



Week
151

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 151- Shopping List

Pork belly slices

- 500 g (1 lb) pork belly slices
- light soy sauce
- juice of 1 orange
- honey
- brown sugar
- cider vinegar
- Fresh garlic

Peanut Ramen

- 350g chicken breasts, boneless skinless
- fresh garlic
- red Thai curry paste
- light soy sauce
- peanut butter (crunchy or smooth)
- 400 ml (13 ½ floz) coconut milk
- 400 ml (13 ½ floz) chicken broth, use a stock cube
- 300 g (⅔ lb) udon noodles
- 60g Mangetouts, snow peas
- 1 bunch Coriander, cilantro
- Chilli oil
- 1 lime

One Pot Lasagna

- 500 g (1 lb) lean minced beef
- 250 g (½ lb) chorizo sausage
- 1 yellow onion
- garlic
- dried Italian seasoning
- 500 g (3 cups) passata or chopped/crushed tomatoes
- 750 ml (3 cups) beef stock
- 10 lasagna sheets
- 250 g (1 cup) mascarpone
- 1 egg
- 30 g (¼ cups) grated parmesan
- 30 g (¼ cups) mozzarella
- 180 g (1 ½ cups) shredded mozzarella
- 1 bunch basil

Stuffed Peppers with Rice

- 3 bell peppers (any colour)
- Garlic
- Dried Oregano
- 500 g (3 cups) Cooked Rice, warmed
- Kalamata Olives
- 1 Lemon
- 200 g Cherry Tomatoes, halved
- ½ bunch Basil, chopped
- 200g, (1 ¼ cups) Feta

Butternut Squash and Sweet Potato Soup

- 1 butternut squash
- 2 sweet potatoes
- 1 yellow onion
- garlic
- 400 ml (14 ounces) tin full fat coconut milk
- ground cumin
- cinnamon
- chilli powder
- chilli flakes
- 750 ml (3 cups) vegetable or chicken stock

Meal Plan 151- Prep Sheet



Pork Belly



Chicken and
Peanut Butter
Ramen



One Pan
Lasagna



Rice Stuffed
Peppers



Butternut Squash
& Sweet Potato
Soup

Pork Belly

- **Storage:** Cool completely; refrigerate in a sealed container for up to 3 days.
- **Reheat:**
- **Stovetop:** Warm slices in a pan over low heat, adding a splash of water if needed.
- **Microwave:** Heat in short bursts, covered, to prevent drying.
- **Reinvent Leftovers:** Chop and add to fried rice or toss into a quick stir-fry.

Chicken & Peanut Butter Ramen

- **Storage:** Keep broth and noodles separate if possible; store in airtight containers up to 2 days.
- **Reheat:**
- **Stovetop:** Warm broth until simmering; add noodles and chicken.
- **Microwave:** Heat broth in a microwave-safe bowl; stir in noodles and chicken before heating again.
- **Reinvent Leftovers:** Add extra veggies or shredded chicken for a heartier soup.

One Pot Lasagna

- **Storage:** Refrigerate tightly covered for up to 3 days.
- **Reheat:**
- **Stovetop:** Place slices in a covered skillet with a bit of water to maintain moisture.
- **Microwave:** Heat individual portions in short intervals, checking for even warming.
- **Reinvent Leftovers:** Slice and layer into a wrap or stuff in bell peppers for a quick bake.

Rice Stuffed Peppers

- **Storage:** Store in an airtight container in the fridge for up to 3 days.
- **Reheat:**
- **Stovetop:** Heat in a covered pan with a splash of water or broth.
- **Microwave:** Warm peppers on medium power, covered, to maintain moisture.
- **Reinvent Leftovers:** Chop and mix with scrambled eggs or add to a simple soup base.

Butternut Squash and Sweet Potato Soup

- **Storage:** Keep in a sealed container for 3-4 days in the fridge.
- **Reheat:**
- **Stovetop:** Gently warm over medium heat; add extra stock if thickened.
- **Microwave:** Heat in a microwave-safe bowl in short bursts, stirring well.
- **Reinvent Leftovers:** Use as a sauce over pasta or grains, or stir into a curry for added creaminess.