



week
138

ALDI MEAL PLAN

5 Dinners
with shopping list

Savvy Bites 



Meal Plan 138- Prep Sheet



Vegetarian Enchiladas



Sun Dried Tomato Pasta



Sweet and Sour Chicken



Creamy Kale Pasta



One Pan Chicken Nachos

Sun-dried Tomato Pasta

- **Storage: Airtight Container:** Store the cooled pasta in an airtight container in the refrigerator for up to 3 days.
- **Reheat: Stovetop Method:** Reheat the pasta and sauce together in a skillet over medium heat, adding a splash of water or broth to loosen the sauce.
- **Microwave:** For a quick option, microwave on medium power, stirring occasionally, until heated through.

Sweet and Sour Chicken

- **Storage: Refrigerate in Segments:** Store the chicken and vegetables separately in airtight containers to retain their texture.
- **Cool Before Storing:** Ensure the dish has cooled to room temperature before refrigerating to maintain food safety.
- **Reheat: Oven Reheating:** Spread the chicken and veggies on a baking sheet and reheat in the oven at 350°F until warm. This helps retain the dish's texture.
- **Stir-fry:** Quickly stir-fry on high heat to reheat while preserving the dish's flavor and texture.

Kale Pasta

- **Storage:**
- **Cool and Containerize:** Allow the pasta to cool before storing it in an airtight container in the fridge.
- **Reheat:**
- **Stovetop with Water:** Add a splash of water and reheat on the stovetop to keep the pasta moist.
- **Microwave with Damp Paper Towel:** Cover with a damp paper towel and microwave to prevent drying out.

Vegetarian Enchiladas

- **Storage: Cool Completely:** Let the enchiladas cool completely before covering them with foil or transferring them to an airtight container.
- **Fridge Storage:** Store in the refrigerator for up to 3 days.
- **Reheat: Oven is Best:** Reheat in an oven at 350°F until the cheese is bubbly and the enchiladas are heated through.
- **Microwave in Portions:** If short on time, microwave individual servings for 1-2 minutes.

One Pan Chicken Nachos

- **Storage: Separate Components:** Store the chicken and vegetable toppings separately from the chips to prevent sogginess.
- **Airtight Containers:** Use airtight containers for the chicken and toppings to keep them fresh.
- **Reheat: Oven for Crispiness:** Reassemble the nachos on a baking sheet and heat in the oven at 350°F to maintain crispiness.
- **Microwave with Care:** If using a microwave, reheat chicken and toppings separately and then assemble on chips to avoid soggy nachos.

Meal Plan 138- Shopping List

Sun-dried tomato pasta

- 350g dried pasta
- 50g baby spinach
- sun-dried tomatoes
- 250ml single cream
- 1 brown onion
- 2 cloves garlic
- dried thyme
- fresh basil
- capers (optional)
- 1 lemon

Sweet and Sour Chicken

- 500g boneless skinless chicken breast
- corn starch
- vegetable oil
- 1 brown onion
- 1 red pepper
- 1 yellow pepper
- ketchup
- cider vinegar
- demerara sugar
- soy sauce
- fresh ginger
- fresh garlic
- 400g tin pineapple chunks

Vegetarian Enchiladas

- 1 small cauliflower
- 1 sweet potato
- 1 red onion
- 1 red pepper
- 1 tin sweet corn
- 395g tin kidney beans
- chilli powder
- cumin
- paprika
- chilli powder
- garlic granules
- dried oregano
- tomato puree
- vegetable stock cubes
- 6-8 flour tortillas
- 150g cheddar
- 150g shredded mozzarella
- avocado
- 1 bunch coriander

Kale Pasta

- 100g kale
- 350g dried pasta
- fresh garlic
- 300ml single cream
- 50g parmesan cheese
- walnuts or pine nuts
- 1 bunch basil

One Pan Chicken Nachos

- 500g chicken mince
- 1 package fajita spice
- 1 red onion
- 200g cheddar cheese
- 200g tortilla chips
- Cajun spice
- Chilli powder
- paprika
- 1 avocado
- 2 fresh tomatoes
- 1 jalepeno pepper
- sour cream
- 1 bunch green onions
- 1 bunch coriander
- salsa