



Week
147

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 147- Shopping List

Slow Cooker Sausage Casserole

- 8-10 thick-cut pork sausages
- 1 red onion
- fresh garlic
- 2 red bell peppers
- brown chestnut mushrooms
- mixed dried herbs
- tomato purée (tomato paste)
- 400g (14oz) tin chopped tomatoes
- 500ml (2 cups) beef stock (use a stock cube)
- Worcestershire sauce
- 400g (14 oz) tin cannellini beans or navy beans

Baked Gnocchi

- 500 g (1lb) potato gnocchi
- 1 medium onion
- fresh garlic
- 500g (18 oz.) passata
- 250 g (1 cup) ricotta
- 3 sprigs rosemary
- fresh baby spinach
- 140 g (1 ¼ cups) fresh mozzarella
- 200 g (2 cups) Parmesan

Egg Rolls & Nasi Goreng Rice

- plain (all-purpose) flour
- 1 egg
- cornstarch
- 300 g (2/3 lb) ground pork or chicken
- 250 g (3 cups) cabbage
- 125 g (3/4 cups) carrots
- 50 g (1/2 cups) bean sprouts (optional)
- fresh ginger
- fresh garlic
- soy sauce
- oyster sauce
- sesame oil
- spring onions
- 3 eggs
- cooked jasmine or basmati rice
- 200g (1/2 lb) chicken breast
- small white onion
- 1 red chilli pepper
- kecap mani (Indonesian sweet soy sauce) or use teriyaki
- shrimp paste (optional)

Loaded Chicken Nachos

- 500g (1lb) mince (ground) chicken
- 1 pack fajita seasoning
- 1 red onion
- 200g (1 cup) shredded cheddar cheese
- 200g (10 oz) tortilla chips
- avocado
- 2 tomatoes
- 1 chilli pepper
- sour cream
- green onions
- 1/2 bunch coriander (cilantro)
- salsa

Buttermilk Chicken & Potatoes

- 500ml (2 cups) buttermilk
- 600g (1 1/3 lb) boneless skinless chicken thighs
- plain (all-purpose) flour
- garlic powder
- onion powder
- smoked paprika
- cayenne pepper
- vegetable oil
- 500g (1 lb) mini potatoes
- butter
- fresh garlic
- fresh rosemary

Meal Plan 147- Prep Sheet



Cheesy Baked Gnocchi



Loaded Chicken Nachos



Homemade Egg Rolls



Slow Cooker Sausage Casserole



Crispy Buttermilk Chicken

Loaded Chicken Nachos

- **Storage:** It's best to store the components separately. Keep the leftover chicken and toppings in separate airtight containers in the fridge for up to 3 days.
- **Reheat: Chicken and Toppings:** Reheat the chicken in a skillet or microwave until warmed through. Freshen up toppings as needed.
- **Nachos:** If assembled, reheat in the oven at 180°C (350°F) for about 5-7 minutes. Note that the chips may become less crispy.
- **Reinvent: Chicken Quesadillas:** Use the leftover chicken and toppings inside tortillas with cheese, then grill until the cheese melts.
- **Nacho Salad:** Crush the nacho chips over a bed of lettuce, add the chicken and toppings, and drizzle with dressing for a crunchy salad.

Cheesy Baked Gnocchi

- **Storage:** Allow to cool completely before storing in an airtight container in the refrigerator for up to 3 days.
- **Reheat:** Reheat in the oven at 180°C (350°F) for about 15 minutes until heated through. Alternatively, microwave in a microwave-safe dish until warm.
- **Reinvent: Gnocchi Soup:** Add the leftover gnocchi to a pot of vegetable or chicken broth with some added veggies for a hearty soup.
- **Gnocchi Skillet:** Sauté the gnocchi with some spinach, cherry tomatoes, and a splash of cream for a quick skillet meal.

Egg Rolls & Nasi Goreng Rice

- **Storage: Egg Rolls:** Place any leftover egg rolls in an airtight container and refrigerate for up to 2 days.
- **Nasi Goreng Rice:** Allow the rice to cool, then store in an airtight container in the fridge for up to 3 days.
- **Reheat: Egg Rolls:** Reheat in the oven at 180°C (350°F) for 10 minutes to maintain their crisp texture.
- **Nasi Goreng Rice:** Reheat in a skillet over medium heat, stirring occasionally until heated through.
- **Reinvent: Egg Roll Bowl:** Chop up the egg rolls and serve over a bowl of steamed rice or quinoa with extra veggies.

Slow Cooker Sausage Casserole

- **Storage:** Once cooled, transfer to an airtight container and refrigerate for up to 3 days. You can also freeze it for up to 2 months in a freezer-safe container.
- **Reheat:** Reheat on the stovetop over medium heat until warmed through, stirring occasionally. If frozen, thaw overnight in the fridge before reheating.
- **Reinvent: Sausage Pasta Bake:** Combine the leftover casserole with cooked pasta, top with grated cheese, and bake until the cheese is melted and bubbly.
- **Stuffed Baked Potatoes:** Spoon the casserole over baked potatoes and sprinkle with cheese for a comforting meal.

Meal Plan 147- Prep Sheet



Cheesy Baked Gnocchi

Loaded Chicken Nachos

Homemade Egg Rolls

Slow Cooker Sausage Casserole

Crispy Buttermilk Chicken

Buttermilk Chicken & Potatoes

- **Storage:**
- **Buttermilk Chicken:** Let the chicken cool completely before storing. Place it in an airtight container and refrigerate for up to 3 days.
- **Crispy Garlic Potatoes:** Once cooled, store the potatoes in an airtight container in the fridge for up to 3 days.
- **Reheat:**
- **Buttermilk Chicken:** To keep the chicken crispy, reheat in a preheated oven at 180°C (350°F) for 10-15 minutes until warmed through.
- **Crispy Garlic Potatoes:** Reheat in the oven at 180°C (350°F) for about 10 minutes to restore their crispiness.
- **Reinvent:**
- **Chicken Wraps:** Slice the leftover chicken and wrap it in tortillas with fresh veggies and your favorite sauce.
- **Chicken and Potato Salad:** Chop the chicken and potatoes, then toss with mixed greens, cherry tomatoes, and a light vinaigrette for a hearty salad.