ALDI MEALPLAN

5 Dinners with shopping list



Meal Plan 142- Shopping List



<u>Thai Prawn Curry</u>	<u>Butternut Squash Gnocchi</u>	Pan Fried Lemon Salmon
 300g raw shrimp Thai red curry paste 1 x 400ml coconut milk 1 red onion 400g egg noodles honey 1 x lime 1 x courgette 300g sweetcorn (frozen or tin 1 bunch basil dark soy sauce 	 1 small butternut squash 3 sprigs fresh rosemary fresh garlic 1 yellow onion 1 x 500g pack gnocchi 50g parmesan cheese walnuts milk pancetta or prosciutto 1 ball mozzarella 	 4 fillets fresh skin on salmon 2 lemons olive oil butter fresh garlic 1 bunch parsley
Chicken and Prawn Tacos	<u>Chunky Beef Chilli</u>	
250g boneless skinless chicker	400g diced stewing beef	
165g king prawns	1 red onion	
chilli and garlic seasoning	fresh garlic	
Cajun seasoning	tomato puree	
garlic granules	chilli powder	

1 avocado

150ml Greek yogurt

1 lime



150g white cabbage

8 small flour tortillas

paprika

____ cumin

ightarrow cinnamon

1 x 400g tin mixed beans in tomato

sauce

 \perp 1 x 400g tin chopped tomatoes

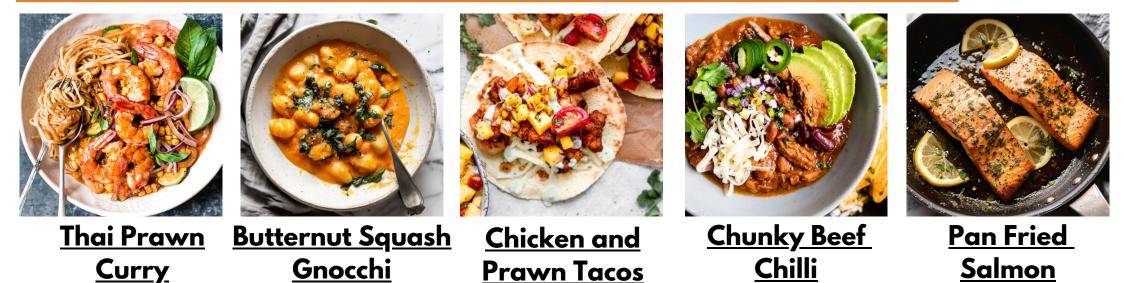
] 175ml apple juice

beef stock cube

for serving: shredded cheese, avocado, green jalapeno, coriander, tortilla chips, limes, sour cream, white rice

Meal Plan 142- Prep Sheet





<u>Thai Prawn Curry</u>

- **Storage:** Refrigerate for up to 3 days. Freezing not recommended.
- **Reheat:** Gently warm in a pan over low heat.
- **Reinvent:** Serve with quinoa or cauliflower rice, in wraps, or turn into a soup with extra veggies.

Butternut Squash Gnocchi

- **Storage:** Refrigerate cooked gnocchi for 2 days or freeze uncooked for 2 months.
- **Reheat:** Sauté in butter or olive oil. Cook frozen directly in boiling water.
- **Reinvent:** Mix with vegetables and pesto, add to soups, or pan-fry with a creamy sauce.

Chicken and Prawn Tacos

Chunky Beef Chilli

- **Storage:** Refrigerate for up to 4 days or freeze for up to 3 months.
- **Reheat:** Warm on the stovetop or thaw first if frozen.
- **Reinvent:** Serve over baked potatoes, in tacos, or make chili mac.

Pan Fried Salmon

- **Storage:** Refrigerate in an airtight container for up to 3 days. Avoid freezing.
- **Reheat:** Warm gently in a pan over low heat or microwave at 50% power.
- **Reinvent:** Incorporate into scrambled
- **Storage:** Refrigerate filling for up to 2 days; store tortillas separately.
- **Reheat:** Warm filling in a pan and tortillas in a dry pan or microwave.
- **Reinvent:** Use as salad topping, in lettuce wraps, or with rice for a hearty bowl.

eggs, salads, or make salmon cakes.