

SUMMER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

06.01.25 - 10.01.25

MONDAY

MAIN: OVEN BAKED FISH WITH CHEESE & PESTO CRUST

APPROX. 30 MINS

SIDE: CITRUS ROASTED CARROTS

APPROX. 20 MINS



TUESDAY

MAIN: BEEF & VEGETABLE STIR FRY

APPROX. 30 MINS



WEDNESDAY

MAIN: MOROCCAN LAMB WITH QUINOA SALAD & PEACH CHUTNEY

APPROX. 1 HR 20 MINS



THURSDAY

MAIN: BRAZILIAN STEAKHOUSE-STYLE PICANHA STEAK

APPROX. 30 MINS

SIDE: PAPRIKA POTATOES

APPROX. 1 HR



FRIDAY

MAIN: CHIPOTLE CHICKEN BURGERS WITH SMOKY SAUCE

APPROX. 1 HR 5 MINS



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INGREDIENTS:

MONDAY

OVEN BAKED FISH WITH CHEESE & PESTO CRUST

- pesto
- breadcrumbs
- parmesan cheese
- fillet cod, or other white fish
- butter

CITRUS ROASTED CARROTS

- carrots
- olive oil
- honey
- orange
- fresh chives

TUESDAY

BEEF & VEGETABLE STIR FRY

- beef mince
- oil
- onion
- garlic cloves
- ginger
- cabbage
- carrots
- corn kernels
- red capsicum/pepper
- soy sauce
- oyster sauce
- hoisin sauce
- rice wine vinegar
- sesame oil
- white/granulated sugar

WEDNESDAY

MOROCCAN LAMB WITH QUINOA SALAD & PEACH CHUTNEY

- lamb backstrap or fillet
- olive oil
- moroccan seasoning
- quinoa
- avocado
- blueberries
- corn cobs
- red onion
- feta
- pistachios
- coriander/cilantro leaves
- lime
- jalapeno pepper
- honey
- peaches
- red capsicum/pepper
- apple cider vinegar
- cayenne pepper

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INGREDIENTS:

THURSDAY

BRAZILIAN STEAKHOUSE-STYLE PICANHA STEAK

- rump/sirloin cap (picanha)
- argentinian parrillera or kosher salt

PAPRIKA POTATOES

- plain flour
- parmesan
- paprika
- salt
- pepper
- garlic salt
- butter
- large potatoes

FRIDAY

CHIPOTLE CHICKEN BURGERS WITH SMOKY SAUCE

- chicken thigh fillets
- chipotle in adobo
- smoked paprika
- chilli powder
- oil
- corncobs
- fresh coriander/cilantro
- lime juice
- mayonnaise
- thai sweet chilli sauce
- avocados
- lime
- cheddar/tasty cheese
- burger buns

WEEKEND

BAKED APRICOTS WITH ALMOND CRUMBLE

- apricots
- honey
- fresh rosemary
- pouring cream
- plain flour
- traditional oats
- light brown sugar
- almonds
- butter