



SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

07.04.25 - 11.04.25

MONDAY

MAIN: 5-INGREDIENT ASIAN SALMON NUGGETS

APPROX. 15 MINS

SIDE: JAPANESE-STYLE SLAW

APPROX. 10 MINS



5
INGREDIENTS
OR LESS



TUESDAY

MAIN: PULLED PORK STUFFED SPUDS

APPROX. 1 HR 50 MINS



WEDNESDAY

MAIN: BUTTER CHICKEN SALAD

APPROX. 30 MINS



UNDER
30
MINUTES



THURSDAY

MAIN: AIR FRYER BASICS - MINT & CHILLI ROAST

LAMB LEG

APPROX. 30MINS

SIDE: KALE & SQUASH SALAD WITH ROASTED

CHICKPEAS

APPROX. 1HR



FRIDAY

MAIN: BOMBAY BEEF BUNS

APPROX. 3 HRS 30 MINS

SIDE: POTATO BURGER BUNS

APPROX. 2 HRS 15 MINS



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INGREDIENTS:

MONDAY

5-INGREDIENT ASIAN SALMON NUGGETS

- salmon fillets
- crushed ginger
- crushed lemongrass
- spring onions/scallions
- coriander/cilantro

JAPANESE-STYLE SLAW

- red cabbage
- green cabbage
- edamame beans
- Japanese seaweed salad
- onions/scallions
- sage leaves
- carrots
- soy sauce
- Kewpie mayonnaise
- sesame oil
- olive oil
- rice wine vinegar
- white/granulated sugar
- wasabi paste

TUESDAY

PULLED PORK STUFFED SPUDS

- mashing potatoes
- olive oil
- salt
- milk
- butter
- cream cheese
- French onion soup mix
- pulled pork
- barbecue sauce
- shredded cheese

WEDNESDAY

BUTTER CHICKEN SALAD

- chicken tenderloins
- store-bought butter chicken sauce
- cos/romaine lettuce hearts/baby cos lettuces
- multicoloured cherry tomato medley
- onions/scallions
- tinned brown lentils
- coriander/cilantro
- lime wedges, pickled onions and naan bread, to serve

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INGREDIENTS:

THURSDAY

MINT & CHILLI ROAST LAMB LEG

- lamb leg, boneless
- mint jelly
- chilli flakes
- salt/pepper

KALE & SQUASH SALAD WITH ROASTED CHICKPEAS

- butternut squash/pumpkin
- tinned garbanzo beans
- cloves garlic
- kale
- apple
- roasted sunflower or pumpkin seeds/pepitas
- dried cranberries
- olive oil
- lemon juice
- white/granulated sugar
- chilli flakes

FRIDAY

BOMBAY BEEF BUNS

- olive oil
- trimmed stewing beef
- brown onions
- garlic cloves
- fresh ginger
- hot Indian curry paste
- beef stock
- canned diced tomatoes
- brown sugar

POTATO BURGER BUNS

- bread flour
- white/granulated sugar
- light brown sugar
- dried yeast
- whole milk
- unsalted butter
- egg
- mashed potato

WEEKEND

JARS OF SUNSHINE

- frozen mango chunks
- flax meal/flaxseed
- honey
- frozen raspberries
- light coconut milk
- chia seeds