



Week
157

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites



BONUS RECIPE



Meal Plan 157- Prep Sheet



Ham Soup with Dutch Oven Bread



Spinach Ricotta Pasta



Sweet and Sour Chicken



Easy Margherita Pizza



Beef Chilli

Ham Soup with Dutch Oven Bread

Storage

- Fridge: Store soup in an airtight container for up to 4 days. Bread keeps for 2 days at room temperature or up to 5 days in the fridge.
- Freezer: Soup can be frozen for up to 2 months. Bread can be frozen for up to 1 month.

Reheat

- Soup (Stovetop): From the fridge, reheat over medium heat, stirring occasionally. Add a splash of water if thickened.
- Soup (Microwave): From the fridge, heat in a microwave-safe bowl on high for 2–3 minutes, stirring halfway.
- Bread: From the fridge or freezer, warm in the oven at 160°C for 5–7 minutes or toast until crisp.

Reinvent Leftovers

- Soup: Blend into a dip or use as a pasta or grain sauce.
- Bread: Cube for croutons or turn into savory bread pudding.

Spinach Ricotta Pasta

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended due to the creamy ricotta.

Reheat

- Stovetop: From the fridge, reheat in a skillet over low heat with a splash of milk or cream.
- Microwave: From the fridge, heat on medium for 1–2 minutes, stirring halfway. Add liquid if dry.

Reinvent Leftovers

- Use as stuffing for bell peppers or zucchini.
- Mix with cheese and bake as a pasta casserole.
- Add to wraps or quesadillas.

Sweet and Sour Chicken

Storage

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze for up to 2 months.

Reheat

- Stovetop: From the fridge, reheat in a skillet over medium heat. Add a splash of water if needed.
- Microwave: From the fridge, heat in a microwave-safe container for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Use in wraps or rice bowls.
- Mix with noodles or fried rice.
- Spoon over baked potatoes or stir-fry with extra veg.

Easy Margherita Pizza

Storage

- Fridge: Store slices in an airtight container for up to 3 days.
- Freezer: Wrap slices individually and freeze for up to 2 months.

Reheat

- Stovetop: From the fridge, heat slices in a non-stick pan over medium. Cover with a lid to melt cheese and crisp crust.
- Microwave: From the fridge, microwave with a cup of water nearby for 30–60 seconds.

Reinvent Leftovers

- Cut into strips for soup dippers.
- Add toppings and reheat as breakfast pizza.
- Fold into pizza sandwiches.

Beef Chilli

Storage

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze for up to 3 months.

Reheat

- Stovetop: From the fridge or freezer, reheat in a saucepan over medium heat, stirring occasionally. Add liquid if needed.
- Microwave: From the fridge, heat in a microwave-safe bowl for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Spoon over baked potatoes or nachos.
- Use in tacos, quesadillas, or burritos.
- Mix into mac and cheese or pasta.

Meal Plan 157- Shopping List



Ham Soup with Dutch Oven Bread

- ☐ 2 tablespoons olive oil
- ☐ 1 kg smoked gammon joint
- ☐ 175 g red lentils
- ☐ 1 yellow onion
- ☐ 3 cloves garlic
- ☐ 2 sticks celery
- ☐ 1 leek
- ☐ 2 large carrots
- ☐ 2 bay leaves
- ☐ 100 g cavolo nero or kale
- ☐ 1.8 litres vegetable or chicken stock
- ☐ 500 g strong bread flour
- ☐ 1 teaspoon salt
- ☐ 10 g active dried yeast
- ☐ 350 ml warm water
- ☐ 1 tablespoon honey
- ☐ Extra flour for dusting

Spinach Ricotta Pasta

- ☐ 500 g spaghetti
- ☐ 2 tablespoons olive oil
- ☐ 2 cloves garlic
- ☐ 175-225 ml single cream
- ☐ 250 g ricotta
- ☐ 50 g grated parmesan
- ☐ 175 g spinach
- ☐ Zest and juice of 1 lemon
- ☐ 1 teaspoon pasta seasoning
- ☐ ¼ teaspoon chili flakes
- ☐ 2 tablespoons chopped fresh parsley

Sweet and Sour Chicken

- ☐ 500 g chicken breast
- ☐ 6 tablespoons cornstarch
- ☐ 50 ml vegetable oil
- ☐ Salt and pepper to taste
- ☐ 1 onion
- ☐ 1 red bell pepper
- ☐ 1 yellow bell pepper
- ☐ 6 tablespoons ketchup
- ☐ 2 tablespoons cider vinegar
- ☐ 6 tablespoons brown sugar
- ☐ 1 tablespoon soy sauce
- ☐ 1 tablespoon fresh ginger
- ☐ 2 cloves garlic
- ☐ 432 g tin pineapple pieces (reserve the juice)

Easy Margherita Pizza

- ☐ 400 g strong flour
- ☐ 7 g yeast
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon sea salt
- ☐ 225 ml warm water
- ☐ 1 tablespoon honey
- ☐ 500 g passata
- ☐ 4 tablespoons tomato puree
- ☐ 2 teaspoons garlic granules
- ☐ 1 tablespoon oregano
- ☐ 1 tablespoon basil
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon honey or sugar
- ☐ ½ quantity pizza dough
- ☐ ⅓ quantity pizza sauce
- ☐ 50 g shredded mozzarella
- ☐ 1 ball fresh mozzarella
- ☐ Basil leaves

Beef Chilli

- ☐ 500 g diced beef
- ☐ 2 tablespoons vegetable oil
- ☐ 1 red onion
- ☐ 6 cloves garlic
- ☐ 2 tablespoons tomato puree
- ☐ ½ tablespoon chili powder
- ☐ 1 teaspoon paprika
- ☐ 2 teaspoons cumin
- ☐ ½ teaspoon cinnamon
- ☐ 395 g taco mixed beans in tomato sauce
- ☐ 400 g chopped tomatoes
- ☐ 175 ml apple juice
- ☐ 300 ml beef broth
- ☐ 1 bay leaf

Optional Toppings:

- ☐ Shredded cheddar cheese
- ☐ 1 avocado
- ☐ 1 green jalapeño
- ☐ 1 bunch coriander
- ☐ Tortilla chips
- ☐ Limes
- ☐ Sour cream or Greek yoghurt
- ☐ White rice