

SUMMER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

17.02.25 - 21.02.25

MONDAY

MAIN: LAMB SOUVLAKI MEAT PIZZA

APPROX. 50 MINS



TUESDAY

MAIN: STICKY MONGOLIAN BEEF

APPROX. 35 MINS



WEDNESDAY

MAIN: SHEET PAN PESTO CHICKEN LASAGNA

APPROX. 50 MINS



THURSDAY

MAIN: AIR FRYER BASICS – ROAST PORK LOIN

APPROX. 1 HR 15 MINS



FRIDAY

MAIN: LEMON CHICKEN SKEWERS WITH ROASTED
TOMATO COUSCOUS

APPROX. 1 HR 15 MINS

SIDE: SIMPLE CHOPPED SALAD

APPROX. 10 MINS



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INGREDIENTS:

MONDAY

LAMB SOUVLAKI MEAT PIZZA

- onion
- garlic
- olive oil
- lamb mince
- egg
- tomato paste or ketchup
- dried italian herb mix
- shredded mozzarella
- red onion
- red capsicum/pepper
- large pitted olives
- greek feta cheese
- greek yoghurt
- fresh parsley
- fresh mint
- lemon
- italian parsley
- panko breadcrumbs or gluten-free breadcrumbs

TUESDAY

STICKY MONGOLIAN BEEF

- skirt steak
- cornflour/cornstarch
- vegetable oil
- sesame oil
- garlic
- fresh ginger
- low-sodium soy sauce
- water
- brown sugar
- hoisin sauce
- onions/scallions
- sesame seeds

WEDNESDAY

SHEET PAN PESTO CHICKEN LASAGNA

- lasagna noodles
- basil pesto
- garlic
- fresh thyme leaves
- dried oregano
- dried chilli flakes
- milk
- shredded mozzarella
- ricotta cheese
- fully cooked chicken
- heavy cream
- pepperoni
- parmesan
- fresh basil

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INGREDIENTS:

THURSDAY

AIR FRYER BASICS – ROAST PORK LOIN

- boneless scored pork loin roast
- green granny smith apple
- olive oil
- salt flakes
- apple sauce

FRIDAY

LEMON CHICKEN SKEWERS WITH ROASTED TOMATO COUSCOUS

- chicken thigh fillets
- rosemary leaves
- olive oil
- garlic
- lemon
- moroccan couscous
- olive oil
- moroccan seasoning
- cherry tomatoes
- onion
- sultanas or raisins
- roasted salted almonds
- fresh mint
- coriander
- Greek yoghurt
- honey

SIMPLE CHOPPED SALAD

- roma/plum tomatoes
- continental/telegraph/lebanese cucumber
- red capsicum/pepper
- yellow capsicum/pepper
- red onion
- green chilli
- fresh coriander/cilantro
- fresh dill
- extra virgin olive oil
- lemon

WEEKEND

SWEET CHILLI CHICKEN WRAPS

- garlic
- ginger
- sweet chilli sauce
- barbecue sauce
- poached chicken breast
- green cabbage
- carrot
- fresh mint leaves
- fresh coriander/cilantro leaves
- mozzarella cheese
- tasty cheese
- baby spinach leaves
- large flour tortilla wraps