheese, onion powder, 1 1/2 tsp salt and 2 tsp pepper. Mix until incorporated and then carefully pour mixture evenly between pie shells. Bake quiche for 40 minutes, until set in the middle. While it bakes, cut up pineapple into chunks. Serve quiche with pineapple on the side.

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Chipotle 3-Bean Chili & Corny Corn Muffins

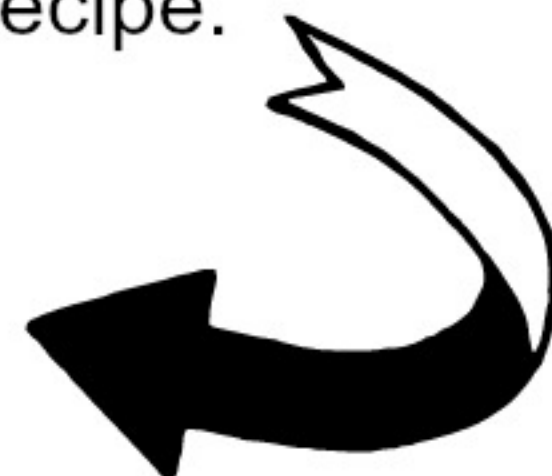
Ingredients

- 14.5oz can corn, drained
- 14.5oz cream-style corn
- 14.5oz black beans, NOT drained
- 14.5oz kidney beans, drained/rinsed
- 14.5oz cannellini beans, drained/rinsed
- 28oz can crushed tomatoes
- 14.5oz fire-roasted tomatoes
- 2 green bell peppers, chopped
- 1 red onion, diced
- 2 celery stalks, chopped
- 4 cloves garlic, minced
- 1/2 cup cilantro, chopped
- 2 tbsp chili powder
- 1 tbsp cumin
- 2 tbsp adobo sauce*
- 1 box Jiffy cornbread mix
- 1 egg
- 1/3 cup milk

**Serves 4 with
Lunch Leftovers**

30 Minute Meal

*Adobo sauce is the liquid in the can of chipotle peppers. Save peppers in another container in the freezer for another recipe.



Preheat oven to 400 degrees. In a large dutch oven, add 2 tbsp olive oil, onions, celery, carrots and peppers. Saute for 5 minutes. Add chili powder, cumin, adobo sauce, garlic, salt & pepper. Saute for 2 more minutes. Add canned tomatoes, corn, half of the cream-style corn and beans. Season to taste with salt & pepper. Simmer over medium-low for 20 minutes. Add half the cilantro, save the rest for topping. Make cornbread muffins using instructions on the box but add 1/2 can cream-style corn. Serve chili in bowls, topped with sour cream if you like, and a muffin on the side.

Tex-Mex Stuffed Peppers

Ingredients

- 1 each of green, red, yellow and orange bell pepper
- 1 red onion, diced
- 2 garlic cloves, minced
- 1 cup white rice
- 14.5oz can black beans, drained/rinsed
- 14.5oz corn, drained
- 14.5oz fire roasted tomatoes
- 1 pkg taco seasoning
- 1 1/2 cups shredded cheddar cheese
- 1/2 cup cilantro, chopped
- 8oz can tomato sauce
- Sour cream, for topping

**Serves 4 with
Lunch Leftovers**

Preheat oven to 375 degrees. Cook rice according to package directions or use a rice cooker. Saute onions in 2 tbsp of olive oil for 4-5 minutes over medium heat, add garlic and saute another minute. Add cooked rice, black beans, corn, tomatoes, taco seasoning and 1/4 cup cilantro. Mix to combine and season with salt & pepper. Cut peppers in half, lengthwise, and seed them. Spray a 9x13 baking dish with cooking spray and place peppers in it. Fill with rice mixture and top with shredded cheese. Cover with foil and bake for 25 minutes. Uncover and bake an additional 15-20 minutes until cheese is golden brown. Top with remaining cilantro and sour cream.

Cheese Pizza & Caesar Salad

Ingredients

- 2 Mama Cozzie Rising Crust Frozen Cheese Pizzas
- 1 Caesar Salad Kit

**Serves 4 with
Lunch Leftovers**

**Freezer Section
Freezer Meal**

Preheat oven to 400. Bake pizzas according to package directions. Prepare caesar salad and enjoy a super simple dinner tonight!

Breakfasts

Cereal & Milk
Cantaloupe
Bananas
Scrambled Eggs
Toast

Lunches

Leftovers for adults
PB&J Sandwiches
Mac & Cheese

Snacks

Apples
String Cheese
Raisins
Ants on a Log
Raw Veggies & Ranch

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Grocery List

Produce

- 2 large sweet potato
- 3lbs bananas
- 1 bag red onions
- 3pk Garlic
- 1 Caesar Salad Kit
- 1 roma tomato
- 1 bag apples
- 1 cantaloupe
- 1 bunch cilantro
- 1 bags baby carrots
- 1 bunch celery
- 3pk multi-color peppers
- 1 pineapple
- 3pk green peppers
- 1 bag limes
- 9oz bag spinach
- 2 avocados

Pantry Items Needed

- Garlic Powder
- Onion Powder
- Cumin
- Chili Powder
- Cooking Spray
- Olive/Vegetable oil
- Salt & Pepper

Frozen

- 2 (12oz) bag broccoli
- 2 Rising Crust Pizzas
- 2pk pie shells

Dairy

- 16oz heavy cream
- 12pk string cheese
- 8oz block mozzarella
- 1lb butter
- 10oz Queso Fresco
- 16oz tub sour cream
- 1 gallon milk
- 2 dozen eggs
- 12oz shredded cheddar cheese
- 5oz parmesan cheese shredded

Aisle

- 3 (15oz) cans black beans
- 15oz can cannellini beans
- 2 (15oz) cans of corn
- 15oz can garbanzo beans
- 16oz box penne pasta
- 2 (12ct) pkg corn tortilla
- 1 box Jiffy corn muffin mix
- 1 pkg taco seasoning
- 1 28oz can crushed tomato
- 2 (20oz) white bread
- 1 (40oz) peanut butter
- 1 (32oz) grape jelly
- 2 boxes cereal, any type
- 12oz hot sauce
- 15oz can cream corn
- 2 (7.25oz) mac 'n' cheese
- 15oz can kidney beans
- 7oz Chipotle Peppers
- 2 (14oz) fire roasted tomato
- 3lb bag white rice
- 1 pkg raisin boxes
- 8oz can tomato sauce
- 6ct spinach wraps
- 1 bag chips, any type
- 16oz ranch dressing