



Week  
140

# ALDI MEAL PLAN

5 Dinners  
with shopping  
list

Savvy Bites 



# Meal Plan 140- Shopping List

## Tomato Prawn Pasta

- 5 cloves garlic
- 1 yellow (brown) onion
- 200g fresh cherry tomatoes
- 1 x 400g tin chopped tomatoes
- 1 vegetable stock cube
- 200g baby spinach
- 170g bag frozen prawns
- olive oil
- butter
- dried pasta
- parmesan cheese
- 1 bunch fresh parsley

## 20 Minute Lo Mein

- 300g chicken thighs (boneless skinless)
- 125ml natural peanut butter
- soy sauce
- 1 lime
- chilli paste (Sriracha)
- brown sugar
- fresh ginger
- fresh garlic
- 2 carrots
- 1 red bell pepper
- 1 yellow bell pepper
- 150g fresh broccoli
- 225g noodles
- 1 bunch green onions

## Beef and Pepper Stir Fry

- soy sauce
- honey
- chilli paste (Sriracha)
- fresh ginger
- olive oil
- 1 courgette
- 600g rump steak
- spring onions
- fresh basil

## Easy Steak Fajitas

- 500g sirloin steak
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- Cajun spice mix
- 2 limes
- olive oil
- 1 avocado
- 150g sour cream
- 1 bunch coriander (cilantro)
- 10 small tortillas (or 5 large)

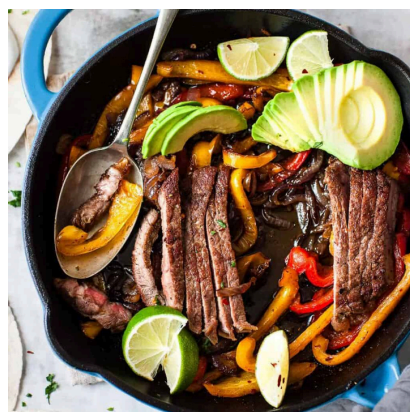
## Mediterranean Stuffed Peppers

- 3 bell peppers
- fresh garlic
- extra virgin olive oil
- dried oregano
- 500g cooked rice
- kalamata olives
- 1 lemon
- 200g cherry tomatoes
- 1/2 bunch fresh basil
- 200g feta

# Meal Plan 140- Prep Sheet



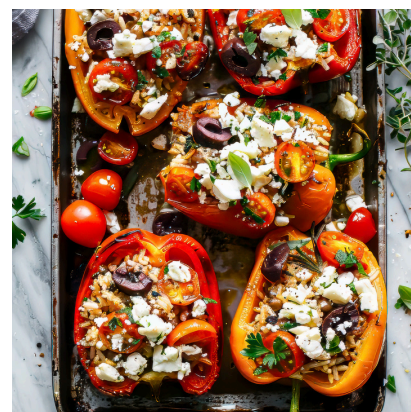
**Tomato Prawn Pasta**



**Easy Steak Fajitas**



**15 Minute Lo Mein**



**Mediterranean Stuffed Peppers**



**Beef and Pepper Stir Fry**

## **Tomato Prawn Pasta**

- **Storage:** Keep leftovers in an airtight container in the refrigerator for up to 3 days.
- **Reheat:** Gently reheat in a pan over low-medium heat with a splash of water or broth to keep the pasta from drying out.
- **Reinvent Leftovers:** Turn the leftover pasta into a baked pasta dish by mixing in some ricotta and mozzarella, topping with breadcrumbs, and baking until golden and bubbly.

## **Easy Steak Fajitas**

- **Storage:** Refrigerate leftovers separately in airtight containers for up to 3 days.
- **Reheat:** Warm the steak and vegetables together in a skillet over medium heat to preserve the flavors and texture. Serve fresh with tortillas and toppings.
- **Reinvent Leftovers:** Convert leftovers into a carne asada salad bowl by slicing the steak and vegetables over greens, adding your favourite dressing.

## **15 Minute Lo Mein**

- **Storage:** Store leftovers in an airtight container in the refrigerator for up to 3 days.
- **Reheat:** To reheat, use a skillet over medium heat, adding a little water or additional soy sauce to prevent drying out.
- **Reinvent Leftovers:** Transform the noodles into a cold salad by adding fresh vegetables and a light vinaigrette, or use them as a base for a soup by adding broth, additional vegetables, and protein.

## **Mediterranean Stuffed Peppers**

- **Storage:** Store any leftover stuffed peppers in an airtight container in the refrigerator for up to 3-4 days.
- **Reheat:** To reheat, place them in a baking dish, cover with foil, and warm in a preheated oven at 180°C (350°F) for about 15-20 minutes, or until heated through. Alternatively, for a quicker option, microwave individual peppers covered loosely with a microwave-safe lid or paper towel for 2-3 minutes on high.

## **Beef and Pepper Stir Fry**

- **Storage:** Prepped ingredients can be stored in separate containers in the fridge. Cooked stir-fry can be stored in the fridge for up to 2 days. The stir-fry sauce can also be made in advance and stored in a jar in the fridge.
- **Reheat:** Reheat the stir-fry in a skillet over medium heat to maintain the texture of the vegetables and beef. Adding a bit of water or additional stir-fry sauce can help prevent it from drying out.
- **Reinvent Leftovers:** Use any leftover beef stir-fry as a filling for wraps or over a bed of fresh greens for a hearty salad.