

SUMMER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

27.01.25 - 31.01.25

MONDAY

MAIN: BURGER BOWLS

APPROX. 40 MINS



TUESDAY

MAIN: 4 INGREDIENT LOW CARB CRUMBED CHICKEN

APPROX. 30 MINS

SIDE: CINNAMON CHILLI SWEET POTATO FRIES

APPROX. 40 MINS



WEDNESDAY

MAIN: BEEF STEAK FAJITAS

APPROX. 35 MINS



THURSDAY

MAIN: GARLIC SHRIMP WITH COUSCOUS & ROASTED VEGETABLES

APPROX. 30 MINS



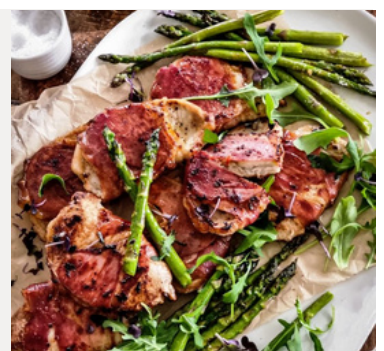
FRIDAY

MAIN: PROSCIUTTO & APPLE-WRAPPED PORK LOIN STEAKS

APPROX. 10 MINS

SIDE: LEMON BUTTER & SESAME POTATOES

APPROX. 50 MINS



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INGREDIENTS:

MONDAY

BURGER BOWLS

- | | |
|---|---|
| <input type="checkbox"/> sour cream | <input type="checkbox"/> pickled gherkins |
| <input type="checkbox"/> tomato sauce | <input type="checkbox"/> iceberg lettuce |
| <input type="checkbox"/> pickle juice | <input type="checkbox"/> streaky bacon |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> frozen shoestring potato fries |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> premium beef mince/ground beef |
| <input type="checkbox"/> dijon mustard | <input type="checkbox"/> minced garlic |
| <input type="checkbox"/> cherry tomatoes | |
| <input type="checkbox"/> red onion | |
| <input type="checkbox"/> barbecue sauce | |
| <input type="checkbox"/> dark soy sauce | |
| <input type="checkbox"/> onion powder | |
| <input type="checkbox"/> worcestershire sauce | |

TUESDAY

4 INGREDIENT LOW CARB CRUMBED CHICKEN

- | | |
|--|--|
| <input type="checkbox"/> boneless skinless chicken thigh fillets | <input type="checkbox"/> instant potato flakes |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> seasoned salt |
| <input type="checkbox"/> lightly seasoned pork rind chips/crackles | |

CINNAMON CHILLI SWEET POTATO FRIES

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> sweet potatoes | <input type="checkbox"/> cayenne |
| <input type="checkbox"/> corn starch/ cornflour | <input type="checkbox"/> greek yogurt |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> vanilla |
| <input type="checkbox"/> cinnamon | <input type="checkbox"/> honey |
| <input type="checkbox"/> chilli powder | |
| <input type="checkbox"/> sea salt | |

WEDNESDAY

BEEF STEAK FAJITAS

- sunflower oil
- yellow capsicum/pepper
- red capsicum/pepper
- onion
- trimmed sirloin steaks
- cloves garlic
- ground cumin
- ground coriander
- hot chilli powder
- fresh coriander
- flour tortillas
- sour cream

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INGREDIENTS:

THURSDAY

GARLIC SHRIMP WITH COUSCOUS & ROASTED VEGETABLES

- | | |
|---|--|
| <input type="checkbox"/> zucchini/courgette | <input type="checkbox"/> salted butter |
| <input type="checkbox"/> yellow squash/yellow courgette | <input type="checkbox"/> shrimp/prawns |
| <input type="checkbox"/> red bell pepper/capsicum | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> broccoli | |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> couscous | |
| <input type="checkbox"/> minced garlic | |
| <input type="checkbox"/> lemon-pepper seasoning | |
| <input type="checkbox"/> lemon | |

FRIDAY

PROSCIUTTO & APPLE-WRAPPED PORK LOIN STEAKS

- pork loin steaks
- green apple
- prosciutto
- garlic butter
- asparagus
- baby rocket/arugula
- barkers, new yorker mustard relish, or relish of choice

LEMON BUTTER & SESAME POTATOES

- roasting potatoes
- butter
- lemon
- cloves garlic
- white sesame seeds

WEEKEND

VINEYARD BURGER

- | | |
|--|---|
| <input type="checkbox"/> roma tomatoes | <input type="checkbox"/> confit tomato halves |
| <input type="checkbox"/> bulb garlic | <input type="checkbox"/> caramelised onion |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> egg |
| <input type="checkbox"/> fresh oregano | <input type="checkbox"/> black sesame seeds |
| <input type="checkbox"/> fresh basil | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> dried thyme | <input type="checkbox"/> worcestershire sauce |
| <input type="checkbox"/> lemon | <input type="checkbox"/> beef mince/ground beef |
| <input type="checkbox"/> instant yeast | <input type="checkbox"/> kosher salt |
| <input type="checkbox"/> white/granulated sugar | <input type="checkbox"/> rocket/arugula |
| <input type="checkbox"/> crisco or vegetable oil | <input type="checkbox"/> aged white cheddar |
| <input type="checkbox"/> plain flour | |
| <input type="checkbox"/> activated charcoal powder | |
| <input type="checkbox"/> streaky bacon | |