

SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

05.05.25 - 09.05.25

MONDAY

MAIN: CAPRESE CAESAR CHICKEN PASTA SALAD

APPROX. 1 HR



TUESDAY

MAIN: ASIAN PORK & SWEET POTATO WITH
CUCUMBER

APPROX. 1 HR



WEDNESDAY

MAIN: FISH SHAKSHUKA

APPROX. 35 MINS



SIDE: SWEET & SPICY GREEN BEANS

APPROX. 10 MINS



THURSDAY

MAIN: SAVOURY STEAK NAAN WITH BASIL PESTO,
FETA & TOMATO

APPROX. 25 MINS



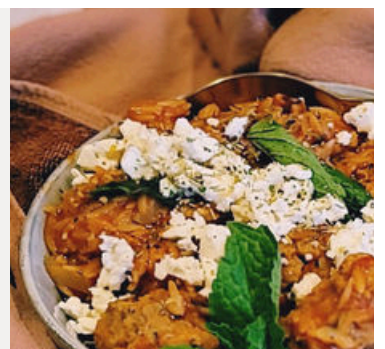
UNDER
30
MINUTES



FRIDAY

MAIN: LAMB & MINT MEATBALLS WITH RISONI

APPROX. 50 MINS



BROUGHT TO YOU BY *el gūsto*

WEEKLY MEAL PLANNER

05.05.25 - 09.05.25

INGREDIENTS:

MONDAY

CAPRESE CAESAR CHICKEN PASTA SALAD

- | | |
|---|--|
| <input type="checkbox"/> boneless, skinless chicken breasts | <input type="checkbox"/> rotini pasta |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> head cos/romaine lettuce |
| <input type="checkbox"/> red or white wine vinegar | <input type="checkbox"/> mini mozzarella pearls/bocconcini |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> cherry tomatoes |
| <input type="checkbox"/> dried oregano | <input type="checkbox"/> fresh basil leaves, |
| <input type="checkbox"/> dried basil | <input type="checkbox"/> avocado |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> crushed red pepper flakes | <input type="checkbox"/> garlic clove |
| <input type="checkbox"/> salt/pepper | <input type="checkbox"/> dijon mustard |
| <input type="checkbox"/> lemon juice + zest | <input type="checkbox"/> worcestershire sauce |
| <input type="checkbox"/> finely grated parmesan cheese | |

TUESDAY

ASIAN PORK & SWEET POTATO WITH CUCUMBER

- | | |
|--|---|
| <input type="checkbox"/> pork tenderloin OR pork steak/fillets | <input type="checkbox"/> ground ginger |
| <input type="checkbox"/> store-bought plum sauce or marinade | <input type="checkbox"/> cucumber |
| <input type="checkbox"/> orange sweet potato/kumara | <input type="checkbox"/> small red chilli |
| <input type="checkbox"/> cooking spray | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> salt/pepper | <input type="checkbox"/> brown sugar |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> Ketjap Manis/sweet soy sauce |
| <input type="checkbox"/> honey | <input type="checkbox"/> peanuts, crushed |
| <input type="checkbox"/> sweet chilli sauce | <input type="checkbox"/> coriander/cilantro |
| <input type="checkbox"/> coconut cream | <input type="checkbox"/> spring onions |
| <input type="checkbox"/> peanut butter | |
| <input type="checkbox"/> lime juice | |

WEDNESDAY

FISH SHAKSHUKA

- | | |
|--|--|
| <input type="checkbox"/> white fish fillets | <input type="checkbox"/> chilli flakes |
| <input type="checkbox"/> salt/pepper | <input type="checkbox"/> tinned crushed tomatoes |
| <input type="checkbox"/> small onion | <input type="checkbox"/> coriander/cilantro leaves |
| <input type="checkbox"/> red capsicum/pepper | |
| <input type="checkbox"/> clove garlic | |
| <input type="checkbox"/> smoked paprika | |
| <input type="checkbox"/> ground cumin | |

SWEET & SPICY GREEN BEANS

- fresh green beans
- soy sauce
- clove garlic
- chilli garlic sauce
- honey
- oil
- sliced almonds

WEEKLY MEAL PLANNER

05.05.25 - 09.05.25

INGREDIENTS:

THURSDAY

SAVOURY STEAK NAAN WITH BASIL PESTO, FETA & TOMATO

- | | |
|---|--|
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> teres major steak |
| <input type="checkbox"/> red wine vinegar | <input type="checkbox"/> naan breads |
| <input type="checkbox"/> balsamic vinegar | <input type="checkbox"/> basil pesto |
| <input type="checkbox"/> lemon juice | <input type="checkbox"/> grape tomatoes |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> feta cheese |
| <input type="checkbox"/> fresh basil | |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> salt/pepper | |

FRIDAY

LAMB & MINT MEATBALLS WITH RISONI

- | | |
|---|---|
| <input type="checkbox"/> lamb mince/ground lamb | <input type="checkbox"/> risoni/orzo |
| <input type="checkbox"/> breadcrumbs | <input type="checkbox"/> bottled tomato passata |
| <input type="checkbox"/> fresh mint leaves | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> eggs | <input type="checkbox"/> feta |
| <input type="checkbox"/> onion | |
| <input type="checkbox"/> cloves garlic | |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> eggplant/aubergine | |

WEEKEND

MINI MEDITERRANEAN-STYLE BEEF SCHNITZEL ROLL-UPS

- olive oil
- salt/pepper
- wiener schnitzel
- sundried tomato pesto
- basil pesto
- finely grated tasty/cheddar cheese
- finely grated parmesan cheese OR tasty cheese
- skewers