



SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

19.05.25 - 23.05.25

MONDAY

MAIN: TACO PIZZA SQUARES

APPROX. 35 MINS

5
INGREDIENTS
OR LESS



TUESDAY

MAIN: BARBECUE CHICKEN AVOCADO RANCH
PASTA SALAD

APPROX. 45 MINS



WEDNESDAY

MAIN: SPICY FISH GOUJONS

APPROX. 35 MINS

SIDE: BOMBAY POTATOES WITH TOMATO &
CHILLI

APPROX. 30 MINS



THURSDAY

MAIN: BUTTER CHICKEN HANDPIES

APPROX. 40 MINS

SIDE: PARMESAN COURGETTE FRIES

APPROX. 40 MINS



FRIDAY

MAIN: MOROCCAN LAMB TAGINE

APPROX. 3 HR 30 MINS



SIDE: QUINOA CORN SALAD WITH BACON &
HAZELNUTS

APPROX. 45 MINS



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INGREDIENTS:

MONDAY

TACO PIZZA SQUARES

- | | |
|---|--|
| <input type="checkbox"/> puff pastry | <input type="checkbox"/> mozzarella cheese |
| <input type="checkbox"/> pizza sauce | <input type="checkbox"/> dried oregano |
| <input type="checkbox"/> beef mince/ground beef | <input type="checkbox"/> shredded lettuce |
| <input type="checkbox"/> sour cream | |

TUESDAY

BARBECUE CHICKEN AVOCADO RANCH PASTA SALAD

- | | |
|---|---|
| <input type="checkbox"/> avocado | <input type="checkbox"/> rotini pasta |
| <input type="checkbox"/> mayonnaise | <input type="checkbox"/> boneless, skinless chicken breasts |
| <input type="checkbox"/> white vinegar | <input type="checkbox"/> barbecue sauce |
| <input type="checkbox"/> buttermilk | <input type="checkbox"/> cos/romaine lettuce |
| <input type="checkbox"/> fresh lime juice | <input type="checkbox"/> cheddar/tasty cheese |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> cherry tomatoes |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> corn |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> jalapeño |
| <input type="checkbox"/> dried dill | <input type="checkbox"/> bacon |
| <input type="checkbox"/> salt/pepper | |
| <input type="checkbox"/> olive oil | |

WEDNESDAY

SPICY FISH GOUJONS

- | | |
|---|---|
| <input type="checkbox"/> white fish fillets | <input type="checkbox"/> fajita seasoning |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> eggs | <input type="checkbox"/> vegetable oil |
| <input type="checkbox"/> panko breadcrumbs | <input type="checkbox"/> lemon wedges |
| <input type="checkbox"/> paprika | <input type="checkbox"/> salt/pepper |

BOMBAY POTATOES WITH TOMATO & CHILLI

- | | |
|--|---|
| <input type="checkbox"/> fresh ginger | <input type="checkbox"/> plain yoghurt |
| <input type="checkbox"/> cloves garlic | <input type="checkbox"/> red chilli |
| <input type="checkbox"/> ripe tomatoes | <input type="checkbox"/> coriander/cilantro |
| <input type="checkbox"/> cooked potatoes | |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> cumin seeds/mustard seeds | |
| <input type="checkbox"/> ground tumeric/coriander | |
| <input type="checkbox"/> garam masala | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

BUTTER CHICKEN HANDPIES

- | | |
|---|---|
| <input type="checkbox"/> butter | <input type="checkbox"/> puff pastry |
| <input type="checkbox"/> small onion | <input type="checkbox"/> egg |
| <input type="checkbox"/> chicken mince/ground chicken | <input type="checkbox"/> black sesame seeds |
| <input type="checkbox"/> carrot | <input type="checkbox"/> small mint leaves |
| <input type="checkbox"/> butter chicken curry paste | |
| <input type="checkbox"/> frozen mixed vegetables | |
| <input type="checkbox"/> tomato paste | |
| <input type="checkbox"/> greek-style yoghurt | |

PARMESAN COURGETTE FRIES

- | | |
|--|--|
| <input type="checkbox"/> grated parmesan | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> courgettes/zucchini |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> dried basil | |

FRIDAY

MOROCCAN LAMB TAGINE

- | | |
|---|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> lamb leg |
| <input type="checkbox"/> white onion | <input type="checkbox"/> tomatoes |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> ras el hanout | <input type="checkbox"/> saffron |
| <input type="checkbox"/> hot paprika | <input type="checkbox"/> black olives |
| <input type="checkbox"/> turmeric | <input type="checkbox"/> medjool dates |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> dried apricots |
| <input type="checkbox"/> cinnamon stick | <input type="checkbox"/> chopped parsley |
| <input type="checkbox"/> salt/pepper | |

QUINOA CORN SALAD WITH BACON & HAZELNUTS

- | | |
|--|---|
| <input type="checkbox"/> corn cobs | <input type="checkbox"/> roasted hazelnuts |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> onions/scallions |
| <input type="checkbox"/> butter | <input type="checkbox"/> lemon juice & rind |
| <input type="checkbox"/> quinoa | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> chicken stock | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> diced bacon | |

WEEKEND

INDIAN FLAVOURED BREADED PRAWNS

- | | |
|--|---|
| <input type="checkbox"/> king prawns | <input type="checkbox"/> ground black pepper |
| <input type="checkbox"/> breadcrumbs | <input type="checkbox"/> turmeric |
| <input type="checkbox"/> vegetable oil | <input type="checkbox"/> lemon juice |
| <input type="checkbox"/> red onion | <input type="checkbox"/> white/granulated sugar |
| <input type="checkbox"/> cloves garlic | <input type="checkbox"/> cucumber |
| <input type="checkbox"/> piece of ginger | <input type="checkbox"/> pomegranate seeds |
| <input type="checkbox"/> green chillies | <input type="checkbox"/> garam masala |