

# WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

01.06.25 - 06.06.25

MONDAY

## MAIN: KALE & WHITE BEAN SOUP

APPROX. 45 MINS



TUESDAY

## MAIN: CHEESY BAKED SAUSAGE PESTO PENNE

APPROX. 45 MINS



WEDNESDAY

## MAIN: CHICKEN PAELLA

APPROX. 40 MINS

## SIDE: SUNDRIED TOMATO FOCACCIA BREAD

APPROX. 55 MINS



THURSDAY

## MAIN: ROAST LAMB PASTA BAKE

APPROX. 1 HR 40 MINS



FRIDAY

## MAIN: ROASTED HERB & LEMON CHICKEN

APPROX. 2 HRS

## SIDE: FRESH & HERBY ORZO

APPROX. 28 MINS



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## INGREDIENTS:

MONDAY

### KALE & WHITE BEAN SOUP

- |  |   |
|--|---|
| <input type="checkbox"/> extra virgin olive oil            | <input type="checkbox"/> red wine vinegar       |
| <input type="checkbox"/> butter                            | <input type="checkbox"/> chopped fresh tarragon |
| <input type="checkbox"/> brown or white onion              | <input type="checkbox"/> chopped fresh chives   |
| <input type="checkbox"/> carrots                           | <input type="checkbox"/> red pepper flakes      |
| <input type="checkbox"/> minced garlic                     | <input type="checkbox"/> parmesan/pecorino      |
| <input type="checkbox"/> sliced baby mushrooms             |   |
| <input type="checkbox"/> salt and pepper                   |   |
| <input type="checkbox"/> white wine                        |   |
| <input type="checkbox"/> chicken stock                     |   |
| <input type="checkbox"/> white navy beans/cannellini beans |   |
| <input type="checkbox"/> rosemary                          |   |
| <input type="checkbox"/> kale                              |   |

TUESDAY

### CHEESY BAKED SAUSAGE PESTO PENNE

- |  |  |
|--|--|
| <input type="checkbox"/> dry penne pasta                     | <input type="checkbox"/> baby spinach            |
| <input type="checkbox"/> olive oil                           | <input type="checkbox"/> mozzarella              |
| <input type="checkbox"/> shallot/eschalot                    | <input type="checkbox"/> freshly grated parmesan |
| <input type="checkbox"/> cloves garlic                       | <input type="checkbox"/> red pepper flakes       |
| <input type="checkbox"/> italian pork sausage, mild or spicy | <input type="checkbox"/> fresh basil             |
| <input type="checkbox"/> dried oregano                       |  |
| <input type="checkbox"/> italian seasoning                   |  |
| <input type="checkbox"/> dried parsley                       |  |
| <input type="checkbox"/> tinned crushed tomatoes OR passata  |  |
| <input type="checkbox"/> basil pesto                         |  |
| <input type="checkbox"/> balsamic vinegar                    |  |
| <input type="checkbox"/> white/granulated sugar              |  |

WEDNESDAY

### CHICKEN PAELLA

- |  |  |
|--|--|
| <input type="checkbox"/> boneless chicken thighs | <input type="checkbox"/> peas                |
| <input type="checkbox"/> curry powder            | <input type="checkbox"/> rice                |
| <input type="checkbox"/> paprika                 | <input type="checkbox"/> chicken stock cubes |
| <input type="checkbox"/> onions                  | <input type="checkbox"/> lemon juice         |
| <input type="checkbox"/> carrot                  |  |

### SUNDRIED TOMATO FOCACCIA BREAD

- |   |   |
|---|---|
| <input type="checkbox"/> honey                  | <input type="checkbox"/> thyme leaves           |
| <input type="checkbox"/> instant dried yeast    | <input type="checkbox"/> sundried tomato pieces |
| <input type="checkbox"/> bread flour            | <input type="checkbox"/> sea salt flakes        |
| <input type="checkbox"/> extra virgin olive oil |   |
| <input type="checkbox"/> minced garlic          |   |

# WEEKLY MEAL PLANNER

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## INGREDIENTS:

THURSDAY

### ROAST LAMB PASTA BAKE

- olive oil
- boneless lamb mini roast
- sliced pancetta
- chopped rosemary
- dry red wine
- tomato passata
- chicken stock
- white/granulated sugar
- penne pasta
- jar marinated artichokes
- lemon wedges

FRIDAY

### ROASTED HERB & LEMON CHICKEN

- kitchen twine
- whole chickens
- celery ribs
- whole onions
- olive oil
- fresh thyme
- fresh sage
- lemons
- butter
- cloves garlic
- onion powder
- paprika

### FRESH & HERBY ORZO

- orzo
- lemon
- fresh parsley leaves
- fresh mint leaves
- pomegranate seeds

WEEKEND

### PROTEIN YOGHURT BOWL

- high protein Greek natural yoghurt
- vanilla whey protein isolate
- banana
- chia seeds
- peanut butter
- muesli, nuts or seeds