



week
139

ALDI MEAL PLAN

5 Dinners
with shopping list

Savvy Bites 



Meal Plan 139- Prep Sheet



Crispy Beef in Oyster Sauce



Easy Red Lentil Dhal



Creamy Lemon Chicken Pasta



Tuscan White Bean Soup



Easy Weeknight Sticky Chicken

Crispy Beef in Oyster Sauce

- **Storage:** Airtight Container: Place the cooled crispy beef in an airtight container. Refrigerate for up to 3 days.
- **Reheat:** Microwave: For a quicker option, microwave on medium power for 1-2 minutes, but note that this may not retain the crispiness.
- **Reinvent Leftovers:** Beef Lettuce Wraps: Use the leftover beef in lettuce wraps, adding fresh veggies and a drizzle of extra sauce for a crunchy, refreshing meal.

Red Lentil Dhal

- **Storage:** Airtight Container: Store the cooled dahl in an airtight container. It can be refrigerated for up to 4 days.
- **Reheat:** Stovetop: Gently reheat on the stove, adding a little water if the dahl has thickened too much.
- **Reinvent Leftovers:** Dahl Stuffed Peppers: Use the leftover dahl as a filling for bell peppers, bake them until the peppers are tender.

Creamy Lemon Chicken Pasta

- **Storage:** Airtight Container: Store the cooled pasta in an airtight container in the refrigerator for up to 3 days.
- **Reheat:** Stovetop: Warm the pasta over medium heat, adding a bit of milk or cream to regain the creamy texture.
- **Microwave:** Heat in the microwave, stirring occasionally, until heated through.

White Bean Soup

- **Storage:** Airtight Container: Keep the cooled soup in an airtight container in the fridge for up to 4 days.
- **Reheat:** Stovetop: Reheat the soup over medium heat, stirring occasionally.

Sticky Chicken

- **Storage:** Airtight Container: Store the cooled chicken in an airtight container in the refrigerator for up to 3 days.
- **Reheat:** Stovetop: Reheat in a skillet over medium heat, adding a splash of water to keep the chicken moist.
- **Microwave:** Microwave on medium power, stirring occasionally, until heated through.
- **Reinvent Leftovers:** Asian Chicken Salad: Toss the chicken with mixed greens, sliced cucumber, and a sesame dressing for a light salad.

Meal Plan 139- Shopping List

Crispy Beef In Oyster Sauce

- 360g sirloin steak
- plain flour
- 1 red pepper
- 2 carrots
- 200g dried noodles
- 120g oyster sauce
- soy sauce
- Sriracha sauce
- fresh ginger
- fresh garlic
- 1 lime

Creamy Lemon Chicken Pasta

- 500g chicken thighs (boneless skinless)
- salted butter
- fresh garlic
- 1 lemon
- chicken stock cube
- 400ml single cream
- 25g grated parmesan
- crushed chilli flakes
- 500g dried pasta
- 1 bunch fresh parsley
- 1 bunch fresh basil

Easy Sticky Chicken

- 500g chicken (boneless skinless breast)
- corn starch/ cornflour
- 1 red bell pepper
- soy sauce
- honey
- white wine vinegar
- 120g oyster sauce
- fresh garlic
- fresh ginger
- 100g dry roasted peanuts
- 1 bunch spring onions

Red Lentil Dhal

- fresh ginger
- 1 yellow onion
- fresh garlic
- red Thai curry paste
- medium curry powder
- turmeric
- cumin
- 200g red lentils
- 1 butternut squash
- 200g fresh cherry tomatoes
- 1 vegetable stock cube
- pomegranate (optional)

White Bean Soup

- 80g pancetta
- fresh garlic
- 3 x 400g cannellini beans
- 1 vegetable stock cube
- 1 bunch fresh rosemary
- parmesan cheese for topping (optional)