ALDI MEAL PLAN 5 Dinners with shopping list



Meal Plan 128- Prep Sheet







Meatballs In Tomato Sauce

Creamy Seafood Chowder



Cajun Chicken Pasta





15 Minute Turkey Butternut Squash Stir Fry Curry

Meatballs in Tomato Sauce

Quick Tips

- The meatballs can be made ahead of time and either frozen for 3 months of kept in the fridge for 3 days.
- The sauce can also be made in advance with the same storage instructions.

What to do with leftovers

• Keep leftover cooked meatballs in the sauce in the fridge for up to 3 days. Serve over pasta, mashed potatoes or on their own.

Creamy Seafood Chowder

Quick Tips

- You can use any seafood mix you like but firm fish like cod and salmon usually work best.
- You can usually find a bag of mixed fish labeled "fish pie mix" in the frozen section.

15 Minute Turkey Stir Fry

Quick Tips

• This recipe is so quick and easy that there isn't much to prep before hand.

What to do with leftovers

• Store in the fridge for up to 3 days, or in the freezer for up to 3 months.

Butternut Squash Curry

Quick Tips

- You can use butternut squash or sweet potato for this recipe.
- Adjust the spice mix according to your preference.

What to do with leftovers

• Keep in the fridge for up to 2 days. Not recommended for freezing as the texture will change.

Cajun Chicken Pasta

Quick Tips

• The sauce will thicken in the fridge. Add a splash of extra water when reheating.

What to do with leftovers

- Leftover pasta can be kept in the fridge for up to 3 days.
- Not recommended for freezing.

What to do with leftovers

- Store leftovers can be stored in the fridge for up to 3 days.
- Or in the freezer for up to 3 months. Thaw in the fridge overnight.

Meal Plan 128- Shopping List



Meatballs In Tomato Sauce	Creamy Seafood Chowder
750g minced beef and pork mix	150g bacon or pancetta
 1 egg milk dried oregano dried basil Italian pasta mix (spice mix) 	 1 yellow onion celery carrots fresh garlic 1 kg mixed seafood
 1 bunch rosemary (or use dried) 50g Grana Padano cheese 	 2 large potatoes flour chicken or fish stock cube
dried basil	200ml white wine (option
1 red onion fresh garlic	 500ml heavy cream 1 bunch fresh parsely
tomato puree (tomato paste)	fresh or dried thyme (optional)
500g passata	
15 Minute Turkey Stir Fry	Cajun Chicken Pasta
500g turkey mince	Cajun spice



Butternut Squash &



220g tender stem or broccoli

teriyaki sauce

red onion

Sriracha sauce

dark soy sauce

1 lime



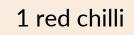
spring onions

basmati rice



honey roasted peanuts





300g chicken breast (or thigh)

fresh garlic

1 brown onion

400g tin chopped tomatoes

200ml single cream

1 lemon 300g penne (or other short pasta)

coriander (or parsley)

parmesan cheese