



Week
149

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 149- Shopping List

Chicken Stroganoff

- 500g (1lb) chicken breast
- 1 medium onion
- fresh garlic
- 225g brown mushrooms
- chicken broth (stock cube)
- sour cream
- plain (all-purpose) flour
- dijon mustard
- paprika
- fresh parsley
- egg noodles or rice

Asian Beef Stir Fry

- soy sauce
- honey
- Sriracha
- fresh ginger
- fresh garlic
- 3 bell peppers (any colour)
- 1 courgette
- 600g (1 1/3 lb) rump steak
- 1/2 bunch each spring onions and fresh basil

Easy Vegetable Pasta Bake

- penne pasta
- 1 yellow onion
- fresh garlic
- 1 red bell pepper
- 1 yellow bell pepper
- 1 courgette (zucchini)
- 1 carrot
- 1 x 400g chopped tomatoes
- 200g passata
- tomato purée
- dried oregano
- dried basil
- shredded mozzarella
- grated parmesan
- fresh basil

Sausage & Bean Casserole

- 1 yellow onion
- fresh thyme
- white wine
- chicken stock (use a cube)
- 1 x 400g tin butter beans
- baby spinach
- 6 Cumberland sausages
- 1 lemon
- breadcrumbs
- crème fraîche or sour cream
- parmesan cheese

30 Minute Dhal Curry

- fresh ginger
- 1 yellow onion
- fresh garlic
- Thai red curry paste
- medium curry powder
- red lentils
- butternut squash
- baby spinach
- 250g fresh cherry tomatoes
- vegetable stock cube

Meal Plan 149- Prep Sheet



Chicken Stroganoff



Asian Beef Stir Fry



Easy Vegetable Pasta Bake



Sausage & Bean Casserole



30 Minute Dhal Curry

Chicken Stroganoff

- **Storage:** Allow the stroganoff to cool completely before transferring it to an airtight container. Refrigerate for up to 3 days. If you've served it with noodles or rice, store them separately to prevent them from becoming soggy.
- **Reheat:** Stovetop: Reheat the stroganoff over medium heat, stirring occasionally until warmed through. You may need to add a splash of water or broth to loosen the sauce.
- **Microwave:** Place in a microwave-safe dish, cover, and heat on medium power, stirring every minute until hot.

Asian Beef Stir Fry

- **Storage:** Cool completely and store in an airtight container in the refrigerator for up to 2 days. For best results, store the rice or noodles separately.
- **Reheat: Stovetop:** Reheat in a skillet over medium-high heat, stirring frequently until heated through.
- **Microwave:** Transfer to a microwave-safe dish and heat on high, stirring halfway through, until warm.
- **Reinvent: Beef Stir Fry Wraps:** Wrap the leftover stir fry in lettuce leaves or tortillas for a quick and tasty meal.
- **Stir Fry Fried Rice:** Chop the beef and stir fry, then mix with cooked rice in a pan to make a flavorful fried rice.

Easy Vegetable Pasta Bake

- **Storage:** Once cooled, cover the baking dish with foil or transfer to an airtight container. Refrigerate for up to 3 days.
- **Reheat: Oven:** Preheat the oven to 180°C (350°F). Reheat the pasta bake covered with foil for 20 minutes, then remove the foil and bake for an additional 5 minutes to crisp the top.
- **Microwave:** Place a portion in a microwave-safe dish and heat on medium power until warmed through.
- **Reinvent: Stuffed Peppers:** Fill halved bell peppers with the leftover pasta bake, top with cheese, and bake until the peppers are tender.

Sausage & Bean Casserole

- **Storage:** Allow to cool completely before transferring to an airtight container. Refrigerate for up to 3 days or freeze for up to 2 months.
- **Reheat: Stovetop:** Reheat over medium heat, stirring occasionally until hot.
- **Microwave:** Place in a microwave-safe bowl, cover, and heat, stirring every minute until warmed through.
- **Reinvent: Casserole Toasties:** Spoon the reheated casserole over toasted bread or baguette slices, top with grated cheese, and grill until the cheese melts.
- **Sausage and Bean Soup:** Add vegetable or chicken broth to the casserole to create a hearty soup. Serve with crusty bread.

30 Minute Dhal Curry

- **Storage: Dhal Curry:** Cool completely before storing in an airtight container. Refrigerate for up to 4 days or freeze for up to 2 months.
- **Reheat: Stovetop:** Warm the dhal over medium heat, stirring occasionally. Add a little water if it has thickened too much.
- **Microwave:** Transfer to a microwave-safe dish, cover, and heat, stirring every minute until hot.
- **Reinvent: Dhal Stuffed Flatbreads:** Use the leftover dhal as a filling for roti or naan bread. Add some chopped fresh herbs and fold or roll up.