



SPRING WEEKLY MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

21.04.25 - 25.04.25

MONDAY

MAIN: SHAWARMA-STYLE CHICKEN WITH
MEDITERRANEAN SALAD

APPROX. 50 MINS



TUESDAY

MAIN: TUNA & PASTA DISH

APPROX. 30 MINS



WEDNESDAY

MAIN: KOREAN BEEF & RICE
GF + DF

APPROX. 50 MINS



THURSDAY

MAIN: BOURBON PORK TENDERLOIN SALAD

APPROX. 1 HR



FRIDAY

MAIN: CURRIED CHICKEN POT PIES

APPROX. 1 HR 5 MINS



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WEEKEND INSPIRATION

MAIN: WHITE CHOCOLATE, ICED VOVO &
CHERRY RIPE ROCKY ROAD

APPROX. 30 MINS



CAMPUS&CO.
Your Superstore

SHOPPING LIST

“This worked nicely for time...quick and easy to prepare for a special looking salad. Flavours blend well.”

BOURBON PORK TENDERLOIN SALAD

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WEEKLY MEAL PLANNER

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INGREDIENTS:

MONDAY

SHAWARMA-STYLE CHICKEN

- | | |
|--|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> cherry tomatoes |
| <input type="checkbox"/> honey | <input type="checkbox"/> spring onions/scallions |
| <input type="checkbox"/> curry powder | <input type="checkbox"/> yellow capsicum/pepper |
| <input type="checkbox"/> ground cinnamon | <input type="checkbox"/> cucumber |
| <input type="checkbox"/> ground allspice | <input type="checkbox"/> coriander/cilantro |
| <input type="checkbox"/> lemon juice | <input type="checkbox"/> sumac |
| <input type="checkbox"/> boneless, skinless chicken breast | <input type="checkbox"/> humus |
| <input type="checkbox"/> onions | <input type="checkbox"/> flatbreads |
| <input type="checkbox"/> cloves garlic | |
| <input type="checkbox"/> salt and pepper | |

TUESDAY

TUNA & PASTA DISH

- ☐ pasta
- ☐ onion
- ☐ condensed cream of chicken soup
- ☐ tinned tuna
- ☐ tinned or frozen mixed veggies
- ☐ milk
- ☐ lemon juice
- ☐ salt and pepper

WEDNESDAY

KOREAN BEEF & RICE GF DF

- | | |
|---|---|
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> beef mince/ground beef |
| <input type="checkbox"/> coconut aminos/gluten-free soy sauce | <input type="checkbox"/> capsicum/pepper |
| <input type="checkbox"/> ginger paste | <input type="checkbox"/> carrots |
| <input type="checkbox"/> red pepper paste (gochujang) | <input type="checkbox"/> eggs |
| <input type="checkbox"/> rice wine vinegar | <input type="checkbox"/> vegan butter or oil |
| <input type="checkbox"/> sesame oil | <input type="checkbox"/> red chilli flakes |
| <input type="checkbox"/> cornflour/cornstarch | |
| <input type="checkbox"/> water | |
| <input type="checkbox"/> rice | |
| <input type="checkbox"/> chicken stock powder | |
| <input type="checkbox"/> salt | |
| <input type="checkbox"/> neutral oil | |
| <input type="checkbox"/> onion | |
| <input type="checkbox"/> serrano peppers | |
| <input type="checkbox"/> pepper | |
| <input type="checkbox"/> cloves garlic | |

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INGREDIENTS:

THURSDAY

BOURBON PORK TENDERLOIN SALAD

- | | |
|---|--|
| <input type="checkbox"/> red onion | <input type="checkbox"/> baby spinach leaves |
| <input type="checkbox"/> cider vinegar | <input type="checkbox"/> rocket/arugula leaves |
| <input type="checkbox"/> orange sweet potato/kumara | <input type="checkbox"/> puy lentils |
| <input type="checkbox"/> smoked sweet paprika | <input type="checkbox"/> feta |
| <input type="checkbox"/> brown sugar | |
| <input type="checkbox"/> ground cumin | |
| <input type="checkbox"/> pork tenderloin | |
| <input type="checkbox"/> clove garlic | |
| <input type="checkbox"/> salt and pepper | |
| <input type="checkbox"/> bourbon | |
| <input type="checkbox"/> ripe nectarines | |

FRIDAY

CURRIED CHICKEN POT PIES

- ☐ olive oil
- ☐ skinless and boneless chicken thighs
- ☐ small onion
- ☐ red capsicum/red pepper
- ☐ carrot
- ☐ korma curry paste
- ☐ cornflour/cornstarch
- ☐ chicken stock
- ☐ frozen peas
- ☐ fresh coriander/cilantro
- ☐ puff pastry
- ☐ egg

WEEKEND

WHITE CHOCOLATE, ICED VOVO & CHERRY RIPE ROCKY ROAD

- ☐ pink and white marshmallows
- ☐ iced vovo biscuits
- ☐ lotus biscoff sandwich cream biscuits
- ☐ salted peanuts
- ☐ kinder eggs
- ☐ white chocolate
- ☐ cherry ripe bar
- ☐ chocolate coated Turkish delight bar