

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

28.07.25 - 01.08.25

MONDAY

MAIN: BEEF & POTATO CASSEROLE

APPROX. 1 HR



TUESDAY

MAIN: TUNA FISH CAKES

APPROX. 30 MINS

SIDE: LEMON & HERB ROASTED POTATO NUGGETS

APPROX. 1 HR 15 MINS



WEDNESDAY

MAIN: CREAMY WHITE WINE CHICKEN POT PIE

APPROX. 1 HR 5 MINS



THURSDAY

MAIN: FRENCH ONION BURGERS

APPROX. 1 HR 25 MINS



FRIDAY

MAIN: FIVE SPICE BRAISED PORK BELLY

APPROX. 2 HRS 30 MINS

SIDE: AMAZING SWEET POTATO FRIES WITH AIOLI

APPROX. 40 MINS



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WEEKEND INSPIRATION

MAIN: CHEESY SALMON PIE

APPROX. 1 HR



Your Superstore

SHOPPING LIST

[illegible]

“ Really tasty, makes quite a large pie & freezes well. ”

CHEESY SALMON PIE

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INGREDIENTS:

MONDAY

BEEF & POTATO CASSEROLE

- | | |
|---|--|
| <input type="checkbox"/> oil | <input type="checkbox"/> butter |
| <input type="checkbox"/> onion | <input type="checkbox"/> canned corn kernels |
| <input type="checkbox"/> clove garlic | <input type="checkbox"/> chopped parsley |
| <input type="checkbox"/> ground beef/beef mince | <input type="checkbox"/> egg |
| <input type="checkbox"/> oregano | <input type="checkbox"/> cheddar cheese |
| <input type="checkbox"/> canned peeled whole tomatoes | |
| <input type="checkbox"/> tomato sauce | |
| <input type="checkbox"/> potatoes | |
| <input type="checkbox"/> milk | |

TUESDAY

TUNA FISH CAKES

- | | |
|--|--|
| <input type="checkbox"/> tinned tuna in brine (or tinned salmon) | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> red onion | <input type="checkbox"/> dried breadcrumbs |
| <input type="checkbox"/> fresh or dried coriander | |
| <input type="checkbox"/> mayonnaise | |
| <input type="checkbox"/> egg | |
| <input type="checkbox"/> lemon | |
| <input type="checkbox"/> paprika | |

LEMON & HERB ROASTED POTATO NUGGETS

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> potatoes for roasting | <input type="checkbox"/> butter |
| <input type="checkbox"/> lemon | <input type="checkbox"/> garlic bulb |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> dried thyme | |
| <input type="checkbox"/> dried rosemary | |
| <input type="checkbox"/> olive oil | |

WEDNESDAY

CREAMY WHITE WINE CHICKEN POT PIE

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> celery | <input type="checkbox"/> chicken |
| <input type="checkbox"/> carrots | <input type="checkbox"/> puff pastry |
| <input type="checkbox"/> chicken broth | <input type="checkbox"/> egg |
| <input type="checkbox"/> butter | |
| <input type="checkbox"/> green onions | |
| <input type="checkbox"/> white onion | |
| <input type="checkbox"/> all-purpose flour | |
| <input type="checkbox"/> milk | |
| <input type="checkbox"/> white wine | |
| <input type="checkbox"/> chicken boullion | |
| <input type="checkbox"/> seasoned salt | |
| <input type="checkbox"/> mixed dried basil, thyme & sage | |

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INGREDIENTS:

THURSDAY

FRENCH ONION BURGERS

- ☐ hamburger buns, brioche or similar
- ☐ butter or margarine
- ☐ gruyere cheese
- ☐ butter
- ☐ large yellow or red onions
- ☐ brown sugar
- ☐ balsamic vinegar
- ☐ beef mince/ground beef
- ☐ dijon mustard
- ☐ smoked paprika

FRIDAY

FIVE SPICE BRAISED PORK BELLY

- ☐ vegetable oil
- ☐ pork belly
- ☐ onion
- ☐ cloves garlic
- ☐ fish sauce
- ☐ Chinese five-spice powder
- ☐ chilli flakes
- ☐ coriander
- ☐ cinnamon
- ☐ brown sugar
- ☐ kecap manis (sweet soy sauce)
- ☐ cashew nuts
- ☐ lime wedges

AMAZING SWEET POTATO FRIES WITH AIOLI

- ☐ sweet potatoes
- ☐ salted butter
- ☐ cloves garlic
- ☐ chilli powder
- ☐ mayonnaise
- ☐ sriracha

WEEKEND

CHEESY SALMON PIE

- ☐ self-raising flour
- ☐ butter
- ☐ parmesan cheese
- ☐ canned red salmon
- ☐ light sour cream
- ☐ eggs
- ☐ chives
- ☐ lemon