



SUMMER WEEKLY MEAL PLANNER

BROUGHT TO YOU BY *el gūsto*

WEEKLY MEAL PLANNER

21.07.25 - 25.07.25

MONDAY

MAIN: CHICKEN & QUINOA CAPRESE BAKE

APPROX. 50 MINS



TUESDAY

MAIN: GRILLED SNAPPER TACOS

APPROX. 1 HR 5MINS



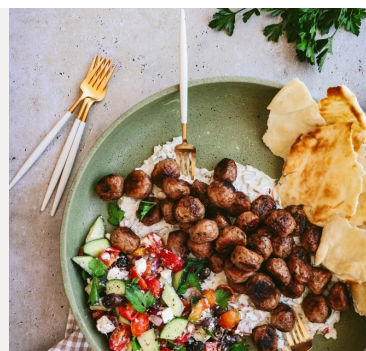
WEDNESDAY

MAIN: GREEK-STYLE MEATBALLS & TZATZIKI

APPROX. 40 MINS



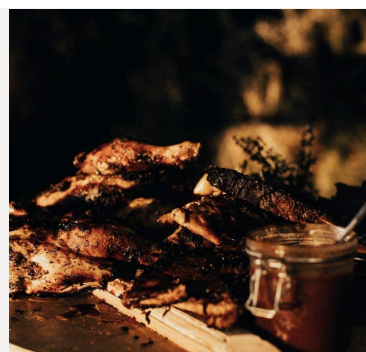
UNDER
30
MINUTES



THURSDAY

MAIN: SLOW COOKED PORK RIBS WITH
BOURBON BBQ SAUCE

APPROX. 10 HR 10 MINS



FRIDAY

MAIN: ROTISSERIE BEEF SANDWICH

APPROX. 1 HR 45 MINS

SIDE: BUTTERY PAN-FRIED CORN

APPROX. 10 MINS



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WEEKEND INSPIRATION

MAIN: BANOFFLES

APPROX. 4 HRS 45 MINS



CAMPUS&CO.

Your Superstore

SHOPPING LIST

“Delicious with absolutely amazing flavours! Highly recommend”

CHICKEN & QUINOA CAPRESE BAKE

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WEEKLY MEAL PLANNER

21.07.25 - 25.07.25

INGREDIENTS:

MONDAY

CHICKEN & QUINOA CAPRESE BAKE

- | | |
|---|--|
| <input type="checkbox"/> chicken stock | <input type="checkbox"/> basil pesto |
| <input type="checkbox"/> white quinoa | <input type="checkbox"/> grated mozzarella cheese |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> grated tasty/cheddar cheese |
| <input type="checkbox"/> chicken breast | <input type="checkbox"/> cherry tomatoes |
| <input type="checkbox"/> grated ginger | |
| <input type="checkbox"/> whole milk | |
| <input type="checkbox"/> salt/pepper | |
| <input type="checkbox"/> fresh basil | |
| <input type="checkbox"/> heirloom/heritage tomatoes | |

TUESDAY

GRILLED SNAPPER TACOS

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> whole fresh fish | <input type="checkbox"/> tomato salsa |
| <input type="checkbox"/> dynamite chilli sauce | <input type="checkbox"/> red chillies |
| <input type="checkbox"/> parsley garlic sauce | <input type="checkbox"/> coriander |
| <input type="checkbox"/> lime, juice | |
| <input type="checkbox"/> tacos/tortillas | |
| <input type="checkbox"/> garlic cloves | |
| <input type="checkbox"/> parsley leaves | |
| <input type="checkbox"/> vegetable oil or olive oil | |
| <input type="checkbox"/> ground cumin | |
| <input type="checkbox"/> salt | |
| <input type="checkbox"/> guacamole | |
| <input type="checkbox"/> sweetcorn | |

WEDNESDAY

GREEK-STYLE MEATBALLS & TZATZIKI

- | | |
|--|--|
| <input type="checkbox"/> store-bought meatballs | <input type="checkbox"/> cherry tomatoes |
| <input type="checkbox"/> souvlaki wraps or pita breads | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> cucumber | <input type="checkbox"/> lemon juice |
| <input type="checkbox"/> red capsicum/pepper | <input type="checkbox"/> ground oregano |
| <input type="checkbox"/> purple onion | <input type="checkbox"/> onion powder |
| <input type="checkbox"/> fresh parsley | <input type="checkbox"/> cumin |
| <input type="checkbox"/> fresh dill | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> greek yoghurt | <input type="checkbox"/> feta |
| <input type="checkbox"/> sour cream | |
| <input type="checkbox"/> ranch dressing | |
| <input type="checkbox"/> Italian herbs | |
| <input type="checkbox"/> garlic powder | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

SLOW COOKED PORK RIBS WITH BOURBON BBQ SAUCE

- ☐ pork ribs
- ☐ bourbon
- ☐ cider vinegar
- ☐ smoked paprika
- ☐ ground cumin
- ☐ chilli flakes
- ☐ clove garlic
- ☐ salt

FRIDAY

ROTISSERIE BEEF SANDWICH

- ☐ beef sirloin/porterhouse
- ☐ olive oil
- ☐ salt/pepper
- ☐ dried garlic
- ☐ red onions
- ☐ balsamic vinegar
- ☐ brown sugar
- ☐ ciabatta loaf
- ☐ horseradish sauce
- ☐ rocket/arugula

BUTTERY PAN-FRIED CORN

- ☐ butter
- ☐ fresh or frozen corn kernels
- ☐ salt/pepper
- ☐ fresh basil

WEEKEND

BANOFFLES

- | | |
|--|---|
| <input type="checkbox"/> ripe bananas | <input type="checkbox"/> plain flour |
| <input type="checkbox"/> cream cheese | <input type="checkbox"/> baking powder |
| <input type="checkbox"/> fruit yoghurt | <input type="checkbox"/> milk chocolate |
| <input type="checkbox"/> eggs | |
| <input type="checkbox"/> double cream | |
| <input type="checkbox"/> brown sugar | |
| <input type="checkbox"/> caster sugar | |
| <input type="checkbox"/> butter | |
| <input type="checkbox"/> eggs | |
| <input type="checkbox"/> vanilla extract | |