

Autumn  
**WEEKLY**  
**MEAL PLANNER**



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

17.03.25 - 21.03.25

MONDAY

MAIN: BEEF & POTATO CASSEROLE

APPROX. 1 HR



TUESDAY

MAIN: CHEESY HASSELBACK CHICKEN BREAST

APPROX. 1 HR



WEDNESDAY

MAIN: ONE PAN QUICK MASSAMAN BEEF CURRY

APPROX. 40 MINS



THURSDAY

MAIN: CHEESY CRUMBED SALMON

APPROX. 40 MINS

SIDE: AUTUMN APPLE CINNAMON SPICED &  
TANGY MAPLE PECAN SALAD

APPROX. 40 MINS



FRIDAY

MAIN: SPICY SOUTHERN CHICKEN WINGS

APPROX. 55 MINS

SIDE: AUTUMN HARVEST BROWN RICE SALAD

APPROX. 40 MINS



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# WEEKLY MEAL PLANNER

17.03.25 - 21.03.25

## INGREDIENTS:

MONDAY

### BEEF & POTATO CASSEROLE

- beef mince/ground beef
- oregano
- tinned peeled whole tomatoes
- tomato sauce
- potatoes
- milk
- butter
- tinned corn kernels
- chopped parsley
- egg
- cheddar cheese

TUESDAY

### CHEESY HASSELBACK CHICKEN BREAST

- sweet potatoes
- beetroot
- zucchini/courgette
- red onions
- olive oil
- chicken breasts
- chargrilled capsicum/bell pepper relish
- cheddar cheese
- baby spinach leaves
- vinegar (red or white)
- creamy pesto dressing

WEDNESDAY

### ONE PAN QUICK MASSAMAN BEEF CURRY

- olive oil
- rump steak
- red onion
- massaman curry paste
- pumpkin/squash
- zucchini/courgette
- green beans
- coconut milk
- peanuts
- lime

# WEEKLY MEAL PLANNER

17.03.25 - 21.03.25

## INGREDIENTS:

THURSDAY

### CHEESY CRUMBED SALMON

- |  |  |
|--|--|
| <input type="checkbox"/> salmon fillet     | <input type="checkbox"/> tasty cheese (eg cheddar) |
| <input type="checkbox"/> butter            | <input type="checkbox"/> lemon                     |
| <input type="checkbox"/> fresh breadcrumbs | <input type="checkbox"/> fresh basil leaves        |
| <input type="checkbox"/> olive oil         |  |

### AUTUMN APPLE CINNAMON SPICED & TANGY MAPLE PECAN SALAD

- |   |  |
|---|--|
| <input type="checkbox"/> raw pecans             | <input type="checkbox"/> maple syrup         |
| <input type="checkbox"/> pumpkin seeds/pepitas  | <input type="checkbox"/> fresh thyme leaves  |
| <input type="checkbox"/> maple syrup            | <input type="checkbox"/> cos/romaine lettuce |
| <input type="checkbox"/> cayenne pepper         | <input type="checkbox"/> red skinned apple   |
| <input type="checkbox"/> ground cinnamon        | <input type="checkbox"/> pomegranate         |
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> bacon bits          |
| <input type="checkbox"/> apple cider vinegar    | <input type="checkbox"/> feta cheese         |
| <input type="checkbox"/> Dijon mustard          |  |

FRIDAY

### MAIN: SPICY SOUTHERN CHICKEN WINGS

- |   |  |
|---|--|
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> dried thyme       |
| <input type="checkbox"/> kosher salt    | <input type="checkbox"/> red pepper flakes |
| <input type="checkbox"/> garlic powder  | <input type="checkbox"/> baking powder     |
| <input type="checkbox"/> dried oregano  | <input type="checkbox"/> chicken wings     |
| <input type="checkbox"/> cayenne pepper | <input type="checkbox"/> vegetable oil     |

### AUTUMN HARVEST BROWN RICE SALAD

- |   |  |
|---|--|
| <input type="checkbox"/> carrots          | <input type="checkbox"/> walnuts             |
| <input type="checkbox"/> crown pumpkin    | <input type="checkbox"/> brown rice          |
| <input type="checkbox"/> red onions       | <input type="checkbox"/> feta cheese         |
| <input type="checkbox"/> oranges          | <input type="checkbox"/> baby spinach        |
| <input type="checkbox"/> fennel seeds     | <input type="checkbox"/> apple cider vinegar |
| <input type="checkbox"/> soft brown sugar | <input type="checkbox"/> wholegrain mustard  |
| <input type="checkbox"/> olive oil        |  |

WEEKEND

### ROGAN JOSH CURRY

- |  |   |
|--|---|
| <input type="checkbox"/> coriander & mustard seeds   | <input type="checkbox"/> fresh coriander leaves |
| <input type="checkbox"/> cardamom pods               | <input type="checkbox"/> onion                  |
| <input type="checkbox"/> cumin seeds                 | <input type="checkbox"/> olive oil              |
| <input type="checkbox"/> turmeric & paprika          | <input type="checkbox"/> lamb shoulder          |
| <input type="checkbox"/> garam masala & ground cumin | <input type="checkbox"/> brown onions           |
| <input type="checkbox"/> long red chilli             | <input type="checkbox"/> chopped tomatoes       |
| <input type="checkbox"/> garlic cloves               | <input type="checkbox"/> coconut milk           |
| <input type="checkbox"/> fresh ginger                | <input type="checkbox"/> fresh tomatoes         |