

AUTUMN WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

10.03.25 - 14.03.25

MONDAY

MAIN: LEMON HERB FISH & RICE WITH YOGHURT
SAUCE

APPROX. 50 MINS

SIDE: OVEN ROASTED GARLIC BEANS

APPROX. 17 MINS



TUESDAY

MAIN: SUN-DRIED TOMATO, SPINACH & CHEESE
STUFFED CHICKEN BREAST

APPROX. 35 MINS

SIDE: ITALIAN-STYLE RISONI SALAD

APPROX. 25 MINS



WEDNESDAY

MAIN: RAGU CASSEROLE

APPROX. 1 HR 15 MINS



THURSDAY

MAIN: PULLED LAMB TACOS WITH CORN SALAD &
TOMATO SALSA

APPROX. 7 HRS 30 MINS



FRIDAY

MAIN: PORK TENDERLOIN WITH STICKY HONEY
SAUCE

APPROX. 40 MINS

SIDE: SWEET POTATO PASTA

APPROX. 50 MINS



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INGREDIENTS:

MONDAY

LEMON HERB FISH & RICE WITH YOGHURT SAUCE

- | | |
|---|---|
| <input type="checkbox"/> oil | <input type="checkbox"/> lemon pepper seasoning |
| <input type="checkbox"/> brown onion | <input type="checkbox"/> zucchini/courgette |
| <input type="checkbox"/> garlic | <input type="checkbox"/> fresh oregano |
| <input type="checkbox"/> dry white wine | <input type="checkbox"/> Greek yoghurt |
| <input type="checkbox"/> lemon | <input type="checkbox"/> tartare sauce |
| <input type="checkbox"/> long grain rice | <input type="checkbox"/> lemon |
| <input type="checkbox"/> chicken stock cube | <input type="checkbox"/> fresh baby spinach |
| <input type="checkbox"/> white fish fillets | |

OVEN ROASTED GARLIC BEANS

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> green beans | <input type="checkbox"/> garlic cloves |
| <input type="checkbox"/> olive oil | |

TUESDAY

SUN-DRIED TOMATO, SPINACH & CHEESE STUFFED CHICKEN BREAST

- | | |
|---|--|
| <input type="checkbox"/> chicken breasts | <input type="checkbox"/> dijon mustard |
| <input type="checkbox"/> rashers of bacon | <input type="checkbox"/> white wine vinegar |
| <input type="checkbox"/> sun-dried tomatoes | <input type="checkbox"/> sugar |
| <input type="checkbox"/> mozzarella or melting cheese | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> spinach | <input type="checkbox"/> Italian mixed herbs |
| <input type="checkbox"/> butter | <input type="checkbox"/> chilli flakes |

ITALIAN-STYLE RISONI SALAD

- | | |
|---|---|
| <input type="checkbox"/> risoni pasta | <input type="checkbox"/> red wine vinegar |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> minced garlic |
| <input type="checkbox"/> salami log | <input type="checkbox"/> dried basil |
| <input type="checkbox"/> cherry tomatoes | <input type="checkbox"/> dried oregano |
| <input type="checkbox"/> capsicum/bell pepper | <input type="checkbox"/> chilli flakes |
| <input type="checkbox"/> red onion | <input type="checkbox"/> white/granulated sugar |
| <input type="checkbox"/> pitted kalamata olives | |
| <input type="checkbox"/> tasty/cheddar cheese | |
| <input type="checkbox"/> baby rocket/arugula | |

WEDNESDAY

RAGU CASSEROLE

- | | |
|---|---|
| <input type="checkbox"/> ground beef/minced beef | <input type="checkbox"/> plain flour |
| <input type="checkbox"/> ground sausage/sausage meat | <input type="checkbox"/> milk |
| <input type="checkbox"/> spaghetti sauce | <input type="checkbox"/> cheddar/tasty cheese |
| <input type="checkbox"/> oregano | |
| <input type="checkbox"/> macaroni | |
| <input type="checkbox"/> cheddar/tasty cheese, grated | |
| <input type="checkbox"/> butter | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

PULLED LAMB TACOS WITH CORN SALAD & TOMATO SALSA

- | | |
|---|--|
| <input type="checkbox"/> canned crushed tomatoes | <input type="checkbox"/> red chilli |
| <input type="checkbox"/> brown onion | <input type="checkbox"/> red or green charred capsicum/bell pepper |
| <input type="checkbox"/> leg of lamb | <input type="checkbox"/> lime juice |
| <input type="checkbox"/> chipotle chillies in adobo | <input type="checkbox"/> jalapeno pepper |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> white onion |
| <input type="checkbox"/> red wine vinegar | <input type="checkbox"/> sugar |
| <input type="checkbox"/> garlic clove | |
| <input type="checkbox"/> brown sugar | |
| <input type="checkbox"/> dried rosemary & oregano | |
| <input type="checkbox"/> corn cobs | |
| <input type="checkbox"/> tomatoes | |
| <input type="checkbox"/> cucumber | |
| <input type="checkbox"/> avocado | |
| <input type="checkbox"/> red onion | |
| <input type="checkbox"/> bunch coriander | |

FRIDAY

PORK TENDERLOIN WITH STICKY HONEY SAUCE

- | | |
|--|--|
| <input type="checkbox"/> pork tenderloin fillets | <input type="checkbox"/> cider vinegar |
| <input type="checkbox"/> oil | <input type="checkbox"/> soy sauce |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> honey |
| <input type="checkbox"/> garlic powder | |
| <input type="checkbox"/> paprika | |
| <input type="checkbox"/> chilli flakes | |

SWEET POTATO PASTA

- | | |
|--|--|
| <input type="checkbox"/> orange sweet potatoes | <input type="checkbox"/> parmesan cheese |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> spaghetti |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> parsley |
| <input type="checkbox"/> thyme leaves | |
| <input type="checkbox"/> garlic cloves | |
| <input type="checkbox"/> cream | |

WEEKEND

PASSIONFRUIT FRIANDS

- egg whites
- self raising flour
- icing sugar
- ground almonds
- unsalted butter
- passionfruit pulp
- caster sugar