

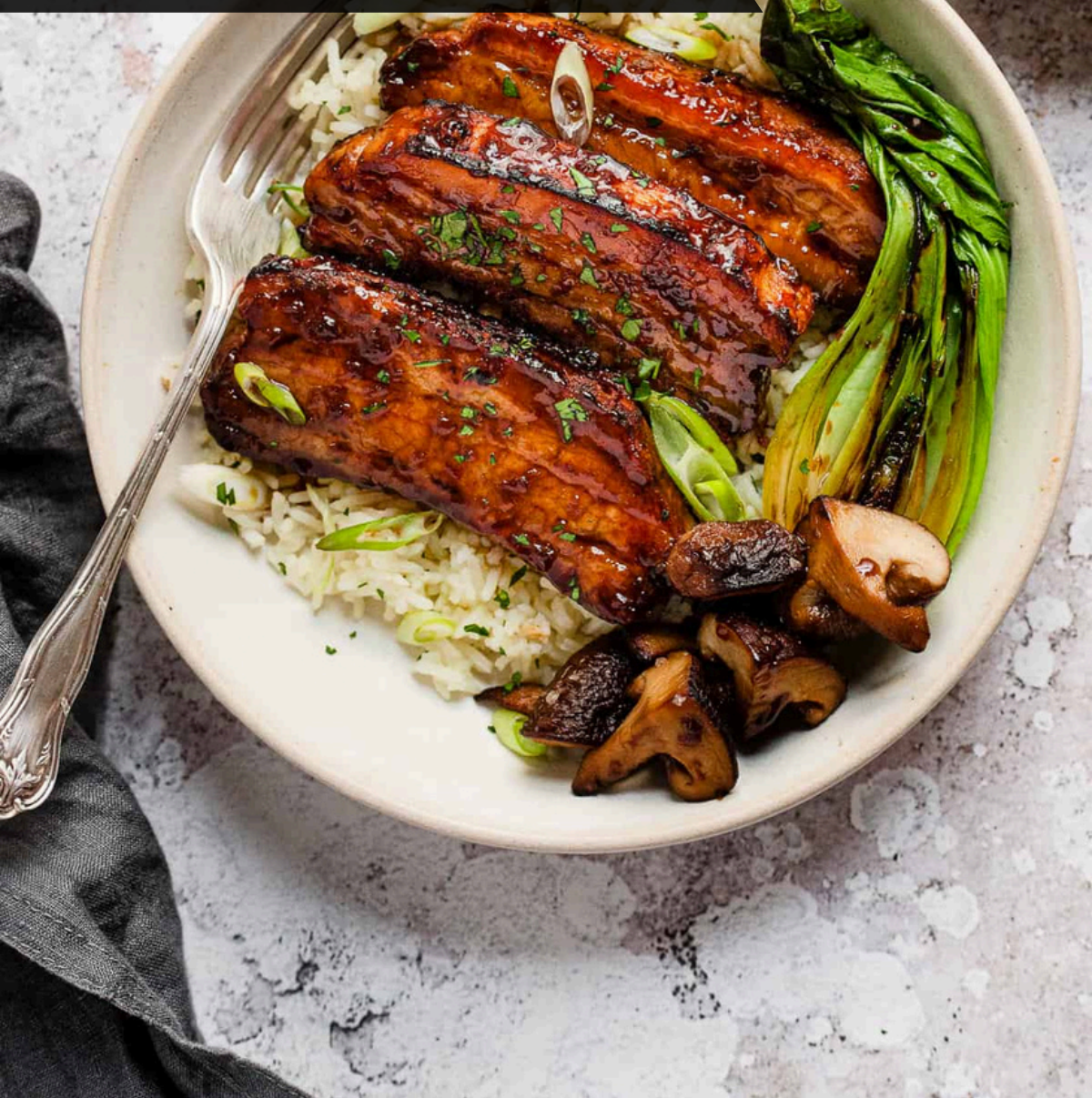


week
130

ALDI MEAL PLAN

5 Dinners
with shopping list

Savvy Bites 



Meal Plan 130- Prep Sheet



Easy Pork Belly Slices



Slow Cooker Vegetable Soup



Cheesy Tomato Gnocchi Bake



Slow Cooker Chicken Korma



Easy Chicken Stroganoff

Pork Belly Slices

Quick Tips

- Prepare the pork belly slices as per the recipe steps 1 to 4, then cover and refrigerate them until you're ready to cook.
- Make the honey garlic sauce in advance as it can be stored in the freezer for up to a year.

