

## WEEKLY MEAL PLANNER

11.08.25 - 15.08.25

MAIN: PORK TENDERLOIN WITH CORN SALSA

APPROX. 40 MINS



MAIN: CREAMY SALSA CHICKEN

APPROX. 45 MINS

SIDE: PARMESAN SPICED ROASTED CAULIFLOWER

APPROX. 35 MINS





MAIN: KETO SALMON SALAD WITH WHOLEGRAIN MUSTARD DRESSING

APPROX. 15 MINS







MAIN: MUSHROOM & BACON PASTA

APPROX. 30 MINS





MAIN: EASY MEXICAN PULLED CHICKEN

APPROX. 6 HRS 5 MINS

SIDE: CORN & FETA SIDE SALAD

APPROX. 50 MINS







## WEEKLY MEAL PLANNER

11.08.25 - 15.08.25

MAIN: PINEAPPLE ICEBOX PUDDING

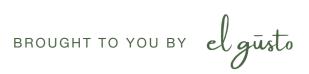
APPROX. 6 HRS 20 MINS



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"We enjoyed this, was very tasty and easy to make. Will be making again."

MUSHROOM & BACON PASTA



# MONDAY

## WEEKLY MEAL PLANNER

11.08.25 - 15.08.25

#### INGREDIENTS:

	PORK TENDERLOIN WITH CORN SALSA  pork tenderloin salt/pepper corn cobs rashers streaky bacon red onion cherry tomatoes red wine vinegar baby basil leaves chilli flakes	
	CREAMY SALSA CHICKEN    chicken breast	sour cream feta cheese and coriander for garnish  R paprika garlic parmesan cheese
WEDNESODA	KETO SALMON SALAD WITH WHOLEGRAIN I  salmon fillet mixed salad leaves Lebanese/Persian cucumber wholegrain mustard olive oil salt/pepper	MUSTARD DRESSING

### WEEKLY MEAL PLANNER

11.08.25 - 15.08.25

#### INGREDIENTS:

THURSDAY	MUSHROOM & BACON PASTA  onion rashers bacon button mushrooms white wine pasta spirals cream
I F	red capsicum/pepper parsley  EASY MEXICAN PULLED CHICKEN
>-	boneless chicken breasts or thighs salsa taco seasoning
FRIDAY	CORN & FETA SIDE SALAD  corncobs tinned corn sundried tomatoes feta avocadoes lime salt/pepper
0	PINEAPPLE ICEBOX PUDDING
WEEKEND	digestive biscuits/plain margarine or butter icing/powdered sugar thickened cream tinned crushed pineapple