ALDI ALDI MEALPLAN 5 Dinners with shopping list

Neek



Meal Plan 141- Shopping List



<u>Cheeseburger Pasta</u>	<u>Sausage Pasta</u>	<u>Honey Chilli Chicken</u>
 500g minced beef 300g macaroni or short pasta 1 brown onion 2 cloves garlic 2 teaspoons paprika 1 x 400g tin chopped tomatoe 1 x chicken stock cube 175g cheddar 1/2 bunch parsley 100g mozzarella 	 2 shallots (or 1 onion) 3 cloves garlic 3 sausages (any type) 1 yellow bell pepper 1 x 400g tin cherry tomatoes (or chopped tomatoes) 100ml single cream fresh spinach 1 lemon 400g penne 	 4 boneless skinless chicken breasts cornstarch 300ml vegetable oil sweet chilli sauce soy sauce 2 limes honey fresh ginger fresh garlic topping- fresh red chillies,
Shredded Chicken Chilli	<u>Margherita Pizza</u>	spring onions, fresh coriander
500g boneless skinless chicken	400g strong flour	
3 bell peppers	yeast	
340g sweet corn	extra virgin olive oil	
1 jalapeno	sea salt	
1 red onion	honev	

fresh garlic

250g mushrooms

1 x 400g tin mixed beans

1 x 400g tin chopped tomatoes

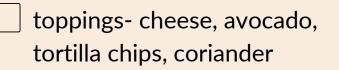
dried oregano

ground cumin

] chilli powder



chicken stock cube



500g box passata

 \perp tomato puree

garlic granules

dried oregano

dried basil

olive oil

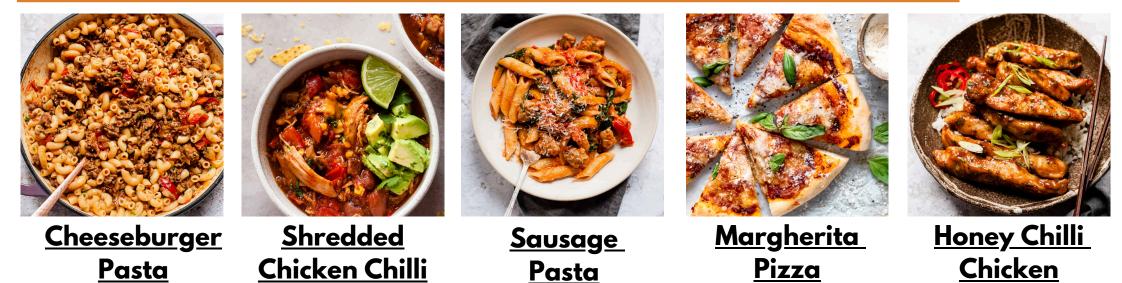


50g shredded mozzarella

fresh basil leaves

Meal Plan 141- Prep Sheet





Cheeseburger Pasta

- **Storage:** Place any leftover cheeseburger pasta in an airtight container and store it in the refrigerator for up to 3-4 days.
- **Reheat:** To reheat, you can use the microwave, stirring occasionally, until heated through. Alternatively, reheat on the stove over medium heat, adding a splash of milk or water to loosen the pasta.
- **Reinvent Leftovers:** Turn the leftovers into a cheesy pasta bake by transferring them to a baking dish, topping with extra cheese, and baking at 350°F (175°C) until the cheese is bubbly.

Shredded Chicken Chilli

- **Storage:** Store leftover chicken chili in an airtight container in the refrigerator for up to 4 days or freeze it for up to 4 months for best quality.
- Reheat: Reheat leftovers on the stove over medium heat until hot, or microwave, stirring occasionally. If the chili has thickened, add a little broth or water to reach the desired consistency.
 Reinvent Leftovers: Use the chili as a filling for tacos or burritos, or serve over baked potatoes or rice for a new meal.

<u>Margherita Pizza</u>

- **Storage:** Refrigerate leftover pizza slices in an airtight container for up to 3 days.
- Reheat: Reheat slices in a preheated oven at 375°F (190°C) on a baking sheet for about 5-10 minutes, or until the cheese is melted and the crust is crispy.

Honey Chilli Chicken

• **Storage:** Keep leftover honey chilli chicken in an airtight container in the refrigerator for up to 3 days. It's not recommended to freeze this dish as the coating may become soggy when thawed

Sausage Pasta

- **Storage:** Cool the sausage pasta completely and store it in an airtight container in the refrigerator for up to 3-4 days.
- **Reheat:** Gently reheat in the microwave, stirring occasionally, or on the stove with a splash of water or broth to keep the pasta moist.
- **Reinvent Leftovers:** Transform the leftover sausage pasta into a frittata by mixing it with beaten eggs and baking until the eggs are set.

- and reheated.
- Reheat: Reheat gently in the oven on a baking sheet at 350°F (175°C) until hot. This helps to keep the chicken crispy.
- **Reinvent Leftovers:** Slice the chicken and serve over a fresh salad, or wrap it up with some vegetables in a tortilla for a quick lunch wrap.