

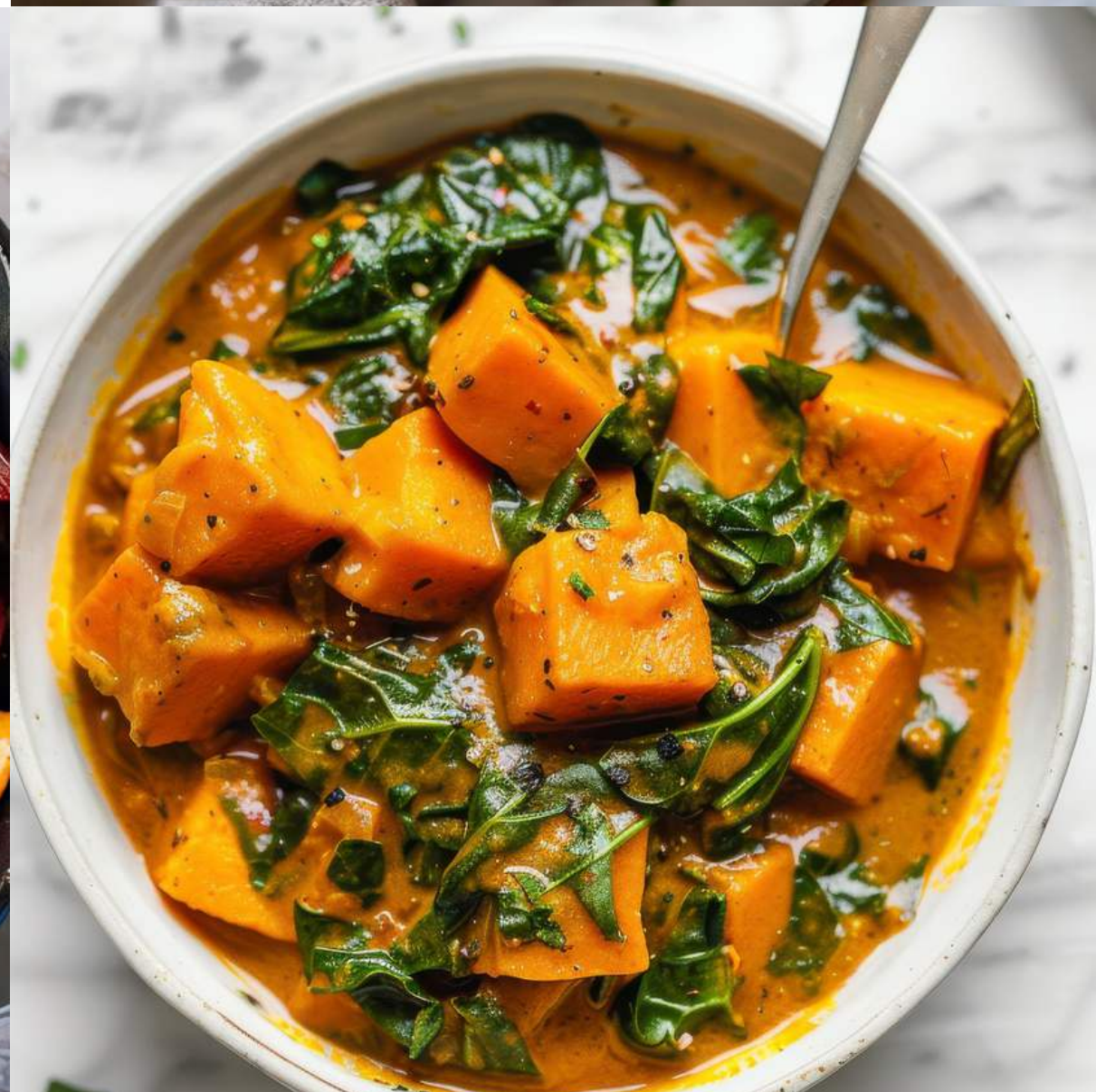


Week
150

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 150- Shopping List



Broccoli Gnocchi

- 500g (1lb) shelf stable gnocchi
- 1 head broccoli
- vegetable stock/ broth (stock cube)
- 125g (1/2 c) cream cheese
- 200g (2 cups) mozzarella

