



Week
145

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 145- Shopping List

Stuffed Pasta Shells

- 20 large pasta shells
(or use regular pasta)
- 250g mascarpone
- 200ml red pepper sauce (or red pesto)
- 300g fresh baby spinach
- 1 yellow onion
- 4 cloves garlic
- dried oregano
- dried thyme
- dried rosemary
- 500ml passata
- 1 vegetable stock cube
- 200g shredded mozzarella

Easy Sausage Tray Bake

- 6-8 Cumberland sausages
- 1 red onion
- 10 fresh cherry tomatoes
- fresh garlic
- 2 bell peppers
- dried basil
- dried oregano
- chicken and steak seasoning
- 200g baby new potatoes
- 1 chicken (or vegetable) stock cube

Broccoli Gnocchi

- 500g gnocchi
- 1 head broccoli
- 1 vegetable stock cube
- 125g cream cheese
- 200g grated mozzarella

Peanut Butter Chicken

- 500g chicken breast
- 125g natural peanut butter
- 3 garlic cloves
- 60ml hoisin sauce
- 60ml soy sauce (light or dark)
- sesame oil
- corn starch (corn flour)
- green onions and peanuts for serving

Crispy Chilli Beef

- 500g sirloin steak
- corn starch
- baking powder
- dark soy sauce
- ketchup
- cider vinegar
- honey
- fresh ginger
- garlic cloves
- 1 red chilli pepper

Meal Plan 145- Prep Sheet



Broccoli Gnocchi



Crispy Chilli Beef



Easy Sausage Tray Bake



Peanut Butter Chicken



Cheesy Stuffed Pasta Shells

Broccoli Gnocchi

- **Storage:** Store leftover broccoli gnocchi in an airtight container in the refrigerator for up to 3 days.
- **Reheat:** Gently reheat the gnocchi in a skillet over medium heat with a bit of butter or oil to keep them from sticking, stirring occasionally until warmed through.

Crispy Chilli Beef

- **Storage:** Keep the crispy chilli beef in an airtight container in the refrigerator for up to 2 days to maintain optimal texture.
- **Reheat:** For best results, reheat in the oven on a wire rack at 350°F (175°C) until crispy and heated through, about 10-15 minutes. Avoid microwaving as it can make the beef soggy.
- **Reinvent:** Leftover crispy chilli beef makes a great wrap or salads for a spicy kick.

Easy Sausage Tray Bake

- **Storage:** Cool the leftover sausage tray bake and store in an airtight container in the refrigerator for up to 4 days.
- **Reheat:** Reheat leftovers in the oven at 350°F (175°C) until hot and crispy, about 10-15 minutes. Microwaving is quicker but may soften the texture.
- **Reinvent:** Leftover sausage and vegetables can be sliced up and added to a hearty stew or soup for a comforting next-day meal.

Peanut Butter Chicken

- **Storage:** Store in an airtight container in the refrigerator for up to 3 days.
- **Reheat:** Reheat gently in a saucepan over medium heat, adding a splash of water or chicken broth to thin the sauce if necessary, until heated through.
- **Reinvent:** Shred the leftover peanut butter chicken and use it as a filling for wraps, or stir it into a simple stir-fry with vegetables for a quick meal.

Cheesy Stuffed Pasta Shells

- **Storage:** Place any leftover stuffed pasta shells in an airtight container and refrigerate for up to 3 days. Ensure that they are cooled to room temperature before storing to prevent moisture buildup.
- **Reheat:** To reheat, place the shells in a baking dish, cover with aluminum foil, and warm in the oven at 350°F (175°C) for about 10-15 minutes or until heated through. Alternatively, microwave on medium power for 2-3 minutes, checking periodically.