

SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

26.05.25 - 30.05.25

MONDAY

MAIN: PARMESAN CRUMBED CHICKEN

APPROX. 35 MINS

SIDE: BOMBAY POTATO, PEA & PUMPKIN SEED
SALAD

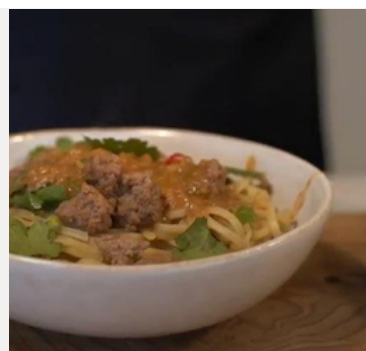
APPROX. 40 MINS



TUESDAY

MAIN: DAN DAN NOODLES

APPROX. 50 MINS



WEDNESDAY

MAIN: SPICED LAMB CUTLETS

APPROX. 15 MINS



SIDE: NEW POTATO & CUCUMBER SALAD

APPROX. 1 HR



THURSDAY

MAIN: FISH IN BEER BATTER

APPROX. 25 MINS

SIDE: ITALIAN GREEN SALAD WITH SOURDOUGH
CROUTONS

APPROX. 20 MINS



UNDER
30
MINUTES



FRIDAY

MAIN: BEER CAN BURGERS

APPROX. 40 MINS



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INGREDIENTS:

MONDAY

PARMESAN CRUMBED CHICKEN

- | | |
|--|--|
| <input type="checkbox"/> chicken thigh fillets | <input type="checkbox"/> parmesan cheese, grated |
| <input type="checkbox"/> plain bread | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> chicken salt | <input type="checkbox"/> vegetable oil |

BOMBAY POTATO, PEA & PUMPKIN SEED SALAD

- | | |
|---|---|
| <input type="checkbox"/> gourmet salad potatoes | <input type="checkbox"/> lemon |
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> pumpkin or poppy seeds |
| <input type="checkbox"/> turmeric | <input type="checkbox"/> fresh mixed herbs |
| <input type="checkbox"/> cumin seeds | |
| <input type="checkbox"/> red onions | |
| <input type="checkbox"/> fresh peas or blanched frozen peas | |

TUESDAY

DAN DAN NOODLES

- | | |
|---|--|
| <input type="checkbox"/> pork mince/ground pork | <input type="checkbox"/> chilli oil |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> salt | <input type="checkbox"/> chinese thin egg noodles/rice noodles |
| <input type="checkbox"/> vegetable oil | <input type="checkbox"/> black peppercorns |
| <input type="checkbox"/> garlic | <input type="checkbox"/> red chilli |
| <input type="checkbox"/> root ginger | |
| <input type="checkbox"/> spring onions/scallions | |
| <input type="checkbox"/> peanut butter | |
| <input type="checkbox"/> fresh coriander/cilantro | |

WEDNESDAY

SPICED LAMB CUTLETS

- | | |
|--|---|
| <input type="checkbox"/> lamb cutlets | <input type="checkbox"/> dried oregano |
| <input type="checkbox"/> minced garlic | <input type="checkbox"/> smoked paprika |
| <input type="checkbox"/> fresh thyme | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> honey | <input type="checkbox"/> fresh oregano |
| <input type="checkbox"/> cumin | |

NEW POTATO & CUCUMBER SALAD

- | | |
|--|--|
| <input type="checkbox"/> potatoes | <input type="checkbox"/> fresh dill |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> fresh mint |
| <input type="checkbox"/> salt | <input type="checkbox"/> red wine vinegar |
| <input type="checkbox"/> cloves garlic | <input type="checkbox"/> feta or goat cheese |
| <input type="checkbox"/> sprigs of rosemary | |
| <input type="checkbox"/> english cucumber | |
| <input type="checkbox"/> red onion | |
| <input type="checkbox"/> lemon, zest and juice | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

FISH IN BEER BATTER

- fish fillet
- plain flour
- salt/pepper
- light beer
- baking powder

ITALIAN GREEN SALAD WITH SOURDOUGH CROUTONS

- olive oil
- sourdough bread
- italian seasoning
- mixed salad greens
- grape tomatoes
- capsicum/pepper
- mozzarella balls/bocconcini
- avocado
- bacon
- lemon juice
- basil pesto
- tahini
- red wine vinegar
- salt/pepper

FRIDAY

BEER CAN BURGERS

- beef mince/ground beef
- salt/pepper
- rashers middle bacon
- onion
- pizza sauce
- large mushrooms
- black olives
- red or green capsicum/pepper
- salami or ham
- grated pizza cheese
- gherkin pickles
- grated cheese
- tomato ketchup or Burger sauce or barbecue sauce,

WEEKEND

SPICY THAI CHICKEN SALAD

- chicken breast
- small garlic
- fish sauce
- olive oil
- white sugar
- store bought chilli garlic sauce
- lime, zest and juice
- coriander/cilantro stems
- small cucumber
- mixed lettuce leaves
- cherry tomatoes
- small red chilli
- red onion
- spring onions/scallions
- mint leaves
- roasted cashews