



Week
152

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 152- Shopping List

Curry Chicken Thighs

- 1 onion
- garlic
- thumb-size piece ginger
- 1 kg (2 lb) chicken thighs, skin-on, bone-in
- 400 g (14 oz) tin chopped tomatoes
- 400 ml (14 oz) tin coconut milk
- curry powder
- chili powder
- honey
- 1 lime
- ½ bunch fresh coriander

Meatballs in Tomato Sauce

- 750 g (1 ⅔ lb) minced beef & pork mix
- 1 egg
- milk
- dried oregano
- dried basil
- Italian pasta mix
- Italian herb mix
- fresh rosemary
- 50 g (½ cup) Grana Padano cheese
- 1 red onion
- 4 cloves garlic
- tomato puree (paste)
- 500 ml (2 cups) passata

Salmon Curry

- 500 g (1 lb) salmon fillets, 2 salmon fillets
- demerara sugar
- curry powder
- ground ginger
- garlic powder
- garlic
- fresh ginger
- Thai red curry paste
- 400 ml (14 oz) coconut milk
- soy sauce
- 1 lime
- 100 g (3 cups) fresh spinach
- fresh basil
- fresh coriander

Spinach & Ricotta Pasta

- 500 g (2 cups) spaghetti
- garlic
- 225 ml (6 floz) single cream (heavy cream)
- 250 g (8 ⅝ oz) full-fat ricotta
- 50 g (1 ¾ oz) parmesan
- 175 g (5 ½ cups) spinach
- 1 lemon
- pasta seasoning
- chili flakes
- 1 bunch parsley

Cauliflower Cheese Soup

- 1 small head cauliflower
- butter
- garlic
- 1 yellow onion
- fresh thyme
- 2 small carrots
- 1 courgette
- 250 ml (1 cup) whole milk
- 750 ml (3 cups) vegetable stock
- 100 g (1 cup) shredded cheddar
- mixed spice (or use allspice in the USA)
- chilli powder

Meal Plan 152- Prep Sheet



Curry Chicken Thighs

Meatballs in Tomato Sauce

Coconut Salmon Curry

Spinach and Ricotta Pasta

Cauliflower Cheese Soup

Curry Chicken Thighs

- **Storage:** Cool completely; store in an airtight container for up to 3 days.
- **Reheat (Stovetop):** Warm in a covered pan over low heat; add a splash of stock if needed.
- **Reheat (Microwave):** Heat in short bursts, covered, stirring halfway.
- **Reinvent Leftovers:** Shred and add to wraps, or serve over roasted veggies.

Meatballs In Tomato Sauce

- **Storage:** Refrigerate in a sealed container for up to 3 days.
- **Reheat (Stovetop):** Simmer gently in a pot; add a little water if sauce is too thick.
- **Reheat (Microwave):** Heat on medium power in a covered dish, stirring halfway.
- **Reinvent Leftovers:** Slice meatballs for subs, or top a homemade pizza.

Coconut Salmon 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.

Spinach and Ricotta Pasta

- **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.

Cauliflower Cheese Soup

- **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.