



# SUMMER WEEKLY MEAL PLANNER

BROUGHT TO YOU BY *el gūsto*



# WEEKLY MEAL PLANNER

11.08.25 - 15.08.25

MONDAY

MAIN: PORK TENDERLOIN WITH CORN SALSA

APPROX. 40 MINS



TUESDAY

MAIN: CREAMY SALSA CHICKEN

APPROX. 45 MINS

SIDE: PARMESAN SPICED ROASTED CAULIFLOWER

APPROX. 35 MINS



WEDNESDAY

MAIN: KETO SALMON SALAD WITH WHOLEGRAIN  
MUSTARD DRESSING

APPROX. 15 MINS



UNDER  
**30**  
MINUTES



THURSDAY

MAIN: MUSHROOM & BACON PASTA

APPROX. 30 MINS

UNDER  
**30**  
MINUTES



FRIDAY

MAIN: EASY MEXICAN PULLED CHICKEN

APPROX. 6 HRS 5 MINS

SIDE: CORN & FETA SIDE SALAD

APPROX. 50 MINS



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## MAIN: PINEAPPLE ICEBOX PUDDING

APPROX. 6 HRS 20 MINS



## Your Superstore

## SHOPPING LIST

[illegible]

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

## MUSHROOM & BACON PASTA

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## INGREDIENTS:

MONDAY

### 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

TUESDAY

### CREAMY SALSA CHICKEN

- ☐ chicken breast
- ☐ chilli powder
- ☐ cumin
- ☐ garlic powder
- ☐ salt
- ☐ tomato salsa
- ☐ oil
- ☐ canned black beans
- ☐ frozen corn
- ☐ sour cream
- ☐ feta cheese and coriander for garnish

### PARMESAN SPICED ROASTED CAULIFLOWER

- ☐ cauliflower
- ☐ olive oil
- ☐ garlic powder
- ☐ curry powder
- ☐ salt/pepper
- ☐ paprika
- ☐ garlic
- ☐ parmesan cheese

WEDNESDAY

### KETO SALMON SALAD WITH WHOLEGRAIN MUSTARD DRESSING

- ☐ salmon fillet
- ☐ mixed salad leaves
- ☐ Lebanese/Persian cucumber
- ☐ wholegrain mustard
- ☐ olive oil
- ☐ salt/pepper

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## INGREDIENTS:

THURSDAY

### MUSHROOM & BACON PASTA

- ☐ onion
- ☐ rashers bacon
- ☐ button mushrooms
- ☐ white wine
- ☐ pasta spirals
- ☐ cream
- ☐ red capsicum/pepper
- ☐ parsley

FRIDAY

### EASY MEXICAN PULLED CHICKEN

- ☐ boneless chicken breasts or thighs
- ☐ salsa
- ☐ taco seasoning

### CORN & FETA SIDE SALAD

- ☐ corncobs
- ☐ tinned corn
- ☐ sundried tomatoes
- ☐ feta
- ☐ avocados
- ☐ lime
- ☐ salt/pepper

WEEKEND

### PINEAPPLE ICEBOX PUDDING

- ☐ digestive biscuits/plain
- ☐ margarine or butter
- ☐ icing/powdered sugar
- ☐ thickened cream
- ☐ tinned crushed pineapple