



Week  
137

# ALDI MEAL PLAN

5 Dinners  
with shopping list

*Savvy* Bites 





# Meal Plan 137- Prep Sheet



**Slow Cooker  
Honey Garlic  
Chicken**



**Chicken &  
Broccoli Bake**



**Ham and Lentil  
Soup**



**Cajun Chicken  
Pasta**



**Teriyaki Salmon  
Stir Fry**

## Slow Cooker Honey Garlic Chicken Thighs

- **Prep Ahead:** Fry garlic and ginger until golden for the sauce. Sear chicken thighs for a crispy skin before slow cooking.
- **Storage:** Keep in an airtight container in the fridge for up to 3 days, or freeze with sauce for up to 3 months.
- **Reheat:** Thaw in the fridge if frozen. Reheat in a microwave or on the stovetop until hot.

## Chicken & Broccoli Bake

- **Prep Ahead:** Cut vegetables and chicken. Use fresh thyme leaves for added flavor.
- **Storage:** Keeps well in the fridge for 3 days or in the freezer for up to 3 months.
- **Reheat:** Defrost in the fridge if frozen. Reheat in the microwave using the defrost setting if needed.

## Ham & Lentil Soup

- **Prep Ahead:** Sauté onions, garlic, leeks, and celery before adding to the slow cooker for enhanced flavor.
- **Storage:** Freezes well due to the robust nature of cavolo nero. Store in the freezer for future use or keep in the fridge for immediate consumption.
- **Reheat:** Thaw in the fridge overnight if frozen, then reheat in a pan or microwave until piping hot.

## Cajun Chicken Pasta

- **Prep Ahead:** Cut chicken into large cubes and coat with Cajun seasoning before cooking.
- **Storage:** Best consumed within 3 days when refrigerated; not suitable for freezing.
- **Reheat:** Microwave for about 2 minutes, stirring every 30 seconds.

## Teriyaki Salmon Stir Fry

- **Prep Ahead:** Marinate salmon in homemade teriyaki sauce and cut vegetables into matchsticks.
- **Storage:** Can be kept for 1 day in an airtight container in the fridge; do not freeze leftovers.
- **Reheat:** Reheat in the microwave until warm; be cautious to not overcook the salmon.

# Meal Plan 137- Shopping List

## Slow Cooker Ham & Lentil Soup

- 1 large brown onion
- 1kg smoked gammon joint
- 175g red lentils
- fresh garlic
- celery
- 1 leek
- 2 carrots
- 2 bay leaves
- 100g kale
- vegetable stock cube

## Chicken and Broccoli Bake

- 1 brown onion
- 300g carrots
- 250g mushrooms
- 300g chicken breasts
- 2 tablespoons butter
- 300g basmati rice
- fresh thyme
- chicken stock cube
- 1 head broccoli
- 1 lemon
- milk
- cheddar cheese

## Teriyaki Salmon Stir Fry

- 500g salmon fillets, skinless
- 2 red bell peppers
- 1 red onion
- 60ml light soy sauce
- corn starch
- vinegar
- dark brown sugar
- fresh garlic
- onion granules
- chilli powder
- fresh ginger
- basmati rice
- toasted cashews
- fresh basil
- spring onions

## Cajun Chicken Pasta

- olive oil
- 1 brown onion
- garlic cloves
- Cajun spice
- 300g boneless skinless chicken breasts
- 1 x 400g tin chopped tomatoes
- 150-200ml single cream
- 1 lemon
- 300g penne pasta
- 1/2 bunch coriander
- 25g parmesan cheese

## Slow Cooker Honey Garlic Chicken

- fresh garlic
- fresh ginger
- dark brown sugar
- honey
- dark soy sauce
- cider vinegar
- Sriracha or chilli sauce
- vegetable stock cube
- 1kg bone in chicken thighs
- 1 bunch fresh coriander
- pak choi or broccoli
- basmati rice