Slow Cooked Beef Stew

- 400g (1 lb) lean stewing beef
- 1 yellow onion
- fresh garlic
- 4 carrots
- 1 head celery
- plain flour
- tomato puree (tomato paste)
- english mustard
- Worcestershire sauce
- red wine
- beef stock (broth) -use a stock cube
- plain (all-purpose) flour
- baking powder
- strong (sharp) cheddar
- butter
- milk
- 1 bunch parsley

Chicken and Rice Soup

- 250g (3 cups) brown mushrooms
- celery (*leftover from beef stew)
- carrots
- fresh garlic
- basmati rice
- 200g (1/2 lb) boneless skinless chicken breasts
- 1 x 400g chopped tomatoes
- chicken stock/ broth (use a stock cube)
- butter
- plain flour (all-purpose)
- milk

Sweet Potato Curry

- 500g (1 lb) sweet potatoes
- 1 red onion
- fresh garlic
- chicken stock (use a cube)
- fresh ginger
- Thai red curry paste
- 400ml (14oz) coconut milk
- baby spinach
- cashews
- 1 bunch fresh basil
- 1 bunch fresh coriander (cilantro)

Steak Fajitas

- 500g (1 lb) sirloin steak
- 1 red pepper
- 1 yellow pepper
- 1 red onion
- Cajun spice mix
- 1 lime
- 1 avocado
- sour cream or Greek yogurt
- 1 bunch coriander (cilantro)
- 8-10 flour (or corn) tortillas

Meal Plan 150- Prep Sheet



Broccoli Gnocchi



Chicken and Rice Soup



Sweet Potato Curry



Steak Fajitas



Beef Stew

Broccoli Gnocchi

- **Storage:** Cool completely; refrigerate in an airtight container for up to 3 days.
- **Reheat (Stovetop):** Heat a nonstick pan with a little oil; add gnocchi and stir gently until warmed.
- **Reheat (Microwave):** Heat on medium, covered, for 1-2 minutes, stirring halfway.
- **Reinvent Leftovers:** Toss with extra veggies or chicken for a quick lunch bowl.

Chicken and Rice Soup

- **Storage:** Store in an airtight container in the fridge for up to 4 days.
- **Reheat (Stovetop):** Simmer gently until hot; add water or broth if too thick.
- **Reheat (Microwave):** Heat on high in a microwave-safe bowl, stirring halfway.
- **Reinvent Leftovers:** Add extra veggies or shredded chicken, or turn it into a casserole by mixing in cheese and baking.

Sweet Potato Curry

- **Storage:** Keep leftovers in an airtight container for up to 3 days.
- **Reheat (Stovetop):** Warm on low heat; stir in a splash of coconut milk if thickened.
- **Reheat (Microwave):** Heat on medium-high, covered, stirring halfway.
- **Reinvent Leftovers:** Serve over roasted cauliflower or use as a filling for wraps with fresh greens.

Steak Fajitas

- **Storage:** Refrigerate meat and veggies separately in airtight containers for up to 3 days.
- **Reheat (Stovetop):** Sauté with a small amount of oil over medium heat.
- **Reheat (Microwave):** Warm in short bursts, stirring once to avoid overcooking.
- **Reinvent Leftovers:** Slice the steak thin and toss into a salad or tuck into quesadillas with cheese.

Beef Stew

- **Storage:** Cool completely; store in a covered container for 2-3 days.
- **Reheat (Stovetop):** Gently heat beef in a saucepan; warm scones in a low oven.
- **Reheat (Microwave):** Heat beef in bursts; briefly microwave scones or warm in toaster oven.
- **Reinvent Leftovers:** Shred the beef and serve over mashed potatoes or add the scones as a savory side to soups.