



Week
132

ALDI MEAL PLAN

5 Dinners with shopping list

Savvy Bites 



Meal Plan 132- Prep Sheet

Savvy
Bites



**Easy
Steak Pie**



**5 Bean Veggie
Chilli**



**Slow Cooker
Sausage
Casserole**



**One Pot Curry
Chicken Thighs**



**Creamy
Mushroom Pasta**

Easy Steak Pie

Quick Tips

- **Brown Beef First:** Searing the beef before stewing enhances flavour.
- **Chill Pastry:** Keep the puff pastry chilled before topping the pie for better texture.

What to do with leftovers

- **Storage:** Fridge for 3-4 days or freezer for up to 2 months.
- **Reheat:** Oven reheat is preferable to retain pastry crispness.

5 Bean Veggie Chili

Quick Tips

- **Bean Variety:** Mix beans like black, kidney, pinto, navy, and garbanzo for various textures and flavours.
- **Spice It Up:** Adjust chilli powder or add a diced jalapeño for extra heat according to preference.

What to do with leftovers

- **Storage:** Fridge for 3-4 days or freezer for up to 2 months.
- **Reheat:** Microwave or stove-top.
- **Repurpose Leftovers:**
 - **Chili Stuffed Peppers:** Fill hollowed bell peppers with chilli, top with cheese, and bake.
 - **Chili Spaghetti:** Serve warmed chilli over cooked spaghetti and garnish with shredded cheese.

Creamy Mushroom Pasta

What to do with leftovers

- **Storage:** Fridge for up to 3 days. Cream-based sauces may separate upon freezing.
- **Reheat:** Stove-top on low heat, adding a splash of milk to help re-emulsify the sauce.
- **Repurpose Leftovers:**
 - **Mushroom Alfredo Bake:** Mix with some cooked chicken, top with cheese, and bake.

Slow Cooker Sausage Casserole

Quick Tips

- **Uniform Veggie Cut:** Ensure bell peppers and mushrooms are cut uniformly for even cooking.

What to do with leftovers

- **Storage:** Fridge for 3-4 days or freezer for up to 3 months.
- **Reheat:** Microwave or stove-top.
- **Repurpose Leftovers:**
 - **Stuffed Peppers:** Fill hollowed bell peppers with leftover casserole and bake.
 - Toss leftovers with cooked pasta and serve or bake with a cheese topping.

One Pot Curry Chicken Thighs

Quick Tips

- **Adjust Heat:** Add some spice with some chilli powder for a minced chilli pepper.

Veggie Addition: Add in vegetables like frozen carrots, peas or corn for the last 20-30 minutes of cooking.

What to do with leftovers

- **Storage:** Fridge for 3-4 days or freezer for up to 2 months.
- **Reheat:** Microwave or stove-top.
- **Repurpose Leftovers:**
 - **Curry Chicken Wraps:** Fill tortillas with leftover curry chicken, add fresh veggies, and roll up.
 - **Chicken Salad:** Shred leftover chicken, mix with mayo, curry powder, and your choice of add-ins like grapes or nuts.

Meal Plan 132- Shopping List

Easy Steak Pie

- 700g stewing beef
- mustard powder
- plain flour
- 1 large brown onion
- 1 bunch celery
- 2 large carrots
- beef stock cube
- tomato purée
- Worcestershire sauce
- fresh thyme
- 500g pack puff pastry
- 1 large egg

Slow Cooker Sausage Casserole

- 8-10 pork sausages
- 1 red onion
- fresh garlic
- 2 red bell peppers
- 120g brown mushrooms
- mixed dried herbs
- tomato purée
- 1 x 400g tin chopped tomatoes
- Worcestershire sauce
- beef stock cube
- 1 x 400g cannellini beans (optional)

Creamy Mushroom Pasta

- 500g dried pasta
- 250g brown mushrooms
- fresh thyme
- fresh garlic
- 1 shallot
- 300ml heavy cream
- 25g parmesan
- 1 bunch parsley
- 1 lemon

5 Bean Veggie Chilli

- 1 red onion
- fresh garlic
- 2 bell peppers (red/yellow)
- 1 x 400g tin mixed beans in tomato sauce
- chargrilled peppers in oil
- 340g sweet corn (tin/frozen)
- 1x 400g chopped tomatoes
- soy sauce
- 2 limes
- ground cumin
- paprika
- chilli powder
- cinnamon
- cocoa powder

One Pot Curry Chicken Thighs

- 1kg chicken thighs (bone in skin on)
- 1 brown onion
- cloves garlic
- fresh ginger
- 1 x 400g tin chopped tomatoes
- 1 x 400ml coconut milk
- curry powder (mild or medium)
- chilli powder
- honey
- 1 lime
- 1 bunch fresh coriander