



Week One

# ALDI MEAL PLAN

5 Dinners for £25 with shopping list

Savvy Bites 





# £25 Meal Plan Week 1- Prep Sheet



**Slow Cooker  
Chicken Korma**



**15 Minute Veggie  
Noodles**



**Creamy Coconut  
Salmon Curry**



**Spinach &  
Artichoke Gnocchi**



**Creamy Kale  
Pasta**

## Slow Cooker Chicken Korma

- **Storage:** Refrigerate in an airtight container for up to 3 days.
- **Reheat:** Gently reheat in a saucepan over medium heat, adding a bit of water if necessary.
- **Reinvent Leftovers:** Use leftover chicken korma as a filling for wraps or as a topping for a savory rice bowl.

## Spinach & Artichoke Gnocchi

- **Storage:** Can be refrigerated for up to 3 days in a sealed container.
- **Reheat:** Warm in the oven covered with foil to retain moisture.
- **Reinvent Leftovers:** Turn into a frittata by adding eggs and baking until set.

## 15 Minute Veggie Noodles

- **Storage:** Store in the refrigerator in an airtight container for 2-3 days.
- **Reheat:** Reheat in a pan over medium heat, adding a splash of water to loosen noodles.
- **Reinvent Leftovers:** Add to a soup for a hearty noodle bowl or use as a filling in lettuce wraps.

## Creamy Kale Pasta

- **Storage:** Refrigerate for up to 3 days in an airtight container.
- **Reheat:** Reheat in a pan, adding a little milk or water to thin out the sauce if needed.
- **Reinvent Leftovers:** Use as a base for a baked pasta dish, adding additional vegetables and topping with cheese.

## Creamy Coconut Salmon Curry

- **Storage:** Keep in the fridge for up to 2 days in an airtight container.
- **Reheat:** Warm in a pan over low heat to avoid drying out the salmon.
- **Reinvent Leftovers:** Flake the salmon and mix into a salad, or use the sauce as a base for a quick fish chowder.

# £25 Meal Plan Week 1- Shopping List

## Slow Cooker Chicken Korma

- 1kg boneless skinless chicken thighs
- 1 medium brown onion
- 2-4 cloves garlic
- fresh ginger
- Greek yogurt
- garam masala
- smoked paprika
- cumin
- ground coriander
- medium curry powder
- turmeric
- chilli flakes
- 1 lemon
- 400ml coconut milk
- tomato purée

## Coconut Salmon Curry

- 500g salmon fillets
- demerara sugar
- curry powder
- ground ginger
- garlic powder
- fresh garlic
- fresh ginger
- Thai red curry paste
- 400ml coconut milk
- soy sauce
- 1 lime
- fresh spinach
- fresh basil
- fresh coriander

## Easy Kale Pasta

- 100g kale
- 350g dried pasta
- fresh garlic
- 300ml single cream
- parmesan
- fresh basil
- walnuts or pine nuts (optional)

## 15 Minute Vegetable Stir Fry Noodles

- 200g egg noodles
- 600g bag stir fry veggies
- 1 red chilli pepper
- fresh ginger
- fresh garlic
- light soy sauce
- dark soy sauce
- 200g red lentils
- 1 lime
- 120g oyster sauce
- dry roasted peanuts
- fresh coriander

## Spinach and Artichoke Gnocchi

- 500g gnocchi
- 1 brown onion
- fresh garlic
- dried oregano
- dried basil
- white wine (optional)
- 250ml single cream
- 125g baby spinach
- 280g jar artichoke hearts
- basil pesto
- gouda cheese