

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

04.08.25 - 08.08.25

MONDAY

MAIN: BEEF GOULASH SOUP – THERMOMIX

APPROX. 55 MINS

SIDE: KALE, POMEGRANATE & RED CABBAGE
SALAD

APPROX. 20 MINS



TUESDAY

MAIN: PORK BANH MI BURGER

APPROX. 45 MINS



WEDNESDAY

MAIN: ONE-PAN PEANUT BUTTER CHICKEN

APPROX. 1 HR 15 MINS



THURSDAY

MAIN: SAUSAGE & SWEET POTATO TRAYBAKE

APPROX. 55 MINS



FRIDAY

MAIN: KETO FRIED CHICKEN

APPROX. 18 MINS

SIDE: ITALIAN POTATO SALAD WITH BACON
PANGRATTATO

APPROX. 35 MINS



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WEEKEND INSPIRATION

MAIN: 5-INGREDIENT PEPPERONI PIZZA
LATTICE FRIES

APPROX. 40 MINS



CAMPUS&CO.
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SHOPPING LIST

“ So so good! The Thai-style sauce is beautiful and creamy all while using normal pantry ingredients. Being naturally gluten and dairy free, this recipe is a big win at our house. ”

ONE-PAN PEANUT BUTTER CHICKEN

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INGREDIENTS:

MONDAY

BEEF GOULASH SOUP – THERMOMIX

- | | |
|---|--|
| ☐ braising steak | ☐ tomato paste |
| ☐ plain flour | ☐ beef stock |
| ☐ olive oil | ☐ tin of tomatoes |
| ☐ onions | ☐ bay leaf |
| ☐ garlic clove | ☐ tomato paste |
| ☐ red peppers | ☐ potatoes |
| ☐ sweet paprika | ☐ grated cheese |
| ☐ caraway seeds | ☐ fresh parsley |

KALE, POMEGRANATE & RED CABBAGE SALAD

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|--|---|
| ☐ red cabbage | ☐ pomegranate molasses |
| ☐ red skinned apple | ☐ balsamic vinegar |
| ☐ pomegranate | ☐ soy sauce |
| ☐ carrot | ☐ runny honey |
| ☐ baby kale leaves | |
| ☐ fresh dill or parsley | |

TUESDAY

PORK BANH MI BURGER

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|--|--|
| ☐ pork mince/ground pork | ☐ honey |
| ☐ fresh basil leaves | ☐ soy sauce |
| ☐ garlic cloves | ☐ water |
| ☐ spring onions/scallions | ☐ white vinegar |
| ☐ fish sauce | ☐ carrot |
| ☐ sriracha chilli sauce | ☐ radishes |
| ☐ white/granulated sugar | ☐ brioche buns |
| ☐ cornflour/cornstarch | ☐ coriander/cilantro leaves |
| ☐ mayonnaise | ☐ fresh cucumber |
| ☐ spring onions/scallions | ☐ fresh jalapeño |
| ☐ sriracha chilli sauce | |

WEDNESDAY

ONE-PAN PEANUT BUTTER CHICKEN

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|--|---|
| ☐ vegetable oil | ☐ sweet chilli sauce |
| ☐ chicken thigh fillets | ☐ coriander/cilantro |
| ☐ brown onion | ☐ rice |
| ☐ garlic clove | ☐ baby broccolini |
| ☐ ginger | ☐ red chilli |
| ☐ chicken stock | |
| ☐ smooth peanut butter | |
| ☐ tomato paste | |
| ☐ coconut milk | |

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INGREDIENTS:

THURSDAY

SAUSAGE & SWEET POTATO TRAYBAKE

- ☐ orange sweet potatoes/kumara
- ☐ red onion
- ☐ red capsicum/pepper
- ☐ olive oil
- ☐ herbes de provence
- ☐ smoked paprika
- ☐ garlic powder
- ☐ red pepper flakes
- ☐ spicy bulk pork sausage meat
- ☐ parsley
- ☐ sweet chilli sauce
- ☐ aioli

FRIDAY

KETO FRIED CHICKEN

- | | |
|--|---|
| ☐ non-dairy milk (oat, soy, almond etc) | ☐ sweet paprika |
| ☐ egg | ☐ onion powder |
| ☐ chicken tenderloins | ☐ garlic powder |
| ☐ olive oil | ☐ mustard powder |
| ☐ cornflour/cornstarch | ☐ ground ginger |
| ☐ salt flakes | ☐ lemon |
| ☐ dried Italian herbs | ☐ mayonnaise or garlic aioli |
| ☐ celery salt | |

ITALIAN POTATO SALAD WITH BACON PANGRATTATO

- ☐ new potatoes or chat potatoes
- ☐ slices bread crusts
- ☐ rashers bacon
- ☐ natural yoghurt
- ☐ cream
- ☐ chives
- ☐ clove garlic
- ☐ dijon mustard
- ☐ lemon juice

WEEKEND

5-INGREDIENT PEPPERONI PIZZA LATTICE FRIES

- ☐ store-bought frozen potato lattice fries
- ☐ passata or pizza sauce
- ☐ mozzarella cheese
- ☐ sliced pepperoni
- ☐ fresh parsley