



Week
154

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 154- Prep Sheet



Beef and Ale Stew



Easy Sticky Chicken



Easy Cheesy Gnocchi Bake



Ricotta Stuffed Shells



Easy Chicken Korma

Beef And Ale Stew

- **Storage:** Cool completely and store in an airtight container for up to 3 days.
- **Reheat (Stovetop):** Warm gently over low heat; add stock if it's too thick.
- **Reheat (Microwave):** Heat in short bursts, stirring halfway to ensure even warming.
- **Reinvent Leftovers:** Serve over mashed potatoes or transform into a pie with a puff pastry topping.

Gnocchi Bake

- **Storage:** Refrigerate in a sealed container for up to 3 days.
- **Reheat (Stovetop):** Sauté in a nonstick pan with a drizzle of oil until heated through.
- **Reheat (Microwave):** Heat in short intervals, covered, stirring gently.
- **Reinvent Leftovers:** Turn into a quick skillet pasta dish by adding chopped veggies or leftover sauce.

Easy Sticky Chicken

- **Storage:** Keep in an airtight container for up to 3 days in the fridge.
- **Reheat (Stovetop):** Warm in a pan over medium-low heat; add a bit of water or sauce if needed.
- **Reheat (Microwave):** Heat in short, covered bursts, stirring once.
- **Reinvent Leftovers:** Shred and toss into salads, wraps, or fried rice for extra flavor.

Vegetarian Stuffed Pasta Shells

- **Storage:** Store in a covered dish for up to 2-3 days in the fridge.
- **Reheat (Stovetop):** Place shells in a covered skillet with a splash of water or sauce; heat on low.
- **Reheat (Microwave):** Warm on medium power, covered, stirring sauce if needed.
- **Reinvent Leftovers:** Chop and layer into a quick lasagna or fold into an omelet for a hearty brunch.

Slow Cooker Chicken Korma

- **Storage:** Cool and refrigerate in an airtight container for up to 3 days.
- **Reheat (Stovetop):** Simmer gently, adding a little water or coconut milk if it's too thick.
- **Reheat (Microwave):** Heat in short bursts, covered, stirring to distribute heat.
- **Reinvent Leftovers:** Serve over baked potatoes or use as a filling for wraps with fresh veggies.

Meal Plan 154- Shopping List

Beef And Ale Stew

- 1 kg (2 ¼ lb) beef brisket
- 2 tablespoons vegetable oil
- 1 large onion
- garlic
- fresh rosemary
- fresh thyme leaves
- 2 medium carrots
- 3 sticks celery
- flour
- tomato puree
- 300 ml (1 ¼ cups) dark ruby ale
- 400 ml (1 ¾ cups) beef stock, made with a stock cube
- 1 bay leaf
- Worcestershire sauce
- Salt to taste

Gnocchi Bake

- 500 g (1 lb) potato gnocchi
- 1 yellow onion
- garlic
- 500 g (18 oz) passata
- 250 g (1 cup) ricotta
- fresh rosemary
- ½ bag baby spinach
- 140 g (1 ¼ cups) fresh mozzarella
- 200 g (2 cups) Parmesan

Easy Sticky Chicken

- 500 g (1 lb) boneless skinless chicken
- corn starch or flour
- vegetable or olive oil
- 1 red bell pepper
- 150 ml (¾ cups) soy sauce
- 75 ml (⅓ cups) honey
- white wine vinegar
- 120 g (½ cups) sachet oyster sauce, optional
- garlic
- 1- inch piece grated ginger

Vegetarian Stuffed Pasta Shells

- 20 large pasta shells
- 250 g (1 cup) tub mascarpon
- 85 g (⅓ cup) red pepper sauce
- 300 g (4 cups) spinach, wilted
- 1 onion
- garlic
- dried thyme
- dried oregano
- dried rosemary
- 500 g (2 cups) tomato passata
- 200 ml (1 cup) vegetable stock, made with a stock cube
- 175 g (1 ½ cups) shredded mozzarella

Slow Cooker Chicken Korma

- 1 kg chicken thighs
- 175 grams full-fat Greek yogurt
- garam masala
- cumin
- curry powder
- coriander
- turmeric,
- 1 lime
- chili powder
- chili flakes
- Zest of 1 lemon
- 1 medium yellow onion
- 1 shallot
- garlic
- 2- inch piece ginger
- 1 tin, 400ml full-fat coconut milk
- tomato paste