

# AUTUMN WEEKLY MEAL PLANNER



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# WEEKLY MEAL PLANNER

07.04.25 - 11.04.25

MONDAY

MAIN: CREAMY CHICKEN & BACON FETTUCCHINE

APPROX. 50 MINS



TUESDAY

MAIN: FLAKED FISH CURRY

APPROX. 30 MINS

SIDE: AFRICAN CHAPATI FLATBREADS

APPROX. 1 HR 50 MINS



WEDNESDAY

MAIN: BEER BRATS

APPROX. 25 MINS

SIDE: PARMESAN POTATO ROUNDS

APPROX. 1 HR 15 MINS



THURSDAY

MAIN: BEEF, POTATO & BÉCHAMEL PIE

APPROX. 50 MINS



FRIDAY

MAIN: EAST MEETS WEST BRAISED PORK  
SHOULDER

APPROX. 2 HRS 10 MINS



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## WEEKEND INSPIRATION

[illegible]

## NUT AND ORANGE GRANOLA

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# WEEKLY MEAL PLANNER

07.04.25 - 11.04.25

## INGREDIENTS:

MONDAY

### CREAMY CHICKEN & BACON FETTUCCHINE

- |  |  |
|--|--|
| <input type="checkbox"/> chicken stock                     | <input type="checkbox"/> cornflour               |
| <input type="checkbox"/> bacon                             | <input type="checkbox"/> baby spinach            |
| <input type="checkbox"/> boneless, skinless chicken thighs | <input type="checkbox"/> fresh parsley           |
| <input type="checkbox"/> extra virgin olive oil            | <input type="checkbox"/> fettuccine or spaghetti |
| <input type="checkbox"/> butter                            |  |
| <input type="checkbox"/> cloves garlic                     |  |
| <input type="checkbox"/> brown mushrooms                   |  |
| <input type="checkbox"/> dry white wine                    |  |
| <input type="checkbox"/> fresh thyme leaves                |  |
| <input type="checkbox"/> lemon                             |  |
| <input type="checkbox"/> single cream                      |  |
| <input type="checkbox"/> parmesan cheese                   |  |

TUESDAY

### FLAKED FISH CURRY

- |  |   |
|--|---|
| <input type="checkbox"/> red onion                   | <input type="checkbox"/> tinned coconut cream     |
| <input type="checkbox"/> cloves garlic               | <input type="checkbox"/> tinned chopped tomatoes  |
| <input type="checkbox"/> store-bought crushed ginger | <input type="checkbox"/> white fish               |
| <input type="checkbox"/> fresh green chilli          | <input type="checkbox"/> oregano                  |
| <input type="checkbox"/> mustard seeds               | <input type="checkbox"/> fresh coriander/cilantro |
| <input type="checkbox"/> mild curry powder           |   |
| <input type="checkbox"/> chilli powder               |   |
| <input type="checkbox"/> turmeric                    |   |

### AFRICAN CHAPATI FLATBREADS

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> milk          | <input type="checkbox"/> plain flour |
| <input type="checkbox"/> vegetable oil |                                      |

WEDNESDAY

### BEER BRATS

- |   |   |
|---|---|
| <input type="checkbox"/> beer             | <input type="checkbox"/> bratwurst sausages           |
| <input type="checkbox"/> brown sugar      | <input type="checkbox"/> onion                        |
| <input type="checkbox"/> soy sauce        | <input type="checkbox"/> bratwurst buns/hot dog rolls |
| <input type="checkbox"/> chilli powder    |   |
| <input type="checkbox"/> prepared mustard |   |
| <input type="checkbox"/> garlic powder    |   |

### PARMESAN POTATO ROUNDS

- |  |
|--|
| <input type="checkbox"/> potatoes        |
| <input type="checkbox"/> plain flour     |
| <input type="checkbox"/> parmesan cheese |
| <input type="checkbox"/> butter          |

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## INGREDIENTS:

THURSDAY

### BEEF, POTATO & BÉCHAMEL PIE

- |  |  |
|--|--|
| <input type="checkbox"/> onion                       | <input type="checkbox"/> egg           |
| <input type="checkbox"/> vegetable oil               | <input type="checkbox"/> grated cheese |
| <input type="checkbox"/> plain flour                 |  |
| <input type="checkbox"/> best beef mince/ground beef |  |
| <input type="checkbox"/> beef stock                  |  |
| <input type="checkbox"/> worcestershire sauce        |  |
| <input type="checkbox"/> chilli flakes               |  |
| <input type="checkbox"/> lightly boiled potatoes     |  |
| <input type="checkbox"/> butter                      |  |
| <input type="checkbox"/> milk                        |  |

FRIDAY

### EAST MEETS WEST BRAISED PORK SHOULDER

- ☐ vegetable oil
- ☐ pork shoulder steaks
- ☐ cloves garlic
- ☐ ground ginger
- ☐ olive oil
- ☐ soy sauce
- ☐ brown sugar
- ☐ chipotle paste
- ☐ spring onions/scallions
- ☐ steamed rice or noodles

WEEKEND

### NUT AND ORANGE GRANOLA

- |  |   |
|--|---|
| <input type="checkbox"/> unsalted butter | <input type="checkbox"/> pistachio nuts     |
| <input type="checkbox"/> honey           | <input type="checkbox"/> flaked almonds     |
| <input type="checkbox"/> golden syrup    | <input type="checkbox"/> sunflower seeds    |
| <input type="checkbox"/> demerara sugar  | <input type="checkbox"/> desiccated coconut |
| <input type="checkbox"/> vanilla extract | <input type="checkbox"/> traditional oats   |
| <input type="checkbox"/> hazelnuts       | <input type="checkbox"/> oranges            |
| <input type="checkbox"/> pecan nuts      |   |

### PUMPKIN SPICE LATTE FOR A CROWD

- |  |  |
|--|--|
| <input type="checkbox"/> hot strong brewed coffee                | <input type="checkbox"/> aerosol whipped cream |
| <input type="checkbox"/> 100% pumpkin puree                      | <input type="checkbox"/> nutmeg                |
| <input type="checkbox"/> oat milk, or heavy cream                | <input type="checkbox"/> molasses              |
| <input type="checkbox"/> pumpkin pie spice                       |  |
| <input type="checkbox"/> vanilla extract                         |  |
| <input type="checkbox"/> white/granulated sugar, or simple syrup |  |
| <input type="checkbox"/> brown sugar                             |  |

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