

AUTUMN COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY

el gūsto

WEEKLY MEAL PLANNER

06.03.23 - 10.03.23

date needs to be 2024

MONDAY

MAIN: BAKED TOMATO PASTA SHELLS

APPROX. 50 MIN



TUESDAY

MAIN: CHANA DHAL WITH CHUTNEY YOGHURT

APPROX. 30 MIN



SIDE: MALAYSIAN NET CREPES (ROTI JALA)

APPROX. 40 MIN



WEDNESDAY

MAIN: PORK BANH MI BURGER

APPROX. 45 MIN



THURSDAY

MAIN: SLOW COOKER CHICKEN CHOWDER

APPROX. 8 HR 30 MIN

SIDE: SPINACH & CHEESE BAGUETTE

APPROX. 50 MIN



FRIDAY

MAIN: CHEESY CRUMBED SALMON

APPROX. 40 MIN



SIDE: SQUASH & FETA SALAD JAR

APPROX. 45 MIN



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WEEKLY MEAL PLANNER

06.03.23 - 10.03.23 24 not 23

WEEKEND INSPIRATION

SPICY TOMATO POACHED EGGS WITH BACON

APPROX. 20 MIN



CAMPUS&CO.
Your Superstore

SHOPPING LIST

[illegible]

"So easy and delicious! Made with leftover chicken instead of bacon and served as an evening meal, delicious!"

Spicy Tomato Poached Eggs with Bacon

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WEEKLY MEAL PLANNER

06.03.23 - 10.03.23 24 not 23

INGREDIENTS:

MONDAY

BAKED TOMATO PASTA SHELLS

- | | |
|--|--|
| <input type="checkbox"/> conchiglie pasta | <input type="checkbox"/> cherry tomatoes |
| <input type="checkbox"/> ricotta cheese | <input type="checkbox"/> garlic |
| <input type="checkbox"/> spreadable cream cheese | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> parmesan cheese | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> mozzarella cheese | <input type="checkbox"/> caster sugar |
| <input type="checkbox"/> basil pesto | <input type="checkbox"/> Italian herbs |
| <input type="checkbox"/> egg | <input type="checkbox"/> salt |
| <input type="checkbox"/> crushed tomatoes | <input type="checkbox"/> pepper |
| <input type="checkbox"/> tomato salsa | <input type="checkbox"/> fresh basil |

TUESDAY

CHANA DHAL WITH CHUTNEY YOGHURT

- | | |
|--|---|
| <input type="checkbox"/> oil | <input type="checkbox"/> cherry tomatoes |
| <input type="checkbox"/> onion | <input type="checkbox"/> water |
| <input type="checkbox"/> grated ginger | <input type="checkbox"/> coconut milk |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> browned lentils |
| <input type="checkbox"/> korma curry sugar | <input type="checkbox"/> chickpeas |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> fresh coriander/cilantro |
| <input type="checkbox"/> turmeric | <input type="checkbox"/> natural yoghurt |
| <input type="checkbox"/> paprika | <input type="checkbox"/> mango chutney |
| <input type="checkbox"/> diced tomatoes | |

korma curry sugar:
this is no such thing
when i googled it... is
there another name?

MALAYSIAN NET CREPES (ROTI JALA)

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> plain flour | <input type="checkbox"/> semi-skimmed milk |
| <input type="checkbox"/> turmeric | <input type="checkbox"/> vegetable oil |
| <input type="checkbox"/> large eggs | |

WEDNESDAY

PORK BANH MI BURGER

- | | |
|--|---|
| <input type="checkbox"/> pork mince/ground pork | <input type="checkbox"/> soy sauce |
| <input type="checkbox"/> fresh basil leaves | <input type="checkbox"/> water |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> white vinegar |
| <input type="checkbox"/> spring onions/scallions | <input type="checkbox"/> carrot |
| <input type="checkbox"/> fish sauce | <input type="checkbox"/> radishes |
| <input type="checkbox"/> sriracha chilli sauce | <input type="checkbox"/> brioche buns |
| <input type="checkbox"/> white/granulated sugar | <input type="checkbox"/> coriander/cilantro |
| <input type="checkbox"/> cornflour/cornstarch | <input type="checkbox"/> cucumber |
| <input type="checkbox"/> salt | <input type="checkbox"/> fresh jalapeño |
| <input type="checkbox"/> pepper | |
| <input type="checkbox"/> mayonnaise | |
| <input type="checkbox"/> honey | |

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INGREDIENTS:

THURSDAY

SLOW COOKER CHICKEN CHOWDER

- | | |
|--|---|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> corn cobs |
| <input type="checkbox"/> medium onion | <input type="checkbox"/> potatoes incorrect spelling. potatoes |
| <input type="checkbox"/> streaky bacon | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> celery | <input type="checkbox"/> milk |
| <input type="checkbox"/> dried thyme | <input type="checkbox"/> cornflour/cornstarch |
| <input type="checkbox"/> bay leaves | <input type="checkbox"/> fresh chives |
| <input type="checkbox"/> whole chicken | |

SPINACH & CHEESE BAGUETTE

- | | |
|--|--|
| <input type="checkbox"/> crusty baguette | <input type="checkbox"/> lemon zest |
| <input type="checkbox"/> baby spinach | <input type="checkbox"/> English mustard |
| <input type="checkbox"/> double cream | <input type="checkbox"/> Gruyere cheese |
| <input type="checkbox"/> eggs | |
| <input type="checkbox"/> garlic | |

FRIDAY

CHEESY CRUMBED SALMON

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> salmon fillet | <input type="checkbox"/> lemon juice |
| <input type="checkbox"/> butter | <input type="checkbox"/> lemon zest |
| <input type="checkbox"/> fresh breadcrumbs | <input type="checkbox"/> fresh basil |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> salt |
| <input type="checkbox"/> tasty cheese | <input type="checkbox"/> pepper |

SQUASH FETA SALAD JAR needs to be Squash & Feta Salad Jar

- | | |
|---|--|
| <input type="checkbox"/> garlic clove | <input type="checkbox"/> pepper |
| <input type="checkbox"/> lemon juice | <input type="checkbox"/> cooked chickpeas |
| <input type="checkbox"/> tahini | <input type="checkbox"/> feta |
| <input type="checkbox"/> water | <input type="checkbox"/> lamb's lettuce/corn salad |
| <input type="checkbox"/> Maggi Original liquid seasoning OR soy sauce | <input type="checkbox"/> pistachios |
| <input type="checkbox"/> butternut squash/pumpkin | <input type="checkbox"/> fresh mint leaves |
| <input type="checkbox"/> olive oil | |
| <input type="checkbox"/> salt | |

WEEKEND

SPICY TOMATO POACHED EGGS WITH BACON

- | | |
|--|--|
| <input type="checkbox"/> bacon rashers | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> diced tomato with herbs | <input type="checkbox"/> dried oregano |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> salt |
| <input type="checkbox"/> dried onion flakes | <input type="checkbox"/> pepper |
| <input type="checkbox"/> chilli flakes | |
| <input type="checkbox"/> eggs | |

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