



week
133

ALDI MEAL PLAN

5 Dinners
with shopping list

Savvy Bites 



Meal Plan 133- Prep Sheet

Savvy
Bites



**Thai Red Curry
Meatballs**



**Easy Chorizo
Pasta**



**Mushroom
Tacos**



**One Pot Mexican
Rice**



**Air Fryer Chicken
Thighs**

Thai Meatballs

Quick Tips

- **Prep Meatballs in Advance:** You can make the meatballs a day or two before you plan to cook them. Store them in the fridge or freezer until you're ready to cook.
- **Thawing Strategy:** If you've frozen the meatballs, thaw them in the fridge overnight before cooking for best results

What to do with leftovers

- **Storage:** Refrigerate for up to 4 days or freeze for up to 2 months in an airtight container.
- **Reheat:** Reheat gently in a saucepan over low heat to maintain the texture and flavors of the meatballs and sauce. Add a little water or coconut milk if the sauce has thickened too much during storage.

Chorizo Pasta

What to Do with Leftovers

- **Storage:** Store any leftover chorizo pasta in an airtight container in the fridge for up to 4 days.
- **Reheat:** Microwave reheating is quick but may result in softer pasta. For optimal texture, consider reheating on the stovetop with a splash of water.

Mushroom Tacos

Quick Tips

- **Umami Boost:** For a deeper flavor profile, marinate the mushrooms in soy sauce and spices for at least 30 minutes before cooking.
- **Salsa Freshness:** Prepare the pineapple salsa close to serving time to maintain its vibrant flavour and texture.

What to Do with Leftovers

- **Storage:** Store the mushroom filling and pineapple salsa separately in airtight containers in the fridge for up to 3 days.
- **Reheat:** Reheat mushroom filling on a stovetop; avoid reheating the salsa to maintain its fresh flavour.

One Pot Mexican Rice

Quick Tips

- **Rice Rinse:** Rinse rice under cold water to remove excess starch; this prevents clumping.
- **Liquid Accuracy:** Accurately measure the liquid for optimal rice texture and to avoid sogginess.

What to Do with Leftovers

- **Storage:** Store in an airtight container in the fridge for up to 3 days.
- **Reheat:** Use the microwave for quick reheating, or stovetop with a splash of water to revitalize the rice.

Air Fryer Chicken Thighs

Quick Tips

- **Room Temperature:** Let chicken thighs sit at room temperature for about 15 minutes before air frying for even cooking.
- **Pat Dry:** Make sure to pat the chicken thighs dry before seasoning; it helps to get a crispier skin.

What to Do with Leftovers

- **Storage:** Store in an airtight container in the fridge for up to 4 days.
- **Reheat:** Reheat in the air fryer at 370°F for about 3-4 minutes to regain crispiness.

Meal Plan 133- Shopping List

Thai curry meatballs

- 500g turkey mince
- 1 bunch coriander
- 3 cloves garlic
- fresh ginger
- brown onion
- red Thai curry paste
- 1 x 400ml tin coconut milk
- 1 lime
- fresh basil
- chilli flakes
- 1 bunch spring onions

Air fryer chicken thighs

- 1 kg boneless skinless chicken thighs
- garlic granules
- dried oregano
- dried basil
- smoked paprika
- non-stick cooking spray

Easy mushroom tacos

- 650g large mushrooms
- 25g pack of taco seasoning
- 1 orange
- 1 lemon
- 1 pineapple
- 1 bunch coriander
- 1 avocado
- 6-8 flour tortillas
- 1 lime
- feta cheese

One pot Mexican rice

- 4 cloves garlic
- 1 onion
- basmati rice
- vegetable stock cubes
- 1 x 400g tin chopped tomatoes
- 250g sweet corn (tin/frozen)
- 1 large carrot
- 1 courgette
- 75g frozen peas
- chilli powder
- ground cumin
- tomato puree
- coriander
- tortilla chips
- lime wedges

Chorizo pasta

- 400g dried pasta (rigatoni or penne)
- 1 brown onion
- cloves garlic
- 200g chorizo
- 500g passata
- tomato puree (tomato paste)
- dried oregano
- parmesan cheese
- fresh mozzarella
- 1 bunch basil