



Savvy Bites 

Aldi Meal Plan

— WEEK 190 —



This Week's Recipes



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30-Minute Butternut Squash Curry



Grocery List

- Olive oil
- Garlic
- Yellow onion
- Butternut squash
- Chickpeas
- Chopped tomatoes
- Spinach
- Coconut milk

For the Spice Mix

- Ground cumin
- Garam masala
- Curry powder
- Chili powder
- Maple syrup (optional)

For the Crispy Shallots

- Banana shallot
- Vegetable oil



Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: Reheat over medium heat, adding a splash of water or broth if needed, until warmed through.
- Microwave: Place in a microwave-safe dish, cover, and heat on medium power in 60-second intervals, stirring between each, until hot.

Reinvent Leftovers

- Blend into a soup with additional stock.
- Use as a filling for wraps or flatbreads.
- Serve over baked potatoes or with rice.



Spinach and Artichokes Pesto Gnocchi



Grocery List

- Gnocchi
- Olive oil
- Yellow onion
- Garlic
- Dried oregano
- Dried basil
- White wine (optional)
- Cream
- Water or vegetable stock
- Baby spinach
- Marinated artichokes
- Basil pesto
- Gouda cheese



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended, as the texture of gnocchi may become mushy upon thawing.

Reheat

- Stovetop: Reheat in a skillet over low heat, adding a splash of water or cream to loosen the sauce, until warmed through.
- Microwave: Place in a microwave-safe dish, cover, and heat on medium power in 60-second intervals, stirring between each, until hot.

Reinvent Leftovers

- Transform into a gratin by placing in a baking dish, topping with breadcrumbs and cheese, and baking until golden.
- Serve as a side dish with grilled chicken or fish.
- Add to a soup for a hearty addition.
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Chinese Lettuce Wraps with Peanut Sauce



Grocery List

- Chicken breast
- Lettuce (Butterhead, Green Leaf, or Romaine)
- Fresh vegetables (e.g., carrots, bell peppers)
- Peanut butter
- Soy sauce
- Sriracha sauce
- Garlic
- Ginger
- Green onions
- Fresh coriander
- Crushed peanuts
- Lime wedges
- Optional add-ins: water chestnuts, mushrooms, baby corn, sugar snap peas



Recipe Storage and Reheat Tips

Storage

- Fridge: Store the chicken filling and lettuce leaves separately in airtight containers for up to 3-4 days.
- Freezer: Freeze the chicken filling in airtight containers for up to 3 months.

Reheat

- Stovetop: Reheat the chicken filling in a skillet over medium heat until warmed through.
- Microwave: Place the filling in a microwave-safe dish, cover, and heat on medium power in 30-second intervals, stirring between each, until hot.

Reinvent Leftovers

- Use the filling as a topping for salads.
- Fill into wraps or sandwiches.
- Mix with cooked rice or noodles for a stir-fry.



Easy One Pot Mexican Chicken



Grocery List

- Chicken breasts or thighs
 - Plain flour
 - Butter
 - Olive oil
 - Sweet corn
 - Red onion
 - Bell pepper
 - Tomato paste
 - Chicken stock
 - Lemon juice
 - Single cream
 - Spinach
 - Coriander
 - Basil
 - Spring onions
- For the Spice Mix:
- Garlic granules
 - Paprika
 - Chili powder
 - Chili flakes
 - Cajun spice



Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: Reheat over low-medium heat, adding a splash of water or stock if needed, until warmed through.
- Microwave: Place in a microwave-safe dish, cover, and heat on medium power in 60-90 second intervals, stirring between each, until hot.

Reinvent Leftovers

- Shred the chicken and use as a filling for tacos or burritos.
- Add to a salad for a protein boost.
- Use as a topping for nachos.



Easy Spicy Chicken & Peanut Butter Ramen



Grocery List

For the meatballs

- Minced beef & pork mix
- Egg
- Milk
- Dried oregano
- Dried basil
- Italian pasta mix
- Italian herb mix
- Fresh rosemary
- Grana Padano cheese

For the sauce

- Red onion
- Garlic
- Tomato puree
- Passata (smooth tomato sauce)
- Salt and pepper



Recipe Storage and Reheat Tips

Storage

- Fridge: Store broth and noodles separately in airtight containers for up to 2 days.
- Freezer: Not recommended, as noodles may become mushy upon thawing.

Reheat

- Stovetop: Reheat the broth over medium heat until simmering, then add noodles and cook for 1-2 minutes until warmed through.
- Microwave: Combine broth and noodles in a microwave-safe bowl, cover, and heat on medium power in 60-second intervals, stirring between each, until hot.

Reinvent Leftovers

- Use the broth as a base for a new soup with added vegetables or proteins.
- Stir-fry the noodles with vegetables and a splash of soy sauce.
- Create a noodle salad with fresh herbs and a squeeze of lime.

