

# WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*



# WEEKLY MEAL PLANNER

11.08.25 - 15.08.25

MONDAY

MAIN: CRUSTY SALMON & TOMATO PASTA BAKE

APPROX. 1 HR

SIDE: HEALTHY GREEN LEAFY SALAD WITH WATER  
CHESTNUTS

APPROX. 10 MINS



TUESDAY

MAIN: SUPREME MEATLOAF PIZZA

APPROX. 50 MINS



WEDNESDAY

MAIN: CHINESE CHICKEN & PAK CHOI STIR FRY

APPROX. 40 MINS



THURSDAY

MAIN: THAI CHICKEN & SWEET POTATO SOUP

APPROX. 40 MINS



FRIDAY

MAIN: MEXICAN SEASONED CHUCK ROAST

APPROX. 10 HRS 15 MINS

SIDE: SLOW COOKER CREAMED CORN

APPROX. 3 HRS 30 MINS



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WEEKEND INSPIRATION

## MAIN: TIPSYPY PUDDING

APPROX. 15 MINS



**CAMPUS&CO.**  
**Your Superstore**

## SHOPPING LIST

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“ Love this soup – well worth making ”

THAI CHICKEN & SWEET POTATO SOUP

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## INGREDIENTS:

MONDAY

### CRUSTY SALMON & TOMATO PASTA BAKE

- |   |   |
|---|---|
| <input type="checkbox"/> bread crumbs   | <input type="checkbox"/> red or brown onion     |
| <input type="checkbox"/> butter         | <input type="checkbox"/> semi-dried tomatoes    |
| <input type="checkbox"/> parsley leaves | <input type="checkbox"/> red capsicum/pepper    |
| <input type="checkbox"/> lemon          | <input type="checkbox"/> basil leaves           |
| <input type="checkbox"/> garlic cloves  | <input type="checkbox"/> tinned diced tomatoes