



Week 156

ALDI MEAL PLAN

5 Dinners with shopping list

Savvy Bites 



BONUS RECIPE



Meal Plan 156- Prep Sheet



Salmon Tray Bake



Bang Bang Chicken Noodles



Chicken Goujons with Coleslaw



Brown Sugar Pork Chops



One Pot Rice and Peas

Salmon Tray Bake

Storage

- Fridge: Store cooked salmon and vegetables in separate airtight containers for up to 3 days.
- Freezer: Salmon can be frozen for up to 2 months. Avoid freezing the veggies as they may go mushy when reheated.

Reheat

- Salmon: Warm gently in a 160°C oven for 10 minutes or microwave for 1-2 minutes, loosely covered.
- Veggies: Reheat in a skillet with a splash of water or olive oil until warmed through.

Reinvent Leftovers

- Fish Cakes: Flake leftover salmon, mix with mashed potato, herbs, and breadcrumbs. Pan-fry until golden.
- Salmon Salad Bowl: Serve cold over leafy greens with leftover roasted veg, boiled eggs, and a simple vinaigrette.
- Rice Bowl: Add salmon to reheated rice or noodles with soy sauce and sesame oil.

Bang Bang Chicken Noodles

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not ideal due to noodle texture changes.

Reheat

- Reheat in a pan or microwave with a splash of water or broth to loosen the sauce and keep noodles from drying out.

Reinvent Leftovers

- Stir-Fry Wraps: Use as a filling for lettuce wraps or tortilla wraps with extra chili sauce.
- Noodle Omelette: Mix with eggs and cook in a non-stick pan for a crispy noodle omelette.
- Soup Base: Add broth and extra veg to turn into a spicy noodle soup.

Chicken Goujons with Coleslaw

Storage

- Goujons: Store in the fridge for up to 3 days. Can be frozen once cooked (up to 2 months).
- Coleslaw: Store in an airtight container in the fridge for up to 3 days.

Reheat

- Goujons: Reheat in the oven at 180°C for 10-12 minutes until crispy.
- Coleslaw: Best served cold. Stir before serving.

Reinvent Leftovers

- Chicken Wraps: Slice goujons and add to tortillas with coleslaw and your favorite sauce.
- Chicken Caesar-ish Salad: Toss sliced goujons with romaine, Parmesan, and a quick mayo-mustard dressing.
- Goujon Tacos: Use slaw as a base and top with chopped goujons and hot sauce.

Brown Sugar Pork Chops

Storage

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze cooked pork chops (without sauce if possible) for up to 2 months.

Reheat

- Reheat gently in a covered pan with a splash of water or broth to keep the pork juicy. Microwave works too, but cover and go low and slow.

Reinvent Leftovers

- Pork Fried Rice: Dice the pork and fry with leftover rice, eggs, veg, and soy sauce.
- Pork Sandwiches: Slice and layer in crusty bread with mustard or BBQ sauce.
- Taco Filling: Dice and warm the pork, then use it in tacos with slaw or pickled onions.

One Pot Rice and Peas

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze in portions for up to 2 months.

Reheat

- Reheat in a pan or microwave with a splash of water to prevent drying out. Stir occasionally for even heat.

Reinvent Leftovers

- Fried Rice: Turn into a quick fried rice with eggs and any leftover veg or protein.
- Stuffed Peppers: Use as a filling for roasted peppers, top with cheese, and bake.
- Rice Bowls: Layer with leftover meats, fresh veggies, and a drizzle of sauce for an easy lunch bowl.

Meal Plan 156- Shopping List

Salmon Tray Bake

- 500 g boneless salmon
- 500 g baby new potatoes
- 1 bunch asparagus
- 4 tablespoons olive oil
- Sea salt and pepper to taste
- 85 g salted butter
- 2 tablespoons honey
- 2 cloves garlic
- ½ bunch parsley
- 1 lemon

Bang Bang Chicken Noodles

- 300 g chicken breast
- 200 g brown rice noodles or other long noodles
- 1 tablespoon olive oil
- 1 red onion
- 1 courgette
- 2 small carrots
- 1 red pepper
- 1 green jalapeño
- 3 green onions
- ½ bunch fresh basil
- ½ bunch fresh coriander
- 120 g oyster and spring onion sauce
- 2 tablespoons Sriracha
- 3 tablespoons dark soy sauce
- 2 tablespoons water
- 3 tablespoons roasted peanuts

Chicken Goujons with Coleslaw

- 500 g chicken breast
- 120 g breadcrumbs (panko or regular)
- 60 g plain flour
- 2 large eggs
- 1 teaspoon paprika
- Salt and pepper to taste
- Olive oil for drizzling
- Parmesan cheese (optional)
- ½ head red cabbage
- ½ head green cabbage
- 2 large carrots
- 1 small apple (optional)
- 250 ml mayonnaise
- 2 tablespoons apple cider vinegar
- Dijon mustard
- Salt and pepper
- Sugar (optional)

Brown Sugar Pork Chops

- 4 boneless pork chops
- 2 tablespoons brown sugar
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon Cajun seasoning
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- Salt and pepper to taste

One Pot Rice and Peas

- 2 tablespoons olive oil
- 1 onion
- 2 cloves garlic
- ½-1 red chili
- ½ teaspoon Cajun spice
- chicken seasoning
- 1-inch piece ginger
- 4 sprigs thyme
- 400 g red kidney beans
- 1 vegetable stock cube
- 100 ml boiling water
- 400 ml light coconut milk
- 200 g basmati rice
- 3 green onions