

SUMMER  
WEEKLY  
MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

24.02.25 - 28.02.25

MONDAY

MAIN: LOADED PULLED PORK NACHOS

APPROX. 6 HRS 10 MINS



TUESDAY

MAIN: MEDITERRANEAN STUFFED CHICKEN BREASTS

APPROX. 45 MINS

SIDE: CHARRED COTIJA CORN SALAD

APPROX. 30 MINS



WEDNESDAY

MAIN: STICKY BAKED SAUSAGES WITH PLUMS &  
RED ONION

APPROX. 50 MINS



THURSDAY

MAIN: MOROCCAN LAMB BURGER

APPROX. 1 HR



FRIDAY

MAIN: BAKED TOMATO PASTA SHELLS

APPROX. 50 MINS

SIDE: CHICKEN CAESAR SALAD WITH GARLIC  
CROUTONS

APPROX. 1 HR



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## INGREDIENTS:

MONDAY

### LOADED PULLED PORK NACHOS

- smoked paprika
- ground cumin
- boneless pork shoulder
- chicken stock
- barbecue sauce
- dijon mustard
- corn chips
- mozzarella cheese
- avocado
- cherry tomatoes
- coriander/cilantro leaves
- lime wedges

TUESDAY

### MEDITERRANEAN STUFFED CHICKEN BREASTS

- olive oil
- white wine vinegar
- clear honey
- dijon mustard
- skinless chicken breasts
- cream cheese
- mature cheddar cheese
- dijon mustard
- sliced green olives
- chorizo salami

### CHARRED COTIJA CORN SALAD

- fresh corn
- extra virgin olive oil
- Kosher salt
- cherry tomatoes
- arugula/rocket
- red bell pepper
- green onions
- fresh cilantro
- avocado
- Cotija cheese
- fresh lime juice
- extra virgin olive oil
- honey
- paprika
- kosher salt
- onion powder

WEDNESDAY

### STICKY BAKED SAUSAGES WITH PLUMS & RED ONION

- oil
- flavoured sausages
- chicken stock
- maple syrup
- red wine vinegar
- red wine
- potatoes
- red onion
- plums
- broccolini

# WEEKLY MEAL PLANNER

24.02.25 - 28.02.25

## INGREDIENTS:

THURSDAY

### MOROCCAN LAMB BURGER

- |   |  |
|---|--|
| <input type="checkbox"/> panko breadcrumbs        | <input type="checkbox"/> sea salt            |
| <input type="checkbox"/> milk                     | <input type="checkbox"/> olive oil           |
| <input type="checkbox"/> garlic                   | <input type="checkbox"/> plain greek yoghurt |
| <input type="checkbox"/> ground cumin             | <input type="checkbox"/> haloumi             |
| <input type="checkbox"/> sweet paprika            | <input type="checkbox"/> brioche burger buns |
| <input type="checkbox"/> smoked paprika           | <input type="checkbox"/> tomato relish       |
| <input type="checkbox"/> cinnamon                 | <input type="checkbox"/> caramelised onion   |
| <input type="checkbox"/> egg                      | <input type="checkbox"/> rocket/arugula      |
| <input type="checkbox"/> fresh coriander/cilantro | <input type="checkbox"/> cucumber            |
| <input type="checkbox"/> lamb mince/ground lamb   |  |
| <input type="checkbox"/> pistachios               |  |
| <input type="checkbox"/> basil leaves             |  |
| <input type="checkbox"/> mint leaves              |  |
| <input type="checkbox"/> lemon                    |  |

FRIDAY

### BAKED TOMATO PASTA SHELLS

- |  |  |
|--|--|
| <input type="checkbox"/> conchiglie pasta (jumbo pasta shells) | <input type="checkbox"/> jar of tomato salsa |
| <input type="checkbox"/> ricotta cheese                        | <input type="checkbox"/> cherry tomatoes     |
| <input type="checkbox"/> spreadable cream cheese               | <input type="checkbox"/> garlic              |
| <input type="checkbox"/> parmesan cheese                       | <input type="checkbox"/> chicken stock       |
| <input type="checkbox"/> mozzarella cheese                     | <input type="checkbox"/> olive oil           |
| <input type="checkbox"/> basil pesto                           | <input type="checkbox"/> caster sugar        |
| <input type="checkbox"/> egg                                   | <input type="checkbox"/> italian herbs       |
| <input type="checkbox"/> tinned crushed tomatoes               | <input type="checkbox"/> fresh basil         |

### CHICKEN CAESAR SALAD WITH GARLIC CROUTONS

- |   |  |
|---|--|
| <input type="checkbox"/> chicken breast fillets | <input type="checkbox"/> eggs                  |
| <input type="checkbox"/> garlic                 | <input type="checkbox"/> parmesan cheese       |
| <input type="checkbox"/> mixed dried herbs      | <input type="checkbox"/> thyme leaves          |
| <input type="checkbox"/> lemon                  | <input type="checkbox"/> anchovy fillets       |
| <input type="checkbox"/> olive oil              | <input type="checkbox"/> mayonnaise            |
| <input type="checkbox"/> bacon rashers          | <input type="checkbox"/> worcestershire sauce  |
| <input type="checkbox"/> baby cos lettuce       | <input type="checkbox"/> sourdough bread rolls |

WEEKEND

### PINK GRAPEFRUIT RICE PUDDING

- |   |   |
|---|---|
| <input type="checkbox"/> pink grapefruit  | <input type="checkbox"/> cinnamon stick     |
| <input type="checkbox"/> grapefruit zest  | <input type="checkbox"/> vanilla bean paste |
| <input type="checkbox"/> short grain rice | <input type="checkbox"/> double cream       |
| <input type="checkbox"/> milk             | <input type="checkbox"/> ground cinnamon    |
| <input type="checkbox"/> caster sugar     |   |