

6 Recipe Aldi Meal Plan

Apr 25- May 1

1

EASY SWEET POTATO CURRY

An easy and filling vegetarian curry that makes great leftovers. You can scale the recipe up to make extra for leftovers for lunch all week.

3

VEGETABLE NOODLE STIR FRY

A great way to get more veggies in your diet! This noodle stir fry is faster, cheaper, and healthier than takeaway! Also great for leftovers.

5

SAUCY ASIAN PORK MEATBALLS

These pork meatballs are perfect served with fluffy white rice. You can make them ahead and keep them in the freezer. Store in a freezer bag either cooked or uncooked.

ONE POT CHEESEBURGER PASTA

One pan, easy and cheesy. This pasta is so good. You can use turkey or chicken in place of the beef to keep it lower in calories.

2

HONEY GARLIC SALMON TRAY BAKE

Spring is perfect for simple sheet pan dinners. This salmon gets drizzled with a honey garlic sauce and baked with everything on one pan.

4

EASY MARGHERITA PIZZA

Everyone loves pizza night. Either make the sauce or the dough or both. This recipe is really flexible. The dough freezes so well making it perfect for meal prep on the weekends.

6



Shopping List



STORE CUPBOARD

- 300g macaroni or penne
- paprika
- 1 tin cherry tomatoes or chopped tomatoes
- chicken stock cubes
- 6 cream crackers
- olive oil
- 120g hoisin sauce
- dark or light soy sauce^t
- demerara sugar
- cider vinegar
- basmati rice
- dry roast peanuts
- honey
- 200g egg noodles
- 120g oyster sauce
- Thai red curry paste
- 1 pack of cashews
- 400ml tin coconut milk

MEAT, DAIRY & FROZEN

- 500g minced beef
- 175g cheddar cheese
- 100g fresh mozzarella
- 500g lean pork mince
- 1 egg
- 500g boneless side of salmon
- salted butter
- shredded mozzarella

PRODUCE

- 1 yellow onion
- 1 head of garlic
- 1 pack of fresh ginger
- 300g spinach
- 1 bunch each- basil, coriander, parsley
- 1 bunch of asparagus
- 1 bag of stir fry vegetables
- 500g mini potatoes
- red chili peppers
- 1 lime
- 500g sweet potatoes
- 1 red onion