



Week  
Two

# ALDI MEAL PLAN

5 Dinners for £25  
with shopping  
list

*Savvy* Bites 



# £25 Meal Plan Week 2- Prep Sheet



**Chinese Lemon  
Chicken**



**Mushroom  
Stroganoff**



**One Pot Mexican  
Rice**



**Red Lentil Dhal  
Curry**



**Air Fryer Chicken  
Thighs**

## Chinese Lemon Chicken

- **Storage:** Store in an airtight container in the fridge for up to 3 days.
- **Reheating:** Reheat gently in a pan or oven to maintain crispiness.
- **Leftovers:** Ideal for stir-fries, wraps, or as a sandwich filling.

## Mushroom Stroganoff

- **Storage:** Store the sauce in the fridge for up to 3 days; freezing is not recommended.
- **Reheating:** Gently heat in a saucepan, adding a bit of broth to maintain creaminess.
- **Leftovers:** Excellent as a sauce for baked pasta dishes or as a topping for savory toast.

## One Pot Mexican Rice

- **Storage:** Best stored in the refrigerator for up to 2 days.
- **Reheating:** Can be reheated in the microwave or on the stove.
- **Leftovers:** Serve with a fried egg for a breakfast twist or as a side dish.

## Red Lentil Dhal Curry

- **Storage:** Keep in the fridge for up to 3 days or freeze for longer storage.
- **Reheating:** Reheat on the stove, adding a little water to adjust consistency.
- **Leftovers:** Use as a base for a hearty soup or in stuffed peppers.

## Air Fryer Chicken Thighs

- **Storage:** Can be stored in the fridge for 3 days or frozen for up to 3 months.
- **Reheating:** Reheat in the oven at 160°C for about 10-15 minutes for best results

## Kale Salad

- **Storage:** Prepare kale ahead and store in the fridge; add dressing and toppings when serving.

# £25 Meal Plan Week 2- Shopping List

## Chinese Lemon Chicken

- 400g boneless skinless chicken breast
- soy sauce (light or dark)
- white wine vinegar
- 1 egg
- corn starch
- vegetable oil
- fresh garlic
- fresh ginger
- honey
- chicken stock cubes
- 1 lemon

## One Pot Mexican Rice

- fresh garlic
- 1 brown onion
- basmati or white rice
- vegetable stock cube
- 1 x 400g tin chopped tomatoes
- 250g sweet corn
- 1 courgette
- 1 carrot
- 75g frozen peas
- chilli powder
- cumin powder
- tomato puree
- fresh coriander
- tortilla chips
- 1 lime

## Air Fryer Chicken

- 1kg boneless skinless chicken thighs
- garlic granules
- dried oregano
- dried basil
- smoked paprika
- nonstick cooking spray
- walnuts or pine nuts (optional)

## Kale Salad

- 200g curly kale
- 200g rocket (optional)
- 1 orange
- 1 grapefruit
- seed mix or walnuts (optional)
- avocado
- feta
- honey
- dijon mustard

## Mushroom Stroganoff

- 300g egg noodles
- 1 brown onion
- fresh garlic
- 500g mixed mushrooms
- fresh thyme leaves
- plain flour
- vegetable stock cubes
- 200g sour cream
- dijon mustard
- paprika
- fresh parsley

## Red Lentil Dhal Curry

- fresh ginger
- 1 brown onion
- fresh garlic
- red Thai curry paste
- curry powder
- turmeric
- cumin
- red lentils
- butternut squash
- 200g bag fresh spinach
- 200g punnet cherry tomatoes
- vegetable stock cube