



SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

17.03.25 - 21.03.25

MONDAY

MAIN: CHICKEN & BACON CASSEROLE

APPROX. 1 HR 10 MINS

5

INGREDIENTS
OR LESS



TUESDAY

MAIN: FIVE SPICE BRAISED PORK BELLY

APPROX. 2 HR 30 MINS

SIDE: GARLIC LEMON BROCCOLINI

APPROX. 20 MINS

5

INGREDIENTS
OR LESS



WEDNESDAY

MAIN: CHICKEN THAI CURRY WITH
GINGER-LIME RICE

APPROX. 30 MINS



THURSDAY

MAIN: SMASH BURGER WITH LOADED FRIES

APPROX. 25 MINS



UNDER

30
MINUTES



FRIDAY

MAIN: HERB RUBBED CRISPY SKIN
DUCK BREAST

APPROX. 30 MINS

SIDE: KALE & ZUCCHINI ORZO

APPROX. 30 MINS



5

INGREDIENTS
OR LESS



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INGREDIENTS:

MONDAY

CHICKEN & BACON CASSEROLE

- | | |
|--|----------------------------------|
| <input type="checkbox"/> eggs | <input type="checkbox"/> parsley |
| <input type="checkbox"/> milk | |
| <input type="checkbox"/> parmesan | |
| <input type="checkbox"/> dried mixed herbs | |
| <input type="checkbox"/> smoked paprika / red pepper flakes | |
| <input type="checkbox"/> spinach | |
| <input type="checkbox"/> sourdough / ciabatta / baguette | |
| <input type="checkbox"/> shredded or diced chicken | |
| <input type="checkbox"/> bacon / ham | |
| <input type="checkbox"/> roast vegetables, e.g. mushrooms,
capsicum / peppers, sun-dried tomatoes | |
| <input type="checkbox"/> grated cheese | |

TUESDAY

FIVE SPICE BRAISED PORK BELLY

- | | |
|--|--|
| <input type="checkbox"/> vegetable oil | <input type="checkbox"/> coriander |
| <input type="checkbox"/> pork belly | <input type="checkbox"/> fresh ginger |
| <input type="checkbox"/> onion | <input type="checkbox"/> cinnamon |
| <input type="checkbox"/> garlic | <input type="checkbox"/> kecap manis (sweet soy sauce) |
| <input type="checkbox"/> fish sauce | <input type="checkbox"/> cashew nuts |
| <input type="checkbox"/> Chinese five-spice powder | <input type="checkbox"/> lime |
| <input type="checkbox"/> chilli flakes | |

GARLIC LEMON BROCCOLINI

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> broccolini | <input type="checkbox"/> brown sugar |
| <input type="checkbox"/> lemons | <input type="checkbox"/> chilli flakes |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> fresh herbs, e.g. thyme, parsley |

WEDNESDAY

CHICKEN THAI CURRY WITH GINGER-LIME RICE

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> coconut milk | <input type="checkbox"/> basil |
| <input type="checkbox"/> jasmine or basmati rice | <input type="checkbox"/> mango |
| <input type="checkbox"/> fresh ginger | <input type="checkbox"/> jalapeno |
| <input type="checkbox"/> lime | <input type="checkbox"/> naan bread |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> goat cheese |
| <input type="checkbox"/> boneless, skinless chicken | |
| <input type="checkbox"/> red capsicum/bell pepper | |
| <input type="checkbox"/> zucchini/courgette | |
| <input type="checkbox"/> corn kernels | |
| <input type="checkbox"/> garlic | |
| <input type="checkbox"/> Thai red curry paste | |
| <input type="checkbox"/> fish sauce | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

SMASH BURGER WITH LOADED FRIES

- beef shoulder / shin
- Monterey Jack cheese (or other melting cheese)
- fries
- maple-basted streaky bacon
- grated cheese
- hot sauce

FRIDAY

HERB RUBBED CRISPY SKIN DUCK BREAST

- dried bay leaf
- rosemary
- thyme
- orange
- duck breasts

KALE & ZUCCHINI ORZO

- butter
- garlic
- orzo pasta
- thyme
- zucchini / courgette
- kale
- chicken stock
- lemon
- milk
- parmesan
- parsley

WEEKEND

CHOCOLATE SLAB CAKE WITH FUDGY FROSTING

- caster sugar
- butter
- cocoa powder
- bicarbonate soda
- self-raising flour
- eggs
- icing sugar mixture