

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

20.01.25 - 24.01.25

MONDAY

MAIN: ROAST PORK CUTLETS WITH CREAMY MUSTARD SAUCE

APPROX. 1 HR



SIDE: AVOCADO & PEAR SALAD WITH POPPY SEED DRESSING

APPROX. 25 MINS



TUESDAY

MAIN: CURRIED CHICKEN STRUDEL

APPROX. 55 MINS

SIDE: SPINACH SALAD WITH CANDIED BACON & MAPLE
BALSAMIC DRESSING

APPROX. 30 MINS



WEDNESDAY

MAIN: MONGOLIAN LAMB

APPROX. 3 HRS



THURSDAY

MAIN: SLOW-COOKED SMOKEY BEEF WITH CHEESY HERB
TWISTS

APPROX. 3 HRS 20 MINS

SIDE: BEETROOT SALAD WITH SPICY ORANGE DRESSING

APPROX. 25 MINS



FRIDAY

MAIN: CHICKEN & TOMATO CAPRESE

APPROX. 45 MINS



SIDE: GREEK STYLE POTATOES

APPROX. 55 MINS



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INGREDIENTS:

MONDAY

ROAST PORK CUTLETS WITH CREAMY MUSTARD SAUCE

- | | |
|--|--|
| <input type="checkbox"/> Désirée potatoes/red or pink potato | <input type="checkbox"/> pork loin cutlets |
| <input type="checkbox"/> red capsicum/peppers | <input type="checkbox"/> salt and pepper |
| <input type="checkbox"/> wholegrain mustard | <input type="checkbox"/> thickened cream |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> chicken stock | |

AVOCADO & PEAR SALAD WITH POPPY SEED DRESSING

- | | | |
|---|---|---|
| <input type="checkbox"/> mixed salad leaves | <input type="checkbox"/> white/granulated sugar | <input type="checkbox"/> sugared pecans |
| <input type="checkbox"/> pears | <input type="checkbox"/> salt | <input type="checkbox"/> onion powder |
| <input type="checkbox"/> avocados | <input type="checkbox"/> apple cider vinegar | <input type="checkbox"/> mustard powder |
| <input type="checkbox"/> bacon bits | <input type="checkbox"/> oil | |
| <input type="checkbox"/> feta cheese | <input type="checkbox"/> poppy seeds | |

TUESDAY

CURRIED CHICKEN STRUDEL

- | | |
|--|--|
| <input type="checkbox"/> onions | <input type="checkbox"/> condensed cream of chicken soup |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> sour cream |
| <input type="checkbox"/> button mushrooms | <input type="checkbox"/> Tuscan seasoning |
| <input type="checkbox"/> butter | <input type="checkbox"/> curry powder |
| <input type="checkbox"/> shredded cooked chicken | <input type="checkbox"/> puff pastry sheets |
| <input type="checkbox"/> corn kernels | |

SPINACH SALAD WITH CANDIED BACON & MAPLE BALSAMIC DRESSING

- | | |
|--|---|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> brown sugar |
| <input type="checkbox"/> balsamic vinegar | <input type="checkbox"/> baby spinach |
| <input type="checkbox"/> maple syrup | <input type="checkbox"/> red cabbage |
| <input type="checkbox"/> country-style Dijon mustard | <input type="checkbox"/> apple or pear |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> onion |
| <input type="checkbox"/> salt | <input type="checkbox"/> cheddar/tasty cheese |
| <input type="checkbox"/> bacon | |
| <input type="checkbox"/> pecans | |

WEDNESDAY

MONGOLIAN LAMB

- | | | |
|--|--|--|
| <input type="checkbox"/> lamb | <input type="checkbox"/> hoisin sauce | <input type="checkbox"/> broccoli |
| <input type="checkbox"/> bicarbonate soda | <input type="checkbox"/> five spice powder | <input type="checkbox"/> snow peas |
| <input type="checkbox"/> cornflour/cornstarch | <input type="checkbox"/> water | <input type="checkbox"/> spring onions/scallions |
| <input type="checkbox"/> light soy sauce | <input type="checkbox"/> sesame oil | |
| <input type="checkbox"/> Chinese cooking wine | <input type="checkbox"/> vegetable oil | |
| <input type="checkbox"/> dark soy sauce | <input type="checkbox"/> onions | |
| <input type="checkbox"/> light soy sauce | <input type="checkbox"/> garlic cloves | |
| <input type="checkbox"/> sambal oelek/chilli paste | <input type="checkbox"/> carrots | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

SLOW-COOKED SMOKEY BEEF WITH CHEESY HERB TWISTS

- | | |
|---|---|
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> tomato paste |
| <input type="checkbox"/> beef chuck steak | <input type="checkbox"/> fresh rosemary |
| <input type="checkbox"/> speck or streaky bacon | <input type="checkbox"/> egg |
| <input type="checkbox"/> brown onion | <input type="checkbox"/> mushrooms |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> mozzarella |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> beef stock | <input type="checkbox"/> fresh chives |
| <input type="checkbox"/> pale ale | <input type="checkbox"/> puff pastry |

BEETROOT SALAD WITH SPICY ORANGE DRESSING

- | | |
|--|---|
| <input type="checkbox"/> spinach and rocket/arugula leaves | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> red onion | <input type="checkbox"/> orange juice |
| <input type="checkbox"/> small beetroots | <input type="checkbox"/> apple vinegar |
| <input type="checkbox"/> pecan nuts | <input type="checkbox"/> cumin seeds |
| <input type="checkbox"/> feta cheese | <input type="checkbox"/> wholegrain mustard |
| <input type="checkbox"/> orange rind | |

FRIDAY

CHICKEN & TOMATO CAPRESE

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|--|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> brown sugar |
| <input type="checkbox"/> red wine vinegar | <input type="checkbox"/> garlic cloves |
| <input type="checkbox"/> dried chilli flakes | <input type="checkbox"/> red onion |
| <input type="checkbox"/> Italian herb seasoning | <input type="checkbox"/> fresh thyme |
| <input type="checkbox"/> boneless, skinless chicken breast | <input type="checkbox"/> fresh basil |
| <input type="checkbox"/> tomatoes | <input type="checkbox"/> mozzarella cheese |
| <input type="checkbox"/> balsamic vinegar | |

GREEK STYLE POTATOES

- | | |
|---|---|
| <input type="checkbox"/> baby golden potatoes | <input type="checkbox"/> sea salt |
| <input type="checkbox"/> chicken broth/stock | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> ground black pepper |
| <input type="checkbox"/> lemon | <input type="checkbox"/> fresh herbs to garnish |
| <input type="checkbox"/> dried oregano | <input type="checkbox"/> lemon wedges |

WEEKEND

WINTER SPICED GRANOLA

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|--|--|
| <input type="checkbox"/> rolled/traditional oats | <input type="checkbox"/> maple syrup |
| <input type="checkbox"/> flaked almonds | <input type="checkbox"/> treacle/molasses |
| <input type="checkbox"/> ground ginger | <input type="checkbox"/> vanilla extract |
| <input type="checkbox"/> ground cinnamon | <input type="checkbox"/> coconut chips |
| <input type="checkbox"/> mixed spice | <input type="checkbox"/> roasted pistachios |
| <input type="checkbox"/> salt | <input type="checkbox"/> dried cranberries |
| <input type="checkbox"/> coconut oil | <input type="checkbox"/> dark/semi-sweet chocolate chips |