



Savvy Bites 

Aldi Meal Plan

— WEEK 180 —



This Week's Recipes



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Easy One Pan Italian Chicken In Tomato Sauce

Grocery List

For the Chicken:

- 600 g chicken breast mini fillets, or chicken breast
- Salt and pepper, to taste

For the Sauce:

- 2 tablespoons olive oil
- 85 g smoked pancetta
- 1 yellow onion, diced
- 2-3 cloves garlic, minced
- 1 sprig fresh rosemary, finely chopped
- 2 sprigs fresh thyme, leaves picked
- 1 red bell pepper, finely chopped
- 2 sun-dried tomatoes, chopped
- 400 g tin chopped tomatoes
- 1 teaspoon tomato puree

- ½ teaspoon pasta seasoning mix
- ½ teaspoon Italian herb mix
- 2-3 tablespoons double cream, *see notes
- 75 ml vegetable stock made with a stock cube, optional (*see notes)
- 30-50 g shredded mozzarella
- 2 tablespoons chopped parsley for serving

Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: Reheat gently over medium heat, adding a splash of water or stock to loosen the sauce.
- Microwave: Heat for 2-3 minutes, stirring halfway through.

Reinvent Leftovers

- Serve over pasta, rice, or couscous.
- Shred chicken and use in sandwiches or wraps.
- Add vegetables and bake for a hearty casserole.



Easy Slow Cooker Lentil Soup

Grocery List

- 1 (1) large onion, diced
- 3-4 (3-4) stalks celery, chopped
- 3 (3) carrots, peeled and chopped
- 2 (2) large potatoes, chopped into 2.5 cm cubes
- 165 g (5 5/8 oz) red lentils
- 1/2 tablespoon (1/2 tablespoon) dried oregano
- 1/2 tablespoon (1/2 tablespoon) dried basil
- 3 (3) sprigs fresh thyme, leaves picked
- 1 tablespoon (1 tablespoon) sage
- 1 tablespoon (1 tablespoon) Worcestershire sauce
- 2 (2) bay leaf
- 800 ml (3 1/5 cups) vegetable stock, made with a stock cube
- 1 teaspoon (1 teaspoon) vinegar, any kind or lemon juice
- 50 g kale, As a guide, two handfuls of kale will be enough.

For serving

- 2 tablespoons (2 tablespoons) fresh parsley, chopped
- 1 tablespoon (1 tablespoon) olive oil
- 10 g (1/3 oz) parmesan cheese

Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: Reheat over medium heat, stirring occasionally. Add a splash of water if thickened.
- Microwave: Heat for 2–3 minutes, stirring halfway through.

Reinvent Leftovers

- Serve with crusty bread for a filling lunch.
- Blend partially for a creamy lentil soup.
- Add cooked rice or grains for a heartier bowl.



Easy 30 Minute Brown Sugar Pork Chops

Grocery List

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

Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: Warm in a pan over medium heat, adding a splash of water to keep moist.
- Microwave: Heat for 1–2 minutes, checking halfway.

Reinvent Leftovers

- Slice and serve in sandwiches or wraps.
- Chop and toss into a salad or grain bowl.
- Pair with eggs for a breakfast hash.



Easy Pan Fried Salmon With Lemon and Garlic

Grocery List

- 4 salmon fillets, approximately 170 grams (6 ounces) each
- 2 lemons, 1 sliced, 1 juiced
- 30 ml (2 tablespoon) olive oil
- 45 grams (3 tablespoon) butter, salted is fine
- 3 cloves garlic, finely chopped
- 1 bunch parsley, chopped (approximately ¼ cup)

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 2 days.
- Freezer: Freeze for up to 1 month (best for cooked salmon only).

Reheat

- Stovetop: Reheat gently over low heat, covered, with a splash of water or lemon juice.
- Microwave: Heat for 1 minute on medium, checking to avoid overcooking.

Reinvent Leftovers

- Flake and add to salads or grain bowls.
- Make salmon sandwiches or wraps with greens and sauce.
- Mix into pasta with a light cream or pesto sauce.



Easy One Pot Mushroom Stroganoff

Grocery List

- 1 large onion, finely chopped (200g)
- 3 cloves fresh garlic, minced
- 500 g (1 lb) mixed mushrooms, sliced (cremini, portobello, shiitake)
- 1 tablespoon fresh thyme leaves
- 40 g (⅓ cups) flour or gluten-free flour
- 500 ml (2 cups) vegetable stock or broth
- 200 g (¾ cups) sour cream or vegan sour cream
- 1 tablespoon Dijon mustard
- 1 teaspoon paprika
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)
- 300 g (⅔ lb) pasta, wide egg noodles, or rice (gluten-free if necessary)

Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: Reheat over low heat, stirring occasionally. Add a splash of milk or cream if sauce is thickened.
- Microwave: Heat for 1–2 minutes, stirring halfway through.

Reinvent Leftovers

- Serve over rice, noodles, or mashed potatoes.
- Use as a filling for baked potatoes.
- Stir into pasta and top with grated cheese for a quick pasta bake.

