



Week
146

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 146- Shopping List

Italian Mozzarella Chicken

- 600g chicken breast (boneless skinless)
- 85g smoked pancetta
- 1 yellow onion
- fresh garlic
- fresh rosemary
- fresh thyme
- 1 red bell pepper
- sundried tomatoes
- tomato puree (paste)
- Italian herb mix
- double cream (optional)
- 1 vegetable stock cube
- 100g shredded mozzarella
- fresh chopped parsley

Bang Bang Chicken Noodles

- 300g chicken breast (boneless, skinless)
- 200g noodles
- 1 red onion
- 1 courgette (zucchini)
- 2 small carrots
- 1 red bell pepper
- 1 green jalapeno
- 3 green onions
- 120g oyster sauce
- Sriracha chilli sauce
- dark soy sauce
- roasted peanuts

Sticky Chicken

- 500g chicken breast (boneless skinless)
- corn starch
- 1 red bell pepper
- soy sauce
- honey
- white wine vinegar
- oyster sauce
- fresh garlic
- fresh ginger

Pork Belly Slices

- 500g pork belly slices
- soy sauce
- 1 orange
- honey
- brown sugar
- cider vinegar
- fresh garlic

Curry Chicken Thighs

- 1 yellow onion
- fresh garlic
- fresh ginger
- 8 chicken thighs
- 1 x 400g tin chopped tomatoes
- 1 x 400ml tin coconut milk
- curry powder
- chilli powder
- honey
- 1 lime
- coriander

Meal Plan 146- Prep Sheet



Mozzarella Chicken



Bang Bang Chicken Noodles



Easy Sticky Chicken



Curry Chicken Thighs



Crispy Pork Belly Slices

Mozzarella Chicken

- **Storage:** Store any leftovers in an airtight container in the refrigerator for up to 3 days. You can also freeze this dish for up to 3 months.
- **Reheat:** Preheat your oven to 350°F (175°C). Place the chicken and sauce in an oven-safe dish and cover with aluminum foil to keep the moisture in. Heat for about 15-20 minutes or until the chicken is heated through.
- **Reinvent:** Use the leftover chicken and tomato sauce to make hearty sub sandwiches. Slice the chicken breasts and lay them on a fresh sub roll, spoon over some of the tomato sauce, and top with slices of mozzarella cheese. Place under a grill/ broiler for a few minutes until the cheese is melted and bubbly.

Easy Sticky Chicken

- **Storage:** Keep leftovers in an airtight container in the fridge for up to 4 days. This dish can also be frozen for up to 2 months.
- **Reheat:** Warm in a skillet over medium heat until the chicken is heated through and the sauce is bubbling. Alternatively, reheat in the microwave, covered, stirring occasionally to evenly distribute heat.
- **Reinvent:** Shred the leftover sticky chicken and use it as a topping for homemade pizza or stuff it into wraps with some fresh lettuce, diced tomatoes, and a drizzle hoisin sauce.

Crispy Pork Belly Slices

- **Storage:** Store in the refrigerator in an airtight container for 3-4 days. Freeze for up to 2 months for best quality.
- **Reheat:** Reheat in the oven at 180°C (350°F) until crispy and heated through. For a quick reheat, use the microwave at 50% power to avoid drying out the meat.
- **Reinvent:** Chop the pork belly into small pieces and fry until crispy. Serve over a salad or use as a protein addition to fried rice or noodles.

Bang Bang Chicken Noodles

- **Storage:** Best enjoyed fresh but can be stored in the fridge for up to 2 days in a tightly sealed container.
- **Reheat:** Briefly toss the noodles in a skillet on medium heat until warmed through. Adding a splash of water can help loosen them up.
- **Reinvent:** Use leftover noodles as a base for a cold noodle salad. Add fresh vegetables like sliced bell peppers, carrots, and a tangy vinaigrette for a refreshing meal.

Curry Chicken Thighs

- **Storage:** Refrigerate in a sealed container for up to 3 days. This dish can be frozen for up to 2 months.
- **Reheat:** Gently reheat in a saucepan on the stove over medium heat, stirring occasionally. Add a little water or chicken broth if the curry seems too thick.
- **Reinvent:** Pull the chicken from the bone and use it as a filling for savory pastries or as an addition to a hearty vegetable soup.