



SUMMER WEEKLY MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

07.07.25 - 11.07.25

MONDAY

MAIN: ROAST BEEF CHEESEBURGER STACK

APPROX. 1 HR 20 MINS



TUESDAY

MAIN: ONE PAN SUNNY GREEK CHICKEN & RICE

APPROX. 1 HR 45 MIN



WEDNESDAY

MAIN: SPICED LAMB CUTLETS

APPROX. 15 MINS



SIDE: QUICK CREAMY CORN

APPROX. 20 HR



UNDER
30
MINUTES



THURSDAY

MAIN: TUNA & RICE WITH A TWIST

APPROX. 1 HR 10 MINS



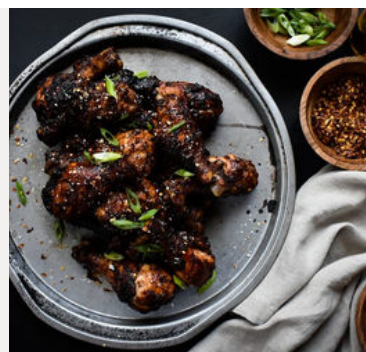
FRIDAY

MAIN: CHICKEN DRUMSTICKS WITH HOMEMADE
BARBECUE SAUCE

APPROX. 1 HR 5 MINS

SIDE: ZUCCHINI CHEDDAR BISCUITS

APPROX. 20 MINS



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WEEKLY MEAL PLANNER

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WEEKEND INSPIRATION

MAIN: PEACH MOSCOW MULE

APPROX. 10 MINS



CAMPUS&CO.

Your Superstore

SHOPPING LIST

“So yummy! Has such a delicious “bright” flavour from the lemon, which is perfect for a spring or summer evening meal.”

ONE PAN SUNNY GREEK CHICKEN & RICE

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WEEKLY MEAL PLANNER

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INGREDIENTS:

MONDAY

ROAST BEEF CHEESEBURGER STACK

- | | |
|---|--|
| <input type="checkbox"/> agria potatoes | <input type="checkbox"/> tomato relish |
| <input type="checkbox"/> cooking oil | <input type="checkbox"/> sandwich pickles |
| <input type="checkbox"/> garlic and herb salt | <input type="checkbox"/> plain flour |
| <input type="checkbox"/> leftover cooked sliced beef in gravy | <input type="checkbox"/> grated cheddar/tasty cheese |
| <input type="checkbox"/> butter | <input type="checkbox"/> beer |
| <input type="checkbox"/> medium onions | <input type="checkbox"/> milk |

TUESDAY

ONE PAN SUNNY GREEK CHICKEN & RICE

- | | |
|--|---|
| <input type="checkbox"/> boneless skinless chicken thigh fillets | <input type="checkbox"/> salt/black pepper |
| <input type="checkbox"/> butter | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> lemon, juice/zest/slice | <input type="checkbox"/> unsweetened dairy-free yoghurt |
| <input type="checkbox"/> onion | <input type="checkbox"/> dried dill |
| <input type="checkbox"/> cloves garlic | <input type="checkbox"/> powdered greek seasoning |
| <input type="checkbox"/> long grain white rice | <input type="checkbox"/> dried oregano |
| <input type="checkbox"/> zucchini/courgette | <input type="checkbox"/> paprika |
| <input type="checkbox"/> low-sodium chicken broth | <input type="checkbox"/> fresh thyme leaves |
| <input type="checkbox"/> kalamata olives | |
| <input type="checkbox"/> basil leaves | |
| <input type="checkbox"/> feta cheese | |
| <input type="checkbox"/> olive oil | |

WEDNESDAY

SPICED LAMB CUTLETS

- | | |
|--|--|
| <input type="checkbox"/> lamb cutlets | <input type="checkbox"/> smoked paprika |
| <input type="checkbox"/> minced garlic | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> fresh thyme | <input type="checkbox"/> salt/black pepper |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> fresh oregano |
| <input type="checkbox"/> honey | |
| <input type="checkbox"/> cumin | |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> fresh thyme | |

QUICK CREAMY CORN

- | | |
|--|--|
| <input type="checkbox"/> butter | <input type="checkbox"/> cream cheese |
| <input type="checkbox"/> clove garlic | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> small onion | <input type="checkbox"/> fresh parsley or chives, to serve |
| <input type="checkbox"/> frozen corn | |
| <input type="checkbox"/> dried thyme | |
| <input type="checkbox"/> thickened cream | |

WEEKLY MEAL PLANNER

07.07.25 - 11.07.25

INGREDIENTS:

THURSDAY

TUNA & RICE WITH A TWIST

- | | |
|---|---|
| <input type="checkbox"/> microwaveable rice sachets | <input type="checkbox"/> grated cheese |
| <input type="checkbox"/> salt/pepper | <input type="checkbox"/> breadcrumbs |
| <input type="checkbox"/> butter | <input type="checkbox"/> pine nuts |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> tuscan seasoning |
| <input type="checkbox"/> dried Italian herbs | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> Thai red curry flavoured tuna | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> tinned tomato and onion flavoured tuna | <input type="checkbox"/> lemon juice |
| <input type="checkbox"/> tinned corn kernels | |
| <input type="checkbox"/> plain flour | |
| <input type="checkbox"/> milk | |

FRIDAY

CHICKEN DRUMSTICKS WITH HOMEMADE BARBECUE SAUCE

- | | |
|---|--|
| <input type="checkbox"/> chicken drumsticks | <input type="checkbox"/> paprika |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> dried oregano |
| <input type="checkbox"/> apple cider vinegar | <input type="checkbox"/> dried basil |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> dried thyme |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> spring onions/scallions |
| <input type="checkbox"/> salt/pepper | <input type="checkbox"/> worcestershire sauce |
| <input type="checkbox"/> ketchup/tomato sauce | <input type="checkbox"/> liquid smoke |
| <input type="checkbox"/> tomato paste | |
| <input type="checkbox"/> spicy mustard | |
| <input type="checkbox"/> brown sugar | |

ZUCCHINI CHEDDAR BISCUITS

- | | |
|--|--|
| <input type="checkbox"/> zucchini/courgettes | <input type="checkbox"/> grated cheddar/tasty cheese |
| <input type="checkbox"/> salt | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> fresh chives |
| <input type="checkbox"/> baking powder | <input type="checkbox"/> buttermilk |
| <input type="checkbox"/> bicarbonate soda | |
| <input type="checkbox"/> unsalted butter | |

WEEKEND

PEACH MOSCOW MULE

- ☐ peach
- ☐ lime, juiced
- ☐ simple syrup/sugar syrup
- ☐ ice
- ☐ vodka
- ☐ ginger beer
- ☐ angostura bitters