



# SUMMER WEEKLY MEAL PLANNER

BROUGHT TO YOU BY *el gūsto*

# WEEKLY MEAL PLANNER

04.08.25 - 08.08.25

MONDAY

MAIN: EASY ONE-PAN LAMB PASTITSIO

APPROX. 1 HR 20 MINS

SIDE: ZUCCHINI FETTUCCINE SALAD

APPROX. 10 MINS



TUESDAY

MAIN: GREEK CHICKEN LOADED FRIES

APPROX. 1 HR 30 MINS



WEDNESDAY

MAIN: KORMA CHICKEN TORTILLAS WITH  
MANGO SALSA

APPROX. 40 MINS



THURSDAY

MAIN: PAELLA PAN BEEF & RISONI

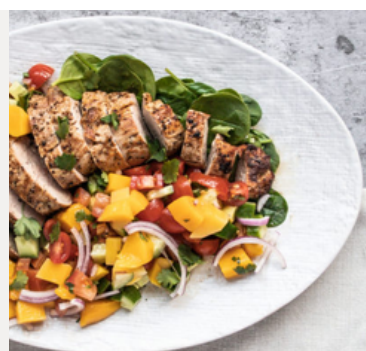
APPROX. 40 MINS



FRIDAY

MAIN: PORK TENDERLOIN WITH MANGO SALSA

APPROX. 1 HR 10 MINS



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# WEEKLY MEAL PLANNER

21.07.25 - 25.07.25

WEEKEND INSPIRATION

MAIN: SHRIMP ON THE GRILL

APPROX. 18 MINS



UNDER  
**30**  
MINUTES



**CAMPUS&CO.**

**Your Superstore**

## SHOPPING LIST

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“Delicious and super simple recipe! Could have the chicken all prepped in freezer for an easy go to meal. The salsa is also yum with pineapple if mangoes aren’t available or just for a change.”

KORMA CHICKEN TORTILLAS WITH MANGO SALSA

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# WEEKLY MEAL PLANNER

04.08.25 - 08.08.25

## INGREDIENTS:

MONDAY

### EASY ONE-PAN LAMB PASTITSIO

- |   |  |
|---|--|
| <input type="checkbox"/> olive oil              | <input type="checkbox"/> white/granulated sugar                |
| <input type="checkbox"/> onion                  | <input type="checkbox"/> chicken stock                         |
| <input type="checkbox"/> clove garlic           | <input type="checkbox"/> dried macaroni                        |
| <input type="checkbox"/> cinnamon               | <input type="checkbox"/> smooth ricotta                        |
| <input type="checkbox"/> nutmeg                 | <input type="checkbox"/> eggs                                  |
| <input type="checkbox"/> lamb mince/ground lamb | <input type="checkbox"/> plain flour                           |
| <input type="checkbox"/> dry red wine           | <input type="checkbox"/> plain unsweetened Greek-style yoghurt |
| <input type="checkbox"/> tinned diced tomatoes  | <input type="checkbox"/> tasty/cheddar cheese                  |
| <input type="checkbox"/> dried oregano          | <input type="checkbox"/> fresh parsley                         |
| <input type="checkbox"/> feta, crumbled         |  |

### ZUCCHINI FETTUCCHINE SALAD

- |  |  |
|--|--|
| <input type="checkbox"/> green pesto         | <input type="checkbox"/> baby spinach leaves |
| <input type="checkbox"/> lemon juice         | <input type="checkbox"/> basil leaves        |
| <input type="checkbox"/> salt/pepper         | <input type="checkbox"/> grated parmesan     |
| <input type="checkbox"/> zucchini/courgettes |  |
| <input type="checkbox"/> sundried tomatoes   |  |

TUESDAY

### GREEK CHICKEN LOADED FRIES

- |  |  |
|--|--|
| <input type="checkbox"/> full fat Greek yoghurt    | <input type="checkbox"/> salt/pepper   |
| <input type="checkbox"/> garlic cloves             | <input type="checkbox"/> crumbled feta |
| <input type="checkbox"/> smoked paprika            | <input type="checkbox"/> olive oil     |
| <input type="checkbox"/> fresh or dried oregano    | <input type="checkbox"/> lemon juice   |
| <input type="checkbox"/> chicken breast            |  |
| <input type="checkbox"/> store-bought frozen fries |  |
| <input type="checkbox"/> cayenne pepper            |  |
| <input type="checkbox"/> dried dill                |  |
| <input type="checkbox"/> dried mint                |  |

WEDNESDAY

### KORMA CHICKEN TORTILLAS WITH MANGO SALSA

- |  |  |
|--|--|
| <input type="checkbox"/> olive oil             | <input type="checkbox"/> small mango                     |
| <input type="checkbox"/> brown onion           | <input type="checkbox"/> plain yoghurt                   |
| <input type="checkbox"/> grated fresh ginger   | <input type="checkbox"/> fresh coriander/cilantro leaves |
| <input type="checkbox"/> chicken thigh fillets |  |
| <input type="checkbox"/> korma paste           |  |
| <input type="checkbox"/> coconut milk          |  |
| <input type="checkbox"/> red capsicum/pepper   |  |
| <input type="checkbox"/> tortillas             |  |
| <input type="checkbox"/> cucumber              |  |

# WEEKLY MEAL PLANNER

04.08.25 - 08.08.25

## INGREDIENTS:

THURSDAY

### PAELLA PAN BEEF & RISONI

- |   |  |
|---|--|
| <input type="checkbox"/> olive oil                | <input type="checkbox"/> tinned chopped tomatoes |
| <input type="checkbox"/> onion                    | <input type="checkbox"/> beef stock              |
| <input type="checkbox"/> beef mince/ground beef   | <input type="checkbox"/> dried oregano           |
| <input type="checkbox"/> clove garlic             | <input type="checkbox"/> grated parmesan         |
| <input type="checkbox"/> red capsicum/bell pepper | <input type="checkbox"/> fresh parsley           |
| <input type="checkbox"/> carrots                  |  |
| <input type="checkbox"/> risoni pasta             |  |
| <input type="checkbox"/> chilli flakes            |  |
| <input type="checkbox"/> tomato paste             |  |
| <input type="checkbox"/> salt/pepper              |  |

FRIDAY

### PORK TENDERLOIN WITH MANGO SALSA

- ☐ pork tenderloin
- ☐ paprika
- ☐ garlic powder
- ☐ dried oregano
- ☐ dried thyme
- ☐ salt/pepper
- ☐ ground nutmeg
- ☐ mango
- ☐ seeded plum tomatoes
- ☐ red onion
- ☐ minced fresh cilantro
- ☐ olive oil
- ☐ peeled cucumber
- ☐ lime juice
- ☐ dry red wine or cider vinegar
- ☐ ground cumin

WEEKEND

### SHRIMP ON THE GRILL

- ☐ butter
- ☐ salt
- ☐ lemon, juice and zest
- ☐ clove garlic
- ☐ prawns/shrimp
- ☐ parsley