

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



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

31.03.25 - 04.04.25

MONDAY

MAIN: FRYING PAN ROLL-UP LASAGNE

APPROX. 1 HR 10 MINS

SIDE: GARLIC BREAD

APPROX. 20 MINS



TUESDAY

MAIN: CREAMY CHICKEN KORMA

APPROX. 4 HRS 30 MINS



WEDNESDAY

MAIN: LOADED CHEESEBURGER BAKED POTATOES

APPROX. 45 MINS

SIDE: BRUSSELS SPROUT SALAD WITH CRISPY BACON

APPROX. 25 MINS



THURSDAY

MAIN: SPICED FLATHEAD TACOS

APPROX. 45 MINS



FRIDAY

MAIN: SHEET PAN CHICKEN WITH RAINBOW VEGETABLES

APPROX. 55 MINS



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# WEEKLY MEAL PLANNER

31.03.25 - 04.04.25

## INGREDIENTS:

MONDAY

### FRYING PAN ROLL-UP LASAGNE

- |   |   |
|---|---|
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> chicken stock                    |
| <input type="checkbox"/> pork and veal mince    | <input type="checkbox"/> bay leaf                         |
| <input type="checkbox"/> sliced pancetta        | <input type="checkbox"/> passata                          |
| <input type="checkbox"/> small onion            | <input type="checkbox"/> fresh lasagne sheets             |
| <input type="checkbox"/> carrot                 | <input type="checkbox"/> thickened cream                  |
| <input type="checkbox"/> celery stick           | <input type="checkbox"/> parmesan                         |
| <input type="checkbox"/> garlic cloves          | <input type="checkbox"/> coarsely grated three cheese mix |
| <input type="checkbox"/> tomato paste           | <input type="checkbox"/> micro herbs                      |

### GARLIC BREAD

- |  |   |
|--|---|
| <input type="checkbox"/> butter                  | <input type="checkbox"/> fresh parsley  |
| <input type="checkbox"/> garlic cloves           | <input type="checkbox"/> cheddar cheese |
| <input type="checkbox"/> prebaked baguette bread |   |

TUESDAY

### CREAMY CHICKEN KORMA

- |  |   |
|--|---|
| <input type="checkbox"/> ground turmeric                     | <input type="checkbox"/> butter                   |
| <input type="checkbox"/> greek yoghurt                       | <input type="checkbox"/> large onions             |
| <input type="checkbox"/> ginger or ginger paste              | <input type="checkbox"/> garlic cloves            |
| <input type="checkbox"/> garlic cloves                       | <input type="checkbox"/> cashews                  |
| <input type="checkbox"/> chilli powder                       | <input type="checkbox"/> coconut milk             |
| <input type="checkbox"/> garam masala                        | <input type="checkbox"/> carrots                  |
| <input type="checkbox"/> cardamom pods                       | <input type="checkbox"/> long green chillies      |
| <input type="checkbox"/> cumin seeds or ground cumin         | <input type="checkbox"/> coconut milk             |
| <input type="checkbox"/> coriander seeds or ground coriander | <input type="checkbox"/> fresh coriander/cilantro |
| <input type="checkbox"/> oil                                 | <input type="checkbox"/> spring onions/scallions  |

WEDNESDAY

### LOADED CHEESEBURGER BAKED POTATOES

- |   |  |
|---|--|
| <input type="checkbox"/> red potatoes           | <input type="checkbox"/> capsicum/pepper relish or jam |
| <input type="checkbox"/> oil                    | <input type="checkbox"/> brown onion                   |
| <input type="checkbox"/> beef mince/ground beef | <input type="checkbox"/> cos/romaine lettuce           |
| <input type="checkbox"/> streaky bacon          | <input type="checkbox"/> jar dill pickles              |
| <input type="checkbox"/> mayonnaise             | <input type="checkbox"/> cheddar/tasty cheese          |
| <input type="checkbox"/> tomato ketchup         |  |
| <input type="checkbox"/> American mustard       |  |
| <input type="checkbox"/> pickle juice           |  |
| <input type="checkbox"/> sriracha               |  |

### BRUSSELS SPROUT SALAD WITH CRISPY BACON

- |   |   |
|---|---|
| <input type="checkbox"/> brussels sprouts | <input type="checkbox"/> streaky bacon        |
| <input type="checkbox"/> olive oil        | <input type="checkbox"/> pine nuts or almonds |
| <input type="checkbox"/> butter           | <input type="checkbox"/> lemon juice          |

# WEEKLY MEAL PLANNER

31.03.25 - 04.04.25

## INGREDIENTS:

THURSDAY

### SPICED FLATHEAD TACOS

- flathead fillets
- light olive oil
- corn or flour tortillas
- brown sugar
- smoked paprika
- chilli powder
- garlic powder
- dried thyme
- kosher salt
- cream cheese
- mayonnaise
- parmesan cheese
- lemon
- dill weed
- corn cobs
- lebanese cucumbers
- fresh coriander/cilantro
- spring onions/scallions
- pomegranate
- red chilli

FRIDAY

### SHEET PAN CHICKEN WITH RAINBOW VEGETABLES

- chicken breast
- sweet potato
- head broccoli
- capsicum/pepper
- zucchini/courgette
- onion
- lemon
- olive oil
- dried italian seasoning
- garlic powder
- parmesan cheese

WEEKEND

### PULLED PORK TOSTADAS

- store-bought wraps
- pulled pork, barbecue flavour
- sour cream
- chilli jam
- fresh coriander/cilantro