

SUMMER
WEEKLY
MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

10.02.25 - 14.02.25

MONDAY

MAIN: BUTTERY CREAMED CHICKEN WITH BURST
TOMATOES

APPROX. 30 MINS



TUESDAY

MAIN: RAVIOLI LASAGNA

APPROX. 1 HR 10 MINS



WEDNESDAY

MAIN: BLACKENED CHICKEN SANDWICHES WITH
CAJUN SAUCE

APPROX. 45 MINS



THURSDAY

MAIN: HONEY & GARLIC GLAZED SALMON

APPROX. 50 MINS

SIDE: MANGO & POMEGRANATE RICE SALAD

APPROX. 12 MINS



FRIDAY

MAIN: BEEF BIRYANI

APPROX. 50 MINS

SIDE: PAN-FRIED STICKY CARROTS

APPROX. 27 MINS



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INGREDIENTS:

MONDAY

BUTTERY CREAMED CHICKEN WITH BURST TOMATOES

- egg
- all-purpose flour
- chicken thighs
- extra virgin olive oil
- cherry tomatoes
- red capsicum
- garlic
- fresh thyme
- chilli flakes
- salted butter
- cream
- fresh kale
- lemon juice
- mozzarella
- fresh basil
- turkish bread

TUESDAY

RAVIOLI LASAGNA

- pork sausages
- tinned tomatoes
- baby spinach
- fresh ravioli
- grated cheddar/tasty cheese
- mozzarella

WEDNESDAY

BLACKENED CHICKEN SANDWICHES WITH CAJUN SAUCE

- paprika
- garlic powder
- dry mustard powder
- brown sugar
- onion powder
- bay leaves
- dried rosemary
- cayenne pepper
- mayonnaise
- ketchup
- hot sauce
- oil
- skinless chicken breasts
- sandwich buns
- butter
- cheddar or provolone cheese
- tomatoes
- lettuce
- dill pickle slices

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INGREDIENTS:

THURSDAY

HONEY & GARLIC GLAZED SALMON

- salmon fillets
- paprika
- butter
- honey
- garlic
- soy sauce
- lemon juice
- brown sugar

MANGO & POMEGRANATE RICE SALAD

- basmati rice
- mango
- avocado
- pistachios
- pomegranate seeds
- spring onions
- coconut oil
- balsamic vinegar

FRIDAY

BEEF BIRYANI

- basmati rice
- turmeric
- sumac
- allspice
- vegetable oil
- onion
- carrot
- minced beef
- dried currants
- madras curry paste
- fresh root ginger
- fresh coriander
- garlic
- hot beef stock
- lemon wedges
- plain unsweetened Greek yoghurt

PAN-FRIED STICKY CARROTS

- carrots
- oil
- garlic
- butter
- brown sugar
- cinnamon

WEEKEND

PEAR WAFERS

- granulated sugar
- medium pears