



Week  
141

# ALDI MEAL PLAN

5 Dinners  
with shopping  
list

Savvy Bites 





# Meal Plan 141- Shopping List

## Cheeseburger Pasta

- 500g minced beef
- 300g macaroni or short pasta
- 1 brown onion
- 2 cloves garlic
- 2 teaspoons paprika
- 1 x 400g tin chopped tomatoes
- 1 x chicken stock cube
- 175g cheddar
- 1/2 bunch parsley
- 100g mozzarella

## Sausage Pasta

- 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

## Honey Chilli Chicken

- 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, spring onions, fresh coriander

## Shredded Chicken Chilli

- 500g boneless skinless chicken
- 3 bell peppers
- 340g sweet corn
- 1 jalapeno
- 1 red onion
- fresh garlic
- 250g mushrooms
- 1 x 400g tin mixed beans
- 1 x 400g tin chopped tomatoes
- dried oregano
- ground cumin
- chilli powder
- chilli garlic spice (optional)
- chicken stock cube
- toppings- cheese, avocado, tortilla chips, coriander

## Margherita Pizza

- 400g strong flour
- yeast
- extra virgin olive oil
- sea salt
- honey
- 500g box passata
- tomato puree
- garlic granules
- dried oregano
- dried basil
- olive oil
- chilli flakes (optional)
- 50g shredded mozzarella
- fresh basil leaves

# Meal Plan 141- Prep Sheet



**Cheeseburger Pasta**



**Shredded Chicken Chili**



**Sausage Pasta**



**Margherita Pizza**



**Honey Chilli Chicken**

## **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 Chili**

- **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.

## **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.

## **Margherita Pizza**

- **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 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.