

6 Recipe Aldi Meal Plan

Oct. 10- Oct. 16

1

30 MINUTE PEANUT BUTTER CHICKEN

This peanut butter chicken is like a peanut chicken curry mixed with a peanut satay. It freezes and reheats really well. You can use low-fat or regular coconut milk. And for the bell peppers- use whatever colour you like.

3

ALL IN ONE SAUSAGE TRAY BAKE

This is a quick and easy all-in-one tray bake that you'll love. A little bit of vegetable chopping is all that's required for this hands-off dinner. It doesn't freeze, but it is great as leftovers reheated the next day.

5

15 MINUTE VEGETABLE STIR FRY NOODLES

Quick, easy, and healthy. The perfect alternative to take out. These noodles come together in about 15 minutes. Add in some beef or pork to get some extra protein. Reheats well, not meant for freezing.

QUICK AND EASY PASTA AMATRICIANA

This easy bacon and tomato pasta is best served with some bread, salad, and a glass of wine. You can double the sauce and freeze half for up to 3 months.

2

SLOW COOKER VEGGIE LENTIL SOUP

A simple slow cooker soup that you can really make your own. It's a vegetarian soup, but you can add in some leftover roast chicken or some ham would be great too. It freezes well for up to 3 months.

4

THICK AND CHUNKY CHICKEN CHILLI

Thick and hearty chilli with lots of veggies. This recipe makes enough for 6 people. You can serve it over rice, or baked potato or turn it into nachos. It freezes well for up to 3 months.

6



Shopping List

STORE CUPBOARD

- chili flakes
- peanut butter
- 1 x 400ml coconut milk (full or low fat)
- chicken stock cubes
- soy sauce (dark & light)
- honey
- roasted peanuts
- tomato paste
- 1 x 500g carton passata
- 400g spaghetti
- dried basil, oregano, cumin, chicken and steak seasoning, sage powder, chilli powder, chilli garlic spice
- red lentils
- tortilla chips (optional)
- 120g pack oyster sauce
- Worcestershire sauce
- bay leaves
- vegetable stock cubes
- vinegar (white wine or cider)
- 200g egg noodles
- 1 x 400g tin mixed beans (in taco seasoning if possible)
- 1 x 400g tin chopped tomatoes

DAIRY & FROZEN

- 1kg boneless skinless chicken breast
- grana Padano or parmesan
- 6 sausages (any type)
- frozen sweetcorn
- 150g cheddar cheese (for serving with the chilli)
- 200g smoked bacon

PRODUCE

- 1 small brown onion or shallots
- 6 bell peppers
- 1 red jalapeno
- 1 head garlic
- fresh ginger
- 1 avocado
- 5 limes
- 1 bunch of basil, coriander, and parsley
- 2 onion
- 1 red onion
- 8-10 cherry tomatoes
- 250g mushrooms
- 200g mini potatoes
- 1 head of celery
- 3 carrots
- 2 large potatoes
- 1 small bag kale
- 600g bag stir fry veggies