What to do with leftovers

- Store leftovers in an airtight container in the fridge for up to a day.
- To reheat, use a microwave to prevent the pork from drying out, as it creates steam to keep it moist.

Slow Cooker Vegetable Soup

Quick Tips

- **Prep the Vegetables:** Chop all the vegetables (onion, celery, carrots, and mini potatoes) the night before and store them in an airtight container in the fridge.
- **Pre-measure Ingredients:** Have all other ingredients like the stock cube, tinned tomatoes, and herbs measured and ready to go.

What to do with leftovers

- **Cool and Store:** Allow the soup to cool to room temperature before transferring it to airtight containers and storing it in the refrigerator.
- **Reheating:** To reheat, transfer the desired amount of soup to a pot and warm it over medium heat on the stove, stirring occasionally to ensure even heating.

Chicken Stroganoff

What to do with leftovers

- **Refrigerate:** Store in an airtight container for up to 3 days.
- **Reheating:** Warm it on the stove over low heat, stirring occasionally to prevent the sauce from separating. Avoid using the microwave as it can cause the sour cream in the sauce to curdle or separate.

Baked Gnocchi

Quick Tips

- **Prep the Sauce:** Prepare the tomato and ricotta sauce in advance, store it in an airtight container in the fridge, and just warm it up slightly before proceeding with the rest of the recipe.

What to do with leftovers

- **Airtight Storage:** Store any leftovers in an airtight container in the fridge for up to 3-4 days 1.
- **Oven Reheating:** Reheat in a preheated oven at a lower temperature, like 350°F, covered with foil to prevent drying out, until warmed through.

Slow Cooker Korma

Quick Tips

- **Marinate Chicken Overnight:** Prepare the chicken and marinate it overnight in the fridge to allow the flavors to meld 1.
- **Prepare Aromatics:** Sauté the onions, garlic, and ginger ahead of time and store them in the fridge.

What to do with leftovers

- **Refrigerate:** Cool the curry to room temperature before storing it in an airtight container in the fridge for up to 3 days 1.
- **Reheating:** Thaw in the fridge overnight if frozen, then reheat in a pan on the stove until piping hot. Alternatively, reheat in the microwave on a low setting to avoid making the chicken rubbery.

Meal Plan 130- Shopping List

Honey Garlic Pork Belly

- 500g pork belly slices
- honey
- garlic cloves
- soy sauce
- olive oil
- juice of 1 orange
- brown sugar
- cider vinegar (or white)

Hearty Vegetable Soup

- 1 brown onion
- 4 stalks of celery
- 2 carrots
- 6 new potatoes
- 1 x 400g tin tomatoes
- 1 vegetable stock cube
- 250g pack dried tortellini
- 200g spinach
- 1/2 bunch fresh parsley
- dried herbs: oregano, thyme, basil

Easy Chicken Stroganoff

- 4 chicken breasts (boneless skinless)
- onion granules
- smoked paprika
- butter
- 2 cloves garlic
- 1 brown onion
- 200g brown mushrooms
- chicken stock cube
- sour cream
- fresh parsley

Cheesy Baked Gnocchi

- 500g potato gnocchi
- 1 brown onion
- cloves garlic
- 500g passata
- 250g ricotta
- 3 sprigs rosemary
- 200g spinach
- 140g ball fresh mozzarella
- 200g parmesan

Slow Cooker Chicken Korma

- 1kg chicken thighs
- 1 yellow onion
- fresh garlic
- fresh ginger
- Greek yoghurt
- garam masala
- smoked paprika
- cumin
- ground coriander
- curry powder
- chilli flakes
- turmeric
- zest of 1 lemon
- 1 can of coconut milk
- 4 tablespoon tomato puree
- fresh coriander (optional)
- fresh cashews (optional)