

WEEKLY MEAL PLANNER

28.07.25 - 01.08.25

MAIN: CHICKEN IN SOUS VIDE WITH ASIAN SLAW

APPROX. 3 HRS 50 MINS

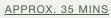


MAIN: ONE-POT MEXICAN BEEF MINCE

APPROX. 45MINS



MAIN: PORK STEAKS WITH BARBECUE SAUCE





SIDE: AVOCADO & PEAR SALAD WITH POPPY SEED

DRESSING

APPROX. 25 MINS



MAIN: HERBY ROASTED CHICKEN THIGHS WITH BUTTERY THYME RICE

APPROX. 1 HR 15 MINS





MAIN: QUICK & EASY BEEF RUMP CAP

APPROX. 3 HRS 10 MINS





WEEKLY MEAL PLANNER

28.07.25 - 01.08.25

MAIN: ASIAN STYLE HOT SMOKED SALMON SALAD

APPROX. 30 MINS





	SHOPPING LIST
CAMPUSපිco.	
Your Superstore	
	-

"Definitely one I will make again. Leftovers are great for work lunches too!"

HERBY ROASTED CHICKEN THIGHS WITH BUTTERY THYME RICE



MONDAY

WEEKLY MEAL PLANNER

28.07.25 - 01.08.25

INGREDIENTS:

	CHICKEN IN SOUS VIDE WITH ASIAN SLAV	mint coriander/cilantro crushed peanuts lime juice rice vinegar fish sauce canola/rapeseed oil white/granulated sugar garlic clove
	ONE-POT MEXICAN BEEF MINCE extra virgin olive oil red onion red capsicum/pepper green capsicum/pepper smoked paprika and dried oregano garlic cloves ground cumin and cayenne pepper	tomato paste beef stock 2-minute brown and wild rice blend can corn lean mince mexican style 3 bean mix avocado, lime wedges, taco chips, tomato, sour cream
WEDNESDAT	PORK STEAKS WITH BARBECUE SAUCE ground ginger mustard powder smoked paprika oil small shallot passata or chopped tinned tomatoes demerara sugar pork steaks cider vinegar AVOCADO & PEAR SALAD WITH POPPY SE mixed salad leaves pears avocados bacon bits feta cheese white/granulated sugar	worcestershire sauce golden syrup clove garlic salt/pepper BD DRESSING apple cider vinegar poppy seeds oil salt, onion powder, mustard powder

WEEKLY MEAL PLANNER

28.07.25 - 01.08.25

INGREDIENTS:

HUKSDAY	HERBY ROASTED CHICKEN THIGHS WITH BUTTERY THYME RICE skinless chicken thigh fillets onion garlic clove celery butter uncooked white rice chicken broth/stock
	dry white wine paprika fresh thyme fresh rosemary garlic powder onion powder salt/pepper
FKIDAY	QUICK & EASY BEEF RUMP CAP beef rump cap french onion soup
WEEKEND	ASIAN STYLE HOT SMOKED SALMON SALAD light soy sauce lime juice sesame oil fish sauce sweet chilli sauce red onion white vinegar sugar salt capsicum/red bell pepper sugar snap or snow peas spring onions/scallions carrot bean sprouts avocado avo
	red chilli bunch coriander