



# SUMMER WEEKLY MEAL PLANNER

BROUGHT TO YOU BY *el gūsto*



# WEEKLY MEAL PLANNER

28.07.25 - 01.08.25

MONDAY

MAIN: CHICKEN IN SOUS VIDE WITH ASIAN SLAW

APPROX. 3 HRS 50 MINS



TUESDAY

MAIN: ONE-POT MEXICAN BEEF MINCE

APPROX. 45MINS



WEDNESDAY

MAIN: PORK STEAKS WITH BARBECUE SAUCE

APPROX. 35 MINS



SIDE: AVOCADO & PEAR SALAD WITH POPPY SEED DRESSING

APPROX. 25 MINS



THURSDAY

MAIN: HERBY ROASTED CHICKEN THIGHS WITH BUTTERY THYME RICE

APPROX. 1 HR 15 MINS



FRIDAY

MAIN: QUICK & EASY BEEF RUMP CAP

APPROX. 3 HRS 10 MINS



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

28.07.25 - 01.08.25

WEEKEND INSPIRATION

## MAIN: ASIAN STYLE HOT SMOKED SALMON SALAD

APPROX. 30 MINS



**CAMPUS&CO.**

**Your Superstore**

## SHOPPING LIST

---

---

---

---

---

---

---

---

---

---

---

---

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

HERBY ROASTED CHICKEN THIGHS WITH BUTTERY THYME RICE

BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

28.07.25 - 01.08.25

## INGREDIENTS:

MONDAY

### CHICKEN IN SOUS VIDE WITH ASIAN SLAW

- |  |   |
|--|---|
| <input type="checkbox"/> large chicken breasts | <input type="checkbox"/> mint                   |
| <input type="checkbox"/> butter                | <input type="checkbox"/> coriander/cilantro     |
| <input type="checkbox"/> salt/pepper           | <input type="checkbox"/> crushed peanuts        |
| <input type="checkbox"/> wombok/napa cabbage   | <input type="checkbox"/> lime juice             |
| <input type="checkbox"/> red onion             | <input type="checkbox"/> rice vinegar           |
| <input type="checkbox"/> red capsicum/pepper   | <input type="checkbox"/> fish sauce             |
| <input type="checkbox"/> cucumber              | <input type="checkbox"/> canola/rapeseed oil    |
| <input type="checkbox"/> large carrot          | <input type="checkbox"/> white/granulated sugar |
| <input type="checkbox"/> large red chilli      | <input type="checkbox"/> garlic clove           |

TUESDAY

### ONE-POT MEXICAN BEEF MINCE

- |   |  |
|---|--|
| <input type="checkbox"/> extra virgin olive oil           | <input type="checkbox"/> tomato paste  |
| <input type="checkbox"/> red onion                        | <input type="checkbox"/> beef stock  |
| <input type="checkbox"/> red capsicum/pepper              | <input type="checkbox"/> 2-minute brown and wild rice blend                      |
| <input type="checkbox"/> green capsicum/pepper            | <input type="checkbox"/> can corn  |
| <input type="checkbox"/> smoked paprika and dried oregano | <input type="checkbox"/> lean mince  |
| <input type="checkbox"/> garlic cloves                    | <input type="checkbox"/> mexican style 3 bean mix                                |
| <input type="checkbox"/> ground cumin and cayenne pepper  | <input type="checkbox"/> avocado, lime wedges, taco chips,<br>tomato, sour cream |

WEDNESDAY

### PORK STEAKS WITH BARBECUE SAUCE

- |   |   |
|---|---|
| <input type="checkbox"/> ground ginger                      | <input type="checkbox"/> worcestershire sauce |
| <input type="checkbox"/> mustard powder                     | <input type="checkbox"/> golden syrup         |
| <input type="checkbox"/> smoked paprika                     | <input type="checkbox"/> clove garlic         |
| <input type="checkbox"/> oil                                | <input type="checkbox"/> salt/pepper          |
| <input type="checkbox"/> small shallot                      |   |
| <input type="checkbox"/> passata or chopped tinned tomatoes |   |
| <input type="checkbox"/> demerara sugar                     |   |
| <input type="checkbox"/> pork steaks                        |   |
| <input type="checkbox"/> cider vinegar                      |   |

### AVOCADO & PEAR SALAD WITH POPPY SEED DRESSING

- |   |   |
|---|---|
| <input type="checkbox"/> mixed salad leaves     | <input type="checkbox"/> apple cider vinegar                |
| <input type="checkbox"/> pears                  | <input type="checkbox"/> poppy seeds                        |
| <input type="checkbox"/> avocados               | <input type="checkbox"/> oil                                |
| <input type="checkbox"/> bacon bits             | <input type="checkbox"/> salt, onion powder, mustard powder |
| <input type="checkbox"/> feta cheese            |   |
| <input type="checkbox"/> white/granulated sugar |   |

# WEEKLY MEAL PLANNER

28.07.25 - 01.08.25

## INGREDIENTS:

THURSDAY

### 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

FRIDAY

### 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
- ☐ red chilli
- ☐ bunch coriander
- ☐ hot smoked salmon fillets, flaked
- ☐ sesame seeds