

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

07.07.25 - 11.07.25

MONDAY

MAIN: MAKE-AHEAD LOW-CARB BURRITO BOWL

APPROX. 3 HRS 30 MINS



TUESDAY

MAIN: EASY SHEET-PAN TURKEY MEATBALLS WITH SWEET POTATO

APPROX. 1 HR



WEDNESDAY

MAIN: MARRY ME SALMON

APPROX. 45 MINS

SIDE: BAKED SPAGHETTI FRITTATA

APPROX. 55 MINS



THURSDAY

MAIN: WHISKY GLAZED PORK WITH SMOKY SWEET POTATO WEDGES & SLAW

APPROX. 1 HR 15 MINS



FRIDAY

MAIN: CHICKEN & TOMATO LASAGNA

APPROX. 1 HR



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WEEKEND INSPIRATION

MAIN: FLANNEL SHIRT COCKTAIL

APPROX. 5 MINS



CAMPUS&CO.

Your Superstore

SHOPPING LIST

“This menu is out of this world! So fresh and tasty. Will definitely be using as an entertaining menu!”

WHISKY GLAZED PORK WITH SMOKY SWEET POTATO WEDGES & SLAW

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INGREDIENTS:

MONDAY

MAKE-AHEAD LOW-CARB BURRITO BOWL

- | | |
|--|--|
| ☐ lean beef mince/ground beef | ☐ bitter chocolate |
| ☐ lean diced beef | ☐ iceberg lettuce |
| ☐ red onion | ☐ tinned sweetcorn |
| ☐ white onion | ☐ ripe avocados |
| ☐ celery sticks | ☐ limes |
| ☐ mushrooms | ☐ ripe tomatoes |
| ☐ tinned mixed beans | ☐ reduced fat cheese |
| ☐ tinned chopped tomatoes | ☐ reduced fat sour cream or crème fraîche |
| ☐ chipotle chilli paste | ☐ fresh coriander/cilantro |
| ☐ dried oregano | ☐ tortilla chips (optional) |
| ☐ ground coriander | |
| ☐ beef stock cubes | |

TUESDAY

EASY SHEET-PAN TURKEY MEATBALLS WITH SWEET POTATO

- | | |
|---|---|
| ☐ apple cider vinegar | ☐ milk |
| ☐ barbecue sauce | ☐ turkey mince/ground turkey |
| ☐ brown sugar | ☐ eggs |
| ☐ worcestershire sauce | ☐ dried thyme |
| ☐ dry mustard | ☐ paprika |
| ☐ onion | ☐ dijon mustard |
| ☐ clove garlic | ☐ olive oil |
| ☐ fresh parsley | ☐ orange sweet potatoes/kumara |
| ☐ bread | ☐ broccoli florets |
| ☐ rolled oats | |

WEDNESDAY

MARRY ME SALMON

- | | |
|--|--|
| ☐ salmon fillet | ☐ chicken stock |
| ☐ olive oil | ☐ lemon juice |
| ☐ italian seasoning | ☐ cream cheese |
| ☐ garlic powder | ☐ parmesan |
| ☐ oregano | ☐ basil |
| ☐ butter | |
| ☐ minced garlic | |
| ☐ heavy cream - 48% fat | |

BAKED SPAGHETTI FRITTATA

- | | |
|---|--|
| ☐ spaghetti | ☐ ball mozzarella |
| ☐ eggs | ☐ fresh parsley |
| ☐ cooked shredded gammon | ☐ spring onions/scallions |
| ☐ parmesan | |

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INGREDIENTS:

THURSDAY

WHISKY GLAZED PORK WITH SMOKY SWEET POTATO WEDGES & SLAW

- | | |
|--|---|
| ☐ pork tenderloins | ☐ fennel |
| ☐ scotch whisky | ☐ red onion |
| ☐ maple syrup | ☐ whole egg mayonnaise |
| ☐ malt vinegar | ☐ orange |
| ☐ worcestershire sauce | ☐ fresh mint |
| ☐ dijon mustard | ☐ fresh parsley |
| ☐ smoked paprika | |
| ☐ sea salt flakes | |
| ☐ sweet potatoes | |
| ☐ olive oil | |
| ☐ smoked paprika | |
| ☐ chicken/seasoned salt | |
| ☐ sesame seeds | |
| ☐ green cabbage | |
| ☐ kale | |
| ☐ red apple | |

FRIDAY

CHICKEN AND TOMATO LASAGNE

- | | |
|---|--|
| ☐ olive oil | ☐ semi-skimmed milk |
| ☐ boneless, skinless chicken breasts | ☐ cheddar cheese grated |
| ☐ onion | ☐ english mustard |
| ☐ clove garlic | |
| ☐ dried oregano | |
| ☐ chilli flakes | |
| ☐ tomato paste | |
| ☐ tin chopped tomatoes | |
| ☐ fresh lasagna sheets | |
| ☐ butter | |
| ☐ plain flour | |

WEEKEND

FLANNEL SHIRT COCKTAIL

- ☐ scotch whisky
- ☐ apple cider
- ☐ amaro
- ☐ lemon juice
- ☐ raw simple syrup
- ☐ cinnamon
- ☐ angostura bitters
- ☐ ice
- ☐ dried orange wheel/orange peel

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