



Week 142

# ALDI MEAL PLAN

5 Dinners  
with shopping  
list

Savvy Bites 





# Meal Plan 142- Shopping List

## Thai Prawn Curry

- 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

## Butternut Squash Gnocchi

- 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

## Pan Fried Lemon Salmon

- 4 fillets fresh skin on salmon
- 2 lemons
- olive oil
- butter
- fresh garlic
- 1 bunch parsley

## Chicken and Prawn Tacos

- 250g boneless skinless chicken
- 165g king prawns
- chilli and garlic seasoning
- Cajun seasoning
- garlic granules
- 1 avocado
- 150ml Greek yogurt
- 1 lime
- 1/2 bunch coriander
- 150g white cabbage
- 8 small flour tortillas

## Chunky Beef Chilli

- 400g diced stewing beef
- 1 red onion
- fresh garlic
- tomato puree
- chilli powder
- paprika
- cumin
- cinnamon
- 1 x 400g tin mixed beans in tomato sauce
- 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



**Thai Prawn Curry**



**Butternut Squash Gnocchi**



**Chicken and Prawn Tacos**



**Chunky Beef Chili**



**Pan Fried Salmon**

## **Thai Prawn Curry**

- **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**

- **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.

## **Chunky Beef Chili**

- **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 eggs, salads, or make salmon cakes.