



week  
136

# ALDI MEAL PLAN

5 Dinners  
with shopping list

*Savvy* Bites 



# Meal Plan 136- Prep Sheet



**Slow Cooker Lentil Soup**



**Slow Cooker Bolognese**



**Easy Cauliflower Curry**



**Cheesy Broccoli Gnocchi**



**Sausage and Bean Stew**

## Slow Cooker Lentil Soup

- **Prep Ahead:** Rinse and soak lentils overnight. Chop all vegetables and store them in the fridge.
- **Storage:** Place the cooled soup in airtight containers. It can be refrigerated for up to 4 days or frozen for up to 2 months.
- **Reheat:** Warm gently on the stove, adding a little water or broth if the soup has thickened. Can also be reheated in the microwave.

## Slow Cooker Bolognese

- **Prep Ahead:** Brown the meat and chop the vegetables a day in advance. Store them in the fridge until ready to use.
- **Storage:** Cool the bolognese sauce and store it in airtight containers. It can be refrigerated for up to 3 days or frozen for up to 3 months.
- **Reheat:** Thaw in the refrigerator overnight if frozen. Reheat on the stove over medium heat or in the microwave, stirring occasionally.
- **Reinvent Leftovers:** Use leftover bolognese as a filling for lasagna or a topping for baked potatoes.

## Easy Cauliflower Curry

- **Prep Ahead:** Chop cauliflower and other vegetables.
- **Storage:** Store in airtight containers in the refrigerator for up to 3 days. Freezing not recommended.
- **Reheat:** Gently reheat on the stove, adding a bit of water or coconut milk if too thick.

## Cheesy Broccoli Gnocchi

- **Prep Ahead:** Chop the broccoli in advance and grate the cheese. Store in the refrigerator.
- **Storage:** Keep in an airtight container in the refrigerator for up to 2 days. Not recommended for freezing.
- **Reheat:** Best reheated in a skillet over medium heat, adding a splash of water or milk to keep it moist.
- **Reinvent Leftovers:** Transform into a frittata by adding beaten eggs and baking until set.

## Sausage and Bean Stew

- **Prep Ahead:** Pre-cook sausages and store them in the fridge. Chop any additional vegetables.
- **Storage:** Place in airtight containers and refrigerate for up to 4 days. Freezable for up to 2 months.
- **Reheat:** Thaw if frozen, then reheat in a pot over medium heat or in the microwave.
- **Reinvent Leftovers:** Serve over toast or mix with cooked pasta for a new meal.

# Meal Plan 136- Shopping List

## Slow Cooker Lentil Soup

- 1 large brown onion
- 4 stalks celery
- 3 large carrots
- 2 large potatoes
- red lentils
- dried oregano
- dried basil
- fresh thyme
- dried sage
- Worcestershire sauce
- bay leaf
- vegetable stock cube
- vinegar (white wine or cider)
- 50g kale
- fresh parsley
- olive oil
- parmesan cheese

## Cheesy Broccoli Gnocchi

- 500g potato gnocchi
- 1 head broccoli
- 1 vegetable stock cube
- 125g cream cheese
- 200g shredded mozzarella

## Cauliflower Curry

- 1 head cauliflower
- 1 brown onion
- 4 cloves garlic
- 1 inch piece fresh ginger
- ground cinnamon
- medium curry powder
- turmeric
- chilli powder
- 1 x 400ml tin coconut milk
- 1 lime

## Slow Cooker Bolognese

- olive oil
- 1 brown onion
- garlic cloves
- 1 small carrot
- 500g minced beef and pork mix
- red wine (optional)
- 2 x 400g crushed tomatoes
- beef stock cube
- tomato puree
- dried oregano
- dried basil
- sugar (optional)
- cinnamon
- parsley
- parmesan cheese

## Sausage and Bean Stew

- 6 Cumberland sausages
- 1 brown onion
- fresh garlic
- fresh thyme leaves
- white wine (optional)
- chicken stock cube
- 1 x 400g tin butter beans
- 300g baby spinach
- 1 lemon
- 25g breadcrumbs
- 2 tablespoons creme fraiche
- 20g parmesan