



week
128

ALDI MEAL PLAN

5 Dinners with shopping list

Savvy Bites



Meal Plan 128- Prep Sheet



**Meatballs In
Tomato Sauce**



**Creamy Seafood
Chowder**



**Cajun Chicken
Pasta**



**15 Minute Turkey
Stir Fry**



**Butternut Squash
Curry**

Meatballs in Tomato Sauce

Quick Tips

- The meatballs can be made ahead of time and either frozen for 3 months or 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.

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.

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

- 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

- 750g minced beef and pork mix
- 1 egg
- milk
- dried oregano
- dried basil
- Italian pasta mix (spice mix)
- 1 bunch rosemary (or use dried)
- 50g Grana Padano cheese
- dried basil
- 1 red onion
- fresh garlic
- tomato puree (tomato paste)
- 500g passata

15 Minute Turkey Stir Fry

- 500g turkey mince
- red onion
- 220g tender stem or broccoli
- teriyaki sauce
- Sriracha sauce
- dark soy sauce
- 1 lime
- fresh garlic/ fresh garlic
- spring onions
- basmati rice
- honey roasted peanuts
- 1 bunch coriander
- 1 red chilli

Creamy Seafood Chowder

- 150g bacon or pancetta
- 1 yellow onion
- celery
- carrots
- fresh garlic
- 1 kg mixed seafood
- 2 large potatoes
- flour
- chicken or fish stock cubes
- 200ml white wine (optional)
- 500ml heavy cream
- 1 bunch fresh parsley
- fresh or dried thyme (optional)

Cajun Chicken Pasta

- Cajun spice
- 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

Butternut Squash & Chickpea Curry

- 1 small butternut squash
- fresh garlic
- 1 yellow onion
- 400g tin chickpeas
- 400g tin chopped tomatoes
- 500g spinach
- 400g tin coconut milk
- ground cumin
- garam masala
- curry powder
- chilli powder
- maple syrup (optional)
- 1 shallot (optional for making crispy shallot topping)
- coriander