

SUMMER
WEEKLY
MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

03.02.25 - 07.02.25

MONDAY

MAIN: CRISPY CHICKEN TAQUITOS

APPROX. 45 MINS



TUESDAY

MAIN: CRISPY-CRUMBED PORK CHOPS

APPROX. 40 MINS

SIDE: APPLE & BROCCOLI SALAD

APPROX. 15 MINS



WEDNESDAY

MAIN: SLOW-COOKER BEEF RAGÙ

APPROX. 4 HRS 30 MINS



THURSDAY

MAIN: SALMON INFUSED WITH ROOT GINGER &
CORIANDER

APPROX. 45 MINS

SIDE: CRISPY FRIED RICE SALAD

APPROX. 40 MINS



FRIDAY

MAIN: LAMB BURGER MEAL WITH
ZUCCHINI FRIES

APPROX. 2 HRS 20 MINS



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WEEKLY MEAL PLANNER

03.02.25 - 07.02.25

INGREDIENTS:

MONDAY

CRISPY CHICKEN TAQUITOS

- | | |
|--|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> pickled jalapeños |
| <input type="checkbox"/> chicken mince | <input type="checkbox"/> lime |
| <input type="checkbox"/> red onion | <input type="checkbox"/> fresh pineapple |
| <input type="checkbox"/> chipotle peppers in adobo | <input type="checkbox"/> red chilli |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> kosher salt | |
| <input type="checkbox"/> red enchilada sauce | |
| <input type="checkbox"/> corn tortillas | |
| <input type="checkbox"/> shredded cheese | |
| <input type="checkbox"/> avocado | |
| <input type="checkbox"/> fresh cilantro/coriander | |
| <input type="checkbox"/> garlic powder | |

TUESDAY

CRISPY-CRUMBED PORK CHOPS

- | | |
|---|--|
| <input type="checkbox"/> fresh breadcrumbs | <input type="checkbox"/> olive oil spray |
| <input type="checkbox"/> lemon thyme leaves | <input type="checkbox"/> plain flour |
| <input type="checkbox"/> parmesan cheese | <input type="checkbox"/> egg |
| <input type="checkbox"/> pork chop or cutlets | |

APPLE & BROCCOLI SALAD

- | | |
|---|---|
| <input type="checkbox"/> broccoli heads | <input type="checkbox"/> wholegrain mustard |
| <input type="checkbox"/> pink lady apple | <input type="checkbox"/> chives |
| <input type="checkbox"/> radishes | <input type="checkbox"/> walnuts |
| <input type="checkbox"/> baby spinach or rocket | |
| <input type="checkbox"/> apple cider vinegar | |
| <input type="checkbox"/> extra virgin olive oil | |

WEDNESDAY

SLOW-COOKER BEEF RAGÙ

- | | |
|---|--|
| <input type="checkbox"/> minced beef or lean casserole beef | <input type="checkbox"/> tinned chopped tomatoes |
| <input type="checkbox"/> plain flour | |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> shallots | |
| <input type="checkbox"/> carrots | |
| <input type="checkbox"/> stalk celery | |
| <input type="checkbox"/> clove garlic | |
| <input type="checkbox"/> red wine | |
| <input type="checkbox"/> mushrooms | |
| <input type="checkbox"/> bay leaf fresh or dried | |
| <input type="checkbox"/> fresh rosemary chopped | |
| <input type="checkbox"/> beef stock | |

WEEKLY MEAL PLANNER

03.02.25 - 07.02.25

INGREDIENTS:

THURSDAY

SALMON INFUSED WITH ROOT GINGER & CORIANDER

- | | |
|---|--|
| <input type="checkbox"/> sherry vinegar | <input type="checkbox"/> spring onions |
| <input type="checkbox"/> light soy sauce | <input type="checkbox"/> root ginger |
| <input type="checkbox"/> sesame oil | <input type="checkbox"/> ground coriander |
| <input type="checkbox"/> freshly chopped chives | <input type="checkbox"/> large salmon steaks or a side of salmon |
| <input type="checkbox"/> olive oil | |

CRISPY FRIED RICE SALAD

- | | |
|---|--|
| <input type="checkbox"/> sesame oil | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> rice | <input type="checkbox"/> pickled red onion, in a sweet vinegar |
| <input type="checkbox"/> cornflour/cornstarch | <input type="checkbox"/> fresh coriander/cilantro |
| <input type="checkbox"/> sweet chilli sauce | <input type="checkbox"/> fresh mint leaves |
| <input type="checkbox"/> rice wine vinegar | <input type="checkbox"/> sesame seeds |
| <input type="checkbox"/> light soy sauce | |
| <input type="checkbox"/> clear honey | |

FRIDAY

LAMB BURGER MEAL WITH ZUCCHINI FRIES

- | | |
|--|--|
| <input type="checkbox"/> lamb mince | <input type="checkbox"/> tuscan seasoning |
| <input type="checkbox"/> pork mince | <input type="checkbox"/> burger buns |
| <input type="checkbox"/> red onion | <input type="checkbox"/> parmesan cheese |
| <input type="checkbox"/> dried parsley | <input type="checkbox"/> butter lettuce |
| <input type="checkbox"/> fresh mint | <input type="checkbox"/> tomatoes |
| <input type="checkbox"/> egg | <input type="checkbox"/> pickled red onion |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> streaky bacon |
| <input type="checkbox"/> courgettes/zucchini | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> whole milk | <input type="checkbox"/> chilli jam |
| <input type="checkbox"/> plain flour | |

WEEKEND

BLACKBERRY CROISSANT FRENCH TOAST BAKE

- | | |
|---|--|
| <input type="checkbox"/> large eggs | <input type="checkbox"/> cinnamon sticks |
| <input type="checkbox"/> milk | <input type="checkbox"/> whipped cream |
| <input type="checkbox"/> maple syrup | |
| <input type="checkbox"/> orange zest | |
| <input type="checkbox"/> Grand Marnier/orange liqueur | |
| <input type="checkbox"/> vanilla extract | |
| <input type="checkbox"/> cinnamon | |
| <input type="checkbox"/> croissants | |
| <input type="checkbox"/> blackberry jam or preserves | |
| <input type="checkbox"/> ricotta cheese | |
| <input type="checkbox"/> cold salted butter | |
| <input type="checkbox"/> blackberries | |