

AUTUMN WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

21.04.25 - 25.04.25

MONDAY

MAIN: CREAMY CHICKEN & POTATOES WITH SAGE

APPROX. 1 HR



TUESDAY

MAIN: ONE-POT LASAGNA SOUP

APPROX. 1 HR



WEDNESDAY

MAIN: CRISPY HERB-CRUSTED FISH FILLETS

APPROX. 25 MINS

SIDE: ROOT VEGETABLE MEDLEY

APPROX. 1 HR 10 MINS



THURSDAY

MAIN: MEXICAN BAKED CHICKEN & RICE

APPROX. 1 HR 25 MINS



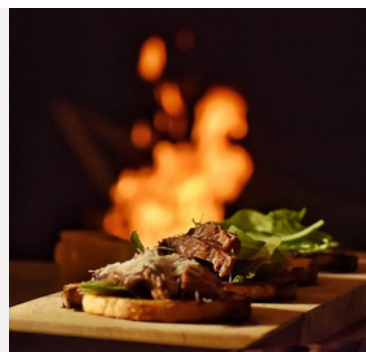
FRIDAY

MAIN: PEPPERED STEAK TAGLIATA

APPROX. 15 MINS

SIDE: LOADED MEXICAN CORN RIBS

APPROX. 20 MINS



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

21.04.25 - 25.04.25

WEEKEND INSPIRATION

MAIN: BISCOFF ROCKY ROAD

APPROX. 17 MINS



CAMPUS&CO.

Your Superstore

SHOPPING LIST

“ Used drumsticks and bone in thighs which worked perfectly for a budget friendly, super tasty meal that even the toddler will happily eat. Delicious reheated for lunches too. ”

MEXICAN BAKED CHICKEN & RICE

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

21.04.25 - 25.04.25

INGREDIENTS:

MONDAY

CREAMY CHICKEN & POTATOES WITH SAGE

- ☐ boneless, skinless chicken breasts
- ☐ thick cut bacon
- ☐ cloves garlic
- ☐ fresh sage leaves
- ☐ small yukon gold potatoes/yellow potato
- ☐ dry white wine
- ☐ dairy-free milk
- ☐ dijon mustard
- ☐ fresh thyme leaves
- ☐ cornflour/cornstarch

TUESDAY

ONE-POT LASAGNA SOUP

- ☐ lean ground beef
- ☐ onion diced
- ☐ cloves garlic
- ☐ red pepper flakes
- ☐ tomato sauce for pasta
- ☐ chicken stock
- ☐ tinned crushed tomatoes
- ☐ tomato paste
- ☐ balsamic vinegar
- ☐ granulated sugar
- ☐ italian seasoning (or mixed herbs)
- ☐ chilli powder
- ☐ uncooked lasagna noodles
- ☐ cream
- ☐ shredded mozzarella cheese
- ☐ parmesan cheese
- ☐ ricotta cheese

WEDNESDAY

CRISPY HERB-CRUSTED FISH FILLETS

- ☐ firm white fish fillets
- ☐ panko breadcrumbs
- ☐ dried chives, or other dried herbs
- ☐ parmesan
- ☐ garlic clove
- ☐ wholegrain mustard OR mayonnaise
- ☐ sage-infused olive oil*
- ☐ olive oil spray

ROOT VEGETABLE MEDLEY

- ☐ carrots
- ☐ leeks
- ☐ turnips
- ☐ parsnips
- ☐ oil
- ☐ cheese sauce*, store-bought or homemade

WEEKLY MEAL PLANNER

21.04.25 - 25.04.25

INGREDIENTS:

THURSDAY

MEXICAN BAKED CHICKEN & RICE

- | | |
|--|---|
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> tinned tomato purée |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> frozen corn |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> tinned black beans |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> lime |
| <input type="checkbox"/> oregano | <input type="checkbox"/> fresh coriander/cilantro |
| <input type="checkbox"/> chilli powder | <input type="checkbox"/> jalapeños |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> grated cheese |
| <input type="checkbox"/> fresh lime juice | |
| <input type="checkbox"/> boneless skinless chicken thigh fillets | |
| <input type="checkbox"/> large onion | |
| <input type="checkbox"/> cloves garlic | |
| <input type="checkbox"/> red capsicum/pepper | |
| <input type="checkbox"/> green capsicum/pepper | |
| <input type="checkbox"/> long grain white rice | |
| <input type="checkbox"/> chicken stock | |

FRIDAY

PEPPERED STEAK TAGLIATA

- | | |
|---|---|
| <input type="checkbox"/> ciabatta bread | <input type="checkbox"/> rocket leaves |
| <input type="checkbox"/> thick steak or leftover break meat | <input type="checkbox"/> Parmesan cheese |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> balsamic vinegar |
| <input type="checkbox"/> cloves garlic | |

LOADED MEXICAN CORN RIBS

- | | |
|---|---|
| <input type="checkbox"/> sour cream | <input type="checkbox"/> feta |
| <input type="checkbox"/> lime | <input type="checkbox"/> avocado |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> smoked paprika |
| <input type="checkbox"/> garlic | |
| <input type="checkbox"/> coriander/cilantro | |
| <input type="checkbox"/> green chilli | |
| <input type="checkbox"/> corn cobs | |
| <input type="checkbox"/> vegetable oil | |

WEEKEND

BISCOFF ROCKY ROAD

- ☐ white chocolate
- ☐ unsalted butter
- ☐ biscoff spread
- ☐ medium-sized marshmallows
- ☐ lotus biscoff cookie
- ☐ soft nougat
- ☐ cinnamon