

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

06.01.25 - 10.01.25

MONDAY

MAIN: THAI CHICKEN & SWEET POTATO SOUP

APPROX. 40 MINS



TUESDAY

MAIN: SMOKED SALMON BAKED POTATOES

APPROX. 1 HR 20 MINS



WEDNESDAY

MAIN: MIDDLE EASTERN LAMB SALAD

APPROX. 35 MINS



THURSDAY

MAIN: MADRAS BEEF CURRY

APPROX. 8 HRS 15 MINS



FRIDAY

MAIN: ROAST CHICKEN WITH GARLIC CREAM CHEESE
STUFFING

APPROX. 1 HR 40 MINS

SIDE: KALE & FENNEL SLAW WITH TOASTED PANGRITATA

APPROX. 40 MINS



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

06.01.25 - 10.01.25

INGREDIENTS:

MONDAY

THAI CHICKEN & SWEET POTATO SOUP

- olive oil
- garlic cloves
- chilli paste or powder
- root ginger
- fresh coriander
- red Thai curry paste or curry powder
- chicken stock
- coconut cream
- sweet potato
- chicken breasts
- lime
- sugar

TUESDAY

SMOKED SALMON BAKED POTATOES

- roasting potatoes
- olive oil
- salt
- pepper
- smoked salmon
- basil pesto
- brie cheese
- spring onions/scallions

WEDNESDAY

MIDDLE EASTERN LAMB SALAD

- slivered almonds
- eggplant/aubergines
- brown onion
- garlic cloves
- lamb mince
- ground allspice
- ground cumin
- ground cinnamon
- ground coriander
- canned brown lentils
- baby rocket/arugula
- fresh flat-leaf parsley
- fresh mint
- pomegranate
- fresh dates
- lemon
- Greek yoghurt
- cherry tomatoes

WEEKLY MEAL PLANNER

06.01.25 - 10.01.25

INGREDIENTS:

THURSDAY

MADRAS BEEF CURRY

- | | |
|---|---|
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> steamed basmati rice |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> naan bread |
| <input type="checkbox"/> turmeric | <input type="checkbox"/> coriander |
| <input type="checkbox"/> black pepper | <input type="checkbox"/> mint |
| <input type="checkbox"/> chilli powder | <input type="checkbox"/> sliced red chilli |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> beef chuck steak |
| <input type="checkbox"/> fresh ginger | <input type="checkbox"/> tomato paste |
| <input type="checkbox"/> lemon juice | <input type="checkbox"/> beef stock |
| <input type="checkbox"/> olive | |

FRIDAY

ROAST CHICKEN WITH GARLIC CREAM CHEESE STUFFING

- | | |
|--|---|
| <input type="checkbox"/> whole chicken | <input type="checkbox"/> cracked pepper |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> cream cheese |
| <input type="checkbox"/> salt and pepper | <input type="checkbox"/> garlic cloves |
| <input type="checkbox"/> kitchen twine | <input type="checkbox"/> dried tarragon |
| <input type="checkbox"/> fresh rosemary | <input type="checkbox"/> dried dill |
| <input type="checkbox"/> bay leaves | |
| <input type="checkbox"/> dried basil | |
| <input type="checkbox"/> dried thyme | |

KALE & FENNEL SLAW WITH TOASTED PANGRITATA

- | | |
|--|--|
| <input type="checkbox"/> sourdough loaf | <input type="checkbox"/> red cabbage |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> radishes |
| <input type="checkbox"/> pine nuts | <input type="checkbox"/> dried cranberries |
| <input type="checkbox"/> fresh thyme | <input type="checkbox"/> lemon |
| <input type="checkbox"/> salt and pepper | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> Dijon mustard |
| <input type="checkbox"/> kale | <input type="checkbox"/> maple syrup |
| <input type="checkbox"/> fennel bulbs | |

WEEKEND

CARAMEL APPLE COBBLER

- | | |
|--|---|
| <input type="checkbox"/> red apples | <input type="checkbox"/> egg |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> milk |
| <input type="checkbox"/> Grand Marnier liqueur or orange liqueur | <input type="checkbox"/> pecans |
| <input type="checkbox"/> apricot halves in juice | <input type="checkbox"/> self-raising flour |
| <input type="checkbox"/> pouring cream | <input type="checkbox"/> butter |

DARK & STORMY COCKTAIL

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> ice cubes | <input type="checkbox"/> Bundaberg Rum Small Batch |
| <input type="checkbox"/> lime juice | <input type="checkbox"/> lime |
| <input type="checkbox"/> ginger beer | <input type="checkbox"/> fresh rosemary |