



SUMMER
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

01.06.25 - 06.06.25

MONDAY

MAIN: THAI CHICKEN LETTUCE TACOS

APPROX. 20 MINS



UNDER
30
MINUTES



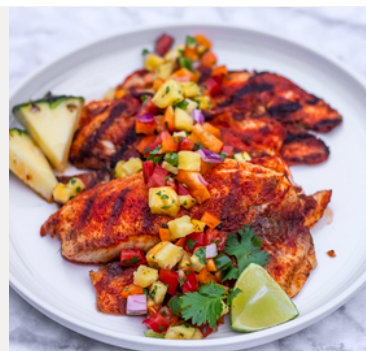
TUESDAY

MAIN: SPICY GRILLED FISH WITH PINEAPPLE
SALSA

APPROX. 30 MINS



UNDER
30
MINUTES



WEDNESDAY

MAIN: LEMON CHICKEN WITH POTATOES &
AVOCADO SAUCE

APPROX. 1 HR 25 MINS



THURSDAY

MAIN: TUNA & RICE WITH A TWIST

APPROX. 1 HR 10 MINS



FRIDAY

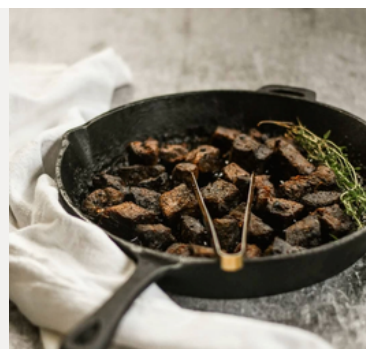
MAIN: CAJUN GARLIC BUTTER STEAK BITES

APPROX. 15 MINS



SIDE: BABY ROASTED POTATOES WITH SALSA VERDE

APPROX. 1 HR 5 MINS



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

01.06.25 - 06.06.25

INGREDIENTS:

MONDAY

THAI CHICKEN LETTUCE TACOS

- | | |
|---|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> carrot |
| <input type="checkbox"/> sesame oil | <input type="checkbox"/> hoisin sauce |
| <input type="checkbox"/> chicken mince/ground chicken | <input type="checkbox"/> basil leaves or Thai basil leaves |
| <input type="checkbox"/> red curry paste | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> fresh ginger | <input type="checkbox"/> head butter/butterhead/bibb lettuce |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> crushed cashews |
| <input type="checkbox"/> red capsicum/pepper | <input type="checkbox"/> lime |
| <input type="checkbox"/> spring onions/scallions | |
| <input type="checkbox"/> shredded coleslaw mix | |

TUESDAY

SPICY GRILLED FISH WITH PINEAPPLE SALSA

- | | |
|--|--|
| <input type="checkbox"/> fish fillets | <input type="checkbox"/> green bell pepper |
| <input type="checkbox"/> oil | <input type="checkbox"/> jalapeño peppers |
| <input type="checkbox"/> paprika | <input type="checkbox"/> roma tomatoes |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> cilantro |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> red onion |
| <input type="checkbox"/> cayenne pepper | <input type="checkbox"/> lime juice |
| <input type="checkbox"/> white pepper | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> dried oregano, basil, & thyme | |
| <input type="checkbox"/> fresh pineapple | |
| <input type="checkbox"/> orange bell pepper | |

WEDNESDAY

LEMON CHICKEN WITH POTATOES & AVOCADO SAUCE

- | | |
|---|--|
| <input type="checkbox"/> boneless, skinless chicken breasts | <input type="checkbox"/> basil, dill, cilantro |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> cucumbers |
| <input type="checkbox"/> cloves garlic | <input type="checkbox"/> naan breads |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> avocados |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> cumin |
| <input type="checkbox"/> chilli powder | |
| <input type="checkbox"/> crushed red pepper flakes | |
| <input type="checkbox"/> lemon | |
| <input type="checkbox"/> salt/pepper | |
| <input type="checkbox"/> russet potatoes | |
| <input type="checkbox"/> orange sweet potatoes/kumara | |
| <input type="checkbox"/> paprika | |
| <input type="checkbox"/> hummus | |

WEEKLY MEAL PLANNER

01.06.25 - 06.06.25

INGREDIENTS:

THURSDAY

TUNA & RICE WITH A TWIST

- | | |
|---|---|
| <input type="checkbox"/> rice sachets | <input type="checkbox"/> lemon juice |
| <input type="checkbox"/> butter | <input type="checkbox"/> grated cheese |
| <input type="checkbox"/> salt/pepper | <input type="checkbox"/> breadcrumbs |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> pine nuts |
| <input type="checkbox"/> dried Italian herbs | <input type="checkbox"/> tuscan seasoning |
| <input type="checkbox"/> thai red curry flavoured tuna | |
| <input type="checkbox"/> tinned tomato and onion flavoured tuna | |
| <input type="checkbox"/> tinned corn kernels | |
| <input type="checkbox"/> plain flour | |
| <input type="checkbox"/> milk | |
| <input type="checkbox"/> mayonnaise | |
| <input type="checkbox"/> fresh parsley | |

FRIDAY

CAJUN GARLIC BUTTER STEAK BITES

- | | |
|---|---|
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> ribeye |
| <input type="checkbox"/> salt/pepper | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> butter |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> cloves garlic |
| <input type="checkbox"/> chilli powder | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> dried thyme | <input type="checkbox"/> salami or ham |
| <input type="checkbox"/> dried oregano | |

BABY ROASTED POTATOES WITH SALSA VERDE

- | | |
|--|---|
| <input type="checkbox"/> basil leaves | <input type="checkbox"/> red wine vinegar |
| <input type="checkbox"/> parsley leaves | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> mint leaves | <input type="checkbox"/> baby potatoes |
| <input type="checkbox"/> garlic | |
| <input type="checkbox"/> gherkins or pickled cucumbers | |
| <input type="checkbox"/> dijon mustard | |
| <input type="checkbox"/> olive oil | |

WEEKEND

BLUEBERRY & BANANA PROTEIN CHIA PUDDING

- banana
- protein peanut butter
- vanilla whey protein isolate
- protein-plus milk
- blueberries
- chia seeds