

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

27.01.25 - 31.01.25

MONDAY

MAIN: SEAFOOD LASAGNA

APPROX. 50 MINS



TUESDAY

MAIN: SWEET & STICKY PORK STEAKS

APPROX. 30 MINS



WEDNESDAY

MAIN: SPICED LAMB CUTLETS

APPROX. 15 MINS



SIDE: AUNT RUBY'S SWEET POTATO SOUFFLÉ

APPROX. 45 MINS



THURSDAY

MAIN: SAUCY CHICKEN CHOW MEIN

APPROX. 35 MINS



FRIDAY

MAIN: HEARTY BEEF RAGU

APPROX. 3 HRS 20 MINS



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INGREDIENTS:

MONDAY

SEAFOOD LASAGNA

- | | |
|--|--|
| <input type="checkbox"/> lasagne sheets | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> butter | <input type="checkbox"/> cooked prawns/shrimps |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> lump crabmeat |
| <input type="checkbox"/> milk | |
| <input type="checkbox"/> parmesan | |
| <input type="checkbox"/> salt | |
| <input type="checkbox"/> pepper | |
| <input type="checkbox"/> cottage or ricotta cheese | |
| <input type="checkbox"/> egg | |
| <input type="checkbox"/> garlic cloves | |
| <input type="checkbox"/> mozzarella | |

TUESDAY

SWEET & STICKY PORK STEAKS

- tomato ketchup
- honey
- low-sodium soy sauce
- garlic cloves
- pork chops
- red capsicum/pepper
- frozen Pommes (crunchy potato puffs)

WEDNESDAY

SPICED LAMB CUTLETS

- | | |
|---|--|
| <input type="checkbox"/> lamb cutlets | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> fresh garlic | <input type="checkbox"/> salt and black pepper |
| <input type="checkbox"/> fresh thyme | <input type="checkbox"/> fresh oregano |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> cumin | |
| <input type="checkbox"/> honey | |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> smoked paprika | |

AUNT RUBY'S SWEET POTATO SOUFFLÉ

- | | |
|--|---|
| <input type="checkbox"/> sweet potatoes | <input type="checkbox"/> self-raising flour |
| <input type="checkbox"/> granulated sugar | <input type="checkbox"/> pecans |
| <input type="checkbox"/> eggs | |
| <input type="checkbox"/> milk | |
| <input type="checkbox"/> butter | |
| <input type="checkbox"/> vanilla extract | |
| <input type="checkbox"/> salt | |
| <input type="checkbox"/> light brown sugar | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

SAUCY CHICKEN CHOW MEIN

- oyster sauce
- white/granulated sugar
- light sesame oil
- low sodium soy sauce
- low sodium chicken broth or stock
- cornflour/cornstarch
- pepper
- chow mein noodles
- oil
- chicken breast
- store-bought coleslaw mix
- garlic cloves
- spring onions/scallions

FRIDAY

HEARTY BEEF RAGU

- butter
- olive oil
- onion
- bell pepper/capsicum
- mushrooms
- carrots
- garlic cloves
- beef mince/ground beef
- dry red wine
- tinned diced tomatoes
- passata
- single cream
- Italian herbs
- white/granulated sugar
- salt
- ground black pepper

WEEKEND

BARBECUED PORK FILLET & SWEET POTATO BURGERS WITH SLAW

- pork fillet/tenderloin
- salt and pepper
- barbecue sauce
- orange sweet potato/kumara
- olive oil
- mayonnaise
- sriracha sauce
- burger buns
- avocado
- store-bought slaw mix
- chilli jam