

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

13.01.25 - 17.01.25

MONDAY

MAIN: CHICKEN BURRITOS

APPROX. 1 HR 15 MINS



TUESDAY

MAIN: SWEDISH MEATBALLS

APPROX. 55 MINS

SIDE: 5-INGREDIENT CHEESY BACON ROAST POTATOES

APPROX. 1 HR 10 MINS



WEDNESDAY

MAIN: GREEK LAMB HOTPOT

APPROX. 6 HRS

SIDE: SEA SALT & ROSEMARY FOCACCIA BREAD

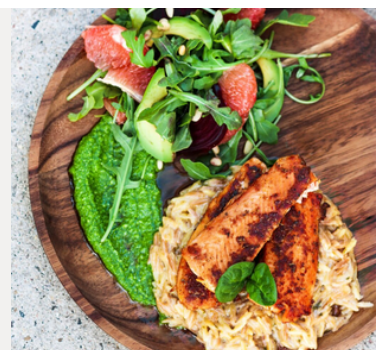
APPROX. 2 HRS 15 MINS



THURSDAY

MAIN: BLACKENED SALMON WITH THERMOMIX ROCKET PESTO, ORZO & ZESTY SIDE SALAD

APPROX. 1 HR



FRIDAY

MAIN: KRISPY FRIED CHICKEN

APPROX. 1 HR

SIDE: SMASHED SWEET POTATOES WITH AIOLI

APPROX. 50 MINS



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WEEKLY MEAL PLANNER

13.01.25 - 17.01.25

INGREDIENTS:

MONDAY

CHICKEN BURRITOS

- | | |
|--|---|
| <input type="checkbox"/> butter | <input type="checkbox"/> store-bought rotisserie cooked chicken |
| <input type="checkbox"/> onion | <input type="checkbox"/> flour tortillas |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> cheese |
| <input type="checkbox"/> chicken stock | <input type="checkbox"/> chilli sauce |
| <input type="checkbox"/> tinned chopped tomatoes | <input type="checkbox"/> cream cheese |
| <input type="checkbox"/> cumin | |
| <input type="checkbox"/> smoked paprika | |
| <input type="checkbox"/> garlic powder | |
| <input type="checkbox"/> salt | |
| <input type="checkbox"/> tinned black beans | |

TUESDAY

SWEDISH MEATBALLS

- | | |
|--|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> butter |
| <input type="checkbox"/> onion | <input type="checkbox"/> plain flour |
| <input type="checkbox"/> minced beef | <input type="checkbox"/> beef stock |
| <input type="checkbox"/> minced pork | <input type="checkbox"/> sour cream |
| <input type="checkbox"/> fresh breadcrumbs | <input type="checkbox"/> fresh sage leaves |
| <input type="checkbox"/> egg yolks | <input type="checkbox"/> salt and pepper |
| <input type="checkbox"/> nutmeg | <input type="checkbox"/> allspice |

5-INGREDIENT CHEESY BACON ROAST POTATOES

- | | |
|--|--|
| <input type="checkbox"/> baby/chat potatoes | <input type="checkbox"/> bacon rashers |
| <input type="checkbox"/> thickened cream | <input type="checkbox"/> fresh chives |
| <input type="checkbox"/> grated tasty/cheddar cheese | <input type="checkbox"/> salt and pepper |

WEDNESDAY

GREEK LAMB HOTPOT

- | | |
|---|---|
| <input type="checkbox"/> boneless lamb shoulder | <input type="checkbox"/> oregano |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> red wine vinegar |
| <input type="checkbox"/> small pickling onions | <input type="checkbox"/> tomato paste |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> dry red wine |
| <input type="checkbox"/> fresh rosemary | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> cinnamon stick | <input type="checkbox"/> feta cheese |
| <input type="checkbox"/> ground cumin | |

SEA SALT & ROSEMARY FOCACCIA BREAD

- | | |
|---|---|
| <input type="checkbox"/> strong white bread flour | <input type="checkbox"/> extra virgin olive oil |
| <input type="checkbox"/> salt | <input type="checkbox"/> warm water |
| <input type="checkbox"/> caster sugar | <input type="checkbox"/> fresh rosemary |
| <input type="checkbox"/> dried milk powder | |
| <input type="checkbox"/> easy-blend dried yeast | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

BLACKENED SALMON WITH THERMOMIX ROCKET PESTO, ORZO & ZESTY SIDE SALAD

- | | | |
|--|---|---|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> harissa | <input type="checkbox"/> salt and pepper |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> smoked sea salt | <input type="checkbox"/> fresh basil |
| <input type="checkbox"/> rocket/arugula | <input type="checkbox"/> mild chilli powder | <input type="checkbox"/> double cream |
| <input type="checkbox"/> parmesan cheese | <input type="checkbox"/> brown sugar | <input type="checkbox"/> parmesan |
| <input type="checkbox"/> pine nuts | <input type="checkbox"/> fresh flat-leaf parsley | <input type="checkbox"/> honey |
| <input type="checkbox"/> fresh chilli | <input type="checkbox"/> salmon fillet portions | <input type="checkbox"/> fresh coriander/cilantro |
| <input type="checkbox"/> fine sea salt | <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> grapefruit |
| <input type="checkbox"/> paprika | <input type="checkbox"/> butter | <input type="checkbox"/> baby beetroot |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> lemon | <input type="checkbox"/> ripe avocados |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> orzo pasta | <input type="checkbox"/> basil oil |
| <input type="checkbox"/> dried oregano | <input type="checkbox"/> white wine | |
| <input type="checkbox"/> dried parsley | <input type="checkbox"/> low sodium chicken stock | |

FRIDAY

KRISPY FRIED CHICKEN

- | | |
|--|--|
| <input type="checkbox"/> full-fat mayonnaise | <input type="checkbox"/> bicarbonate of soda |
| <input type="checkbox"/> saffron | <input type="checkbox"/> vegetable oil |
| <input type="checkbox"/> garlic clove | <input type="checkbox"/> bone-in, skin-on chicken thighs |
| <input type="checkbox"/> fresh parsley | |
| <input type="checkbox"/> salt | |
| <input type="checkbox"/> plain flour | |
| <input type="checkbox"/> smoked paprika | |
| <input type="checkbox"/> hot paprika | |
| <input type="checkbox"/> ground white pepper | |
| <input type="checkbox"/> egg | |
| <input type="checkbox"/> buttermilk | |
| <input type="checkbox"/> baking powder | |

SMASHED SWEET POTATOES WITH AIOLI

- | | |
|--|------------------------------------|
| <input type="checkbox"/> sweet potatoes | <input type="checkbox"/> egg yolks |
| <input type="checkbox"/> garlic cloves | |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> sea salt and black pepper | |
| <input type="checkbox"/> fresh chives | |
| <input type="checkbox"/> lemon | |

WEEKEND

CLASSIC CARAMEL SLICE

- | | |
|---|--|
| <input type="checkbox"/> plain flour | <input type="checkbox"/> vanilla extract |
| <input type="checkbox"/> desiccated coconut | <input type="checkbox"/> sweetened coconut milk |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> dark/semi-sweet chocolate |
| <input type="checkbox"/> unsalted butter | <input type="checkbox"/> vegetable oil |