

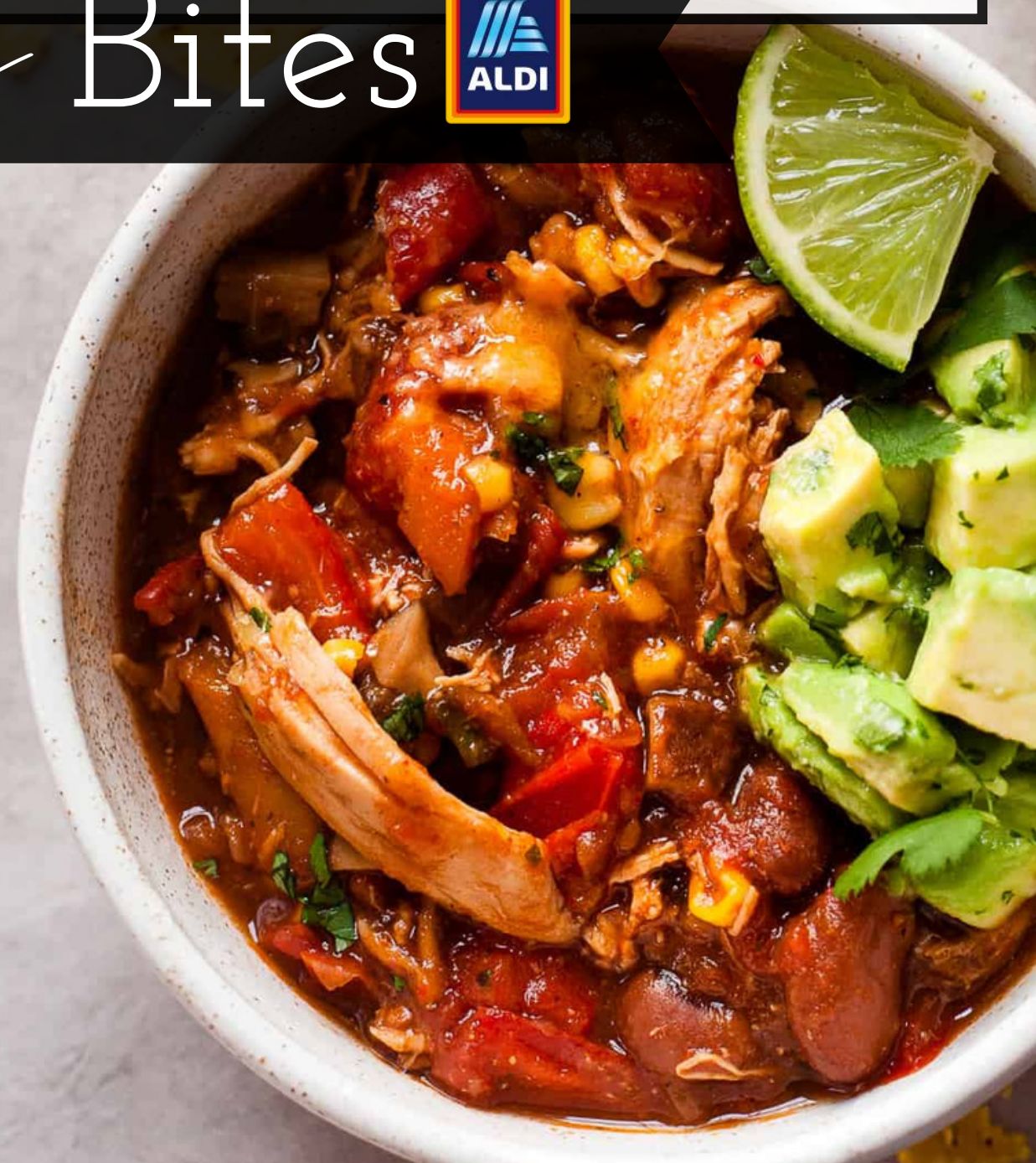


week
135

ALDI MEAL PLAN

5 Dinners
with shopping list

Savvy Bites 



Meal Plan 135- Prep Sheet



**Roasted
Tomato Pasta**



**Crispy Chilli
Chicken**



**One Pot Mexican
Chicken**



**Thick and Hearty
Chicken Chilli**



**Slow Cooked
Lamb Curry**

Roasted Tomato Pasta

- **Prep Ahead:** Roast tomatoes and prepare sauce up to 2 days in advance.
- **Thawing Strategy:** Not applicable.
- **Storage:** Refrigerate leftovers for up to 3 days.
- **Reheat:** Warm gently on the stovetop, adding a splash of water if needed.

Crispy Chilli Chicken

- **Prep Ahead:** Marinate beef overnight for enhanced flavor.
- **Thawing Strategy:** Thaw beef in fridge if frozen.
- **Storage:** Best eaten fresh; store for up to 2 days.
- **Reheat:** Briefly stir-fry to retain crispiness.

One Pot Mexican Chicken

- **Prep Ahead:** Chop vegetables and prep chicken a day ahead.
- **Thawing Strategy:** Thaw chicken in fridge overnight.
- **Storage:** Refrigerate for up to 3 days.
- **Reheat:** Simmer gently on the stove until heated through.

Thick and Hearty Chicken Chilli

- **Prep Ahead:** Cook and shred chicken in advance; store in fridge.
- **Thawing Strategy:** Thaw chicken in fridge if using frozen.
- **Storage:** Keep in fridge up to 3 days.
- **Reheat:** Reheat on the stove, adding a little water if too thick.

Slow Cooked Lamb Curry

- **Prep Ahead:** Assemble ingredients in the slow cooker insert and refrigerate.
- **Thawing Strategy:** Thaw lamb in the fridge if frozen.
- **Storage:** Store in the fridge for up to 4 days.
- **Reheat:** Reheat gently on the stove, adding a bit of water if needed.

Meal Plan 135- Shopping List

Roasted Tomato Pasta

- 6 roasted tomatoes or 1 x 400g chopped tomatoes
- 75g smoked pancetta
- 1 brown onion
- 3 cloves garlic
- single cream
- 150g bag spinach
- 300g dried pasta

One Pot Mexican Chicken

- 700g boneless skinless chicken breast (or thigh)
- 200g plain flour
- butter
- olive oil
- 340g tin sweet corn
- 1 red onion
- 1 bell pepper (any colour)
- tomato paste (puree)
- 1 chicken stock cube
- 1 lemon
- 200ml single cream
- 200g spinach
- 1 bunch basil
- 1 bunch spring onions
- spices required: garlic granules, paprika, chilli powder, chilli flakes, Cajun spice

Indian Lamb Curry

- 750g leg of lamb
- 2 brown onions
- 4 cloves garlic
- 1 inch piece fresh ginger
- 400g tin chopped tomatoes
- 1 chicken stock cube
- ground cinnamon
- curry powder (medium or mild)
- turmeric
- 400ml coconut milk
- dark soy sauce
- 200g spinach

Crispy Chilli Beef

- 500g sirloin steak
- corn starch
- bicarb of soda
- dark soy sauce
- ketchup
- cider vinegar
- runny honey
- 1 inch piece fresh ginger
- 3 cloves garlic
- 1 red chilli pepper

Shredded Chicken Chilli

- 500g boneless skinless chicken breast
- 3 bell peppers
- 340g sweetcorn
- 1 jalapeno pepper
- 1 red onion
- 4 cloves garlic
- 250g mushrooms
- 400g tin mixed beans in tomato sauce
- 400g tin chopped tomatoes
- dried oregano
- ground cumin
- chilli powder
- chicken stock cube
- shredded cheddar
- avocado
- tortilla chips
- coriander