



Week
153

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 153- Shopping List

Sausage Tray Bake

- 6 sausages, any type
- 1 red onion
- garlic
- 8-10 cherry tomatoes
- 2 bell peppers
- dried basil
- dried oregano
- chicken and steak seasoning
- 200 g (7 oz) mini potatoes
- 350 ml (11 5/8 fl oz) chicken stock made with a stock cube

Chicken Stroganoff

- 450 g (1 lb) chicken breast
- 1 yellow onion
- garlic
- 225 g (3 cups) brown mushrooms
- 240 ml (1 cup) chicken broth (use a stock cube)
- 240 ml (1 cup) sour cream
- plain (all-purpose) flour
- dijon mustard
- paprika
- fresh parsley
- cooked egg noodles or rice

Gnocchi Bake

- 500 g (1 lb) potato gnocchi
- 1 yellow onion
- garlic
- 500 g (18 oz) passata
- 250 g (1 cup) ricotta
- fresh rosemary
- 1/2 bag baby spinach
- 140 g (1 1/4 cups) fresh mozzarella
- 200 g (2 cups) Parmesan

Chicken Chili

- 500 g (1 pound) boneless, skinless chicken breast
- 3 bell peppers
- 340 g (2 cups) sweetcorn
- 1 jalapeno pepper
- 1 red onion
- garlic
- 250 g (2 1/2 cups) mushrooms
- 400g (14 oz) taco mixed beans or kidney beans
- 400 g (2 1/2 cups) chopped tomatoes
- dried oregano
- ground cumin
- chili powder
- chili garlic spice
- 500 ml (2 cups) chicken stock (use a stock cube)
- cheese, avocado, tortilla chips, coriander (for serving)

15 Minute Stir Fry Noodles

- 200 g (7 oz) egg noodles
- 600g (1 lb) stir fry vegetables
- red chilli pepper
- thumb-size piece ginger
- garlic
- light soy sauce
- dark soy sauce
- 1 lime
- 120 g (1/2 cups) oyster sauce
- dry roasted peanuts
- 1 bunch coriander (cilantro)

Meal Plan 153- Prep Sheet



Easy Sausage Tray Bake

Creamy Chicken Stroganoff

Easy Cheesy Gnocchi Bake

Easy Chicken Chilli

15 Minute Noodle Stir Fry

Easy Sausage Tray Bake

- **Storage:** Cool completely; store in an airtight container for up to 3 days.
- **Reheat (Stovetop):** Warm in a pan over low, adding a splash of oil if needed.
- **Reheat (Microwave):** Heat in short bursts, covered, stirring once.
- **Reinvent Leftovers:** Slice sausages and add to a quick pasta dish or breakfast hash.

Creamy Chicken Stroganoff

- **Storage:** Keep in a sealed container for up to 3 days in the fridge.
- **Reheat (Stovetop):** Gently heat in a skillet; add a little broth if sauce thickens.
- **Reheat (Microwave):** Warm on medium power, stirring halfway.
- **Reinvent Leftovers:** Spoon over baked potatoes for a quick casserole.

Cheesy Baked Gnocchi

- **Storage:** Refrigerate in an airtight container for up to 3 days.
- **Reheat (Stovetop):** Sauté in a nonstick pan with a drizzle of oil until heated.
- **Reheat (Microwave):** Cover and heat in 30-second intervals, stirring between.
- **Reinvent Leftovers:** Turn into a quick skillet bake with extra cheese and veggies.

Easy Chicken Chilli

- **Storage:** Store in a sealed container for up to 3 days; can also be frozen.
- **Reheat (Stovetop):** Simmer gently, adding water if needed to thin.
- **Reheat (Microwave):** Heat on medium, covered, stirring halfway through.
- **Reinvent Leftovers:** Use as a filling for burritos or top nachos for a quick snack.

15 Minute Noodle Stir Fry

- **Storage:** Cool and refrigerate in an airtight container for up to 2 days.
- **Reheat (Stovetop):** Stir-fry briefly with a splash of sauce or water.
- **Reheat (Microwave):** Heat covered in short bursts, stirring to distribute heat.
- **Reinvent Leftovers:** Wrap in lettuce leaves for a quick lunch or mix with cooked protein for a heartier meal.