



Savvy Bites 

Aldi Meal Plan

— WEEK 205 —



Shopping List



Produce

- 2 onions
- 2 heads garlic
- 1 large piece fresh ginger (about 100g)
- 2 limes
- 2 lemons
- 2 red bell peppers
- 1 yellow bell pepper
- 1 green bell pepper
- 2 carrots
- 1 broccoli
- 500g baby potatoes
- 200g green beans
- 150g sugar snap peas
- 1 bunch spring onions
- 1 small bunch fresh coriander
- 2 Little Gem lettuces (or 1 iceberg lettuce)

Herbs & Spices

- Ground cumin
- Smoked paprika
- Chilli powder
- Dried oregano
- Garlic powder
- Onion powder
- Red pepper flakes (optional)

Oils, Sauces & Condiments

- Light soy sauce
- Dark soy sauce
- Sesame oil
- Oyster sauce
- Honey
- Sweet chilli sauce
- Rice vinegar
- Worcestershire sauce
- Tomato purée
- Olive oil

Meat & Fish

- 500g turkey mince
- 500g chicken breast
- 500g chicken mince
- 4 salmon fillets (about 600g)



Storage and Leftovers



Lo Mein Style Noodles

Storage

- Store in an airtight container in the fridge for up to 3 days.
- Not suitable for freezing.

Leftover Ideas

- Delicious served hot, cold or at room temperature.
- Refresh with a splash of soy sauce or a drizzle of sesame oil before serving.
- Add leftover cooked chicken, prawns or tofu for an easy second meal.

15 Minute Turkey Stir Fry

Storage

- Store in an airtight container in the fridge for up to 3 days.
- Freeze for up to 3 months.
- Reheat in a frying pan or microwave until piping hot.

Leftover Ideas

- Spoon over rice or noodles for another quick dinner.
- Serve in wraps or pittas with crunchy salad for lunch.
- Add extra vegetables when reheating to stretch the meal even further.

Honey Garlic Salmon Tray Bake

Storage

- Store in an airtight container in the fridge for up to 2 days.
- Reheat gently in the oven or microwave until warmed through.
- Best enjoyed fresh and not recommended for freezing.

Leftover Ideas

- Flake the salmon into salads, wraps or grain bowls.
- Serve the vegetables alongside cold salmon for an easy lunch.
- Toss everything through pasta with a squeeze of lemon.

One Pot Mexican Chicken

Storage

- Store in an airtight container in the fridge for up to 4 days.
- Freeze for up to 3 months.
- Reheat with a splash of water or stock to loosen the rice.

Leftover Ideas

- Roll into burritos or tacos.
- Spoon over tortilla chips to make loaded nachos.
- Top baked potatoes or serve with avocado, sour cream and grated cheese for another easy dinner.

Asian Chicken Lettuce Wraps

Storage

- Store the chicken filling separately from the lettuce for up to 3 days.
- Freeze the filling for up to 3 months.
- Reheat the filling or enjoy it cold.

Leftover Ideas

- Serve over steamed rice or noodles for another quick meal.
- Fill wraps or sandwiches for an easy packed lunch.
- Keep the lettuce separate and assemble just before serving so it stays crisp.

