

SPRING COLLECTION

# WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

20.11.23 - 24.11.23

MONDAY

MAIN: ITALIAN MEATBALL BAKE

APPROX. 1 HR 5 MIN

SIDE: FRENCH BEANS WITH SOUR CREAM DRESSING

APPROX. 30 MIN



TUESDAY

MAIN: STICKY ASIAN APRICOT CHICKEN WITH COCONUT RICE

APPROX. 30 MIN

SIDE: ASIAN CUCUMBER SALAD

APPROX. 30 MIN



WEDNESDAY

MAIN: THAI FLAVOUR FISH CAKES

APPROX. 25 MIN

SIDE: ASPARAGUS WITH PANCETTA & PINE NUTS

APPROX. 25 MIN



THURSDAY

MAIN: SLOW COOKER GAMMON IN COKE WITH PINEAPPLE FRITTERS

APPROX. 7 HRS



FRIDAY

MAIN: SOUTHERN-STYLE STICKY CHIPOTLE CHICKEN BOWLS

APPROX. 45 MIN



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# WEEKEND INSPIRATION

## SIMPLE LEMON TART

APPROX. 3 HRS 10 MIN



**CAMPUS&CO.**

# Your Superstore

## SHOPPING LIST

[illegible]

"Brethren doing this for brethren, now that is just amazing! And the recipes are appropriate for our way of life, plus all the ingredients are easy to come by."

Housewife NZ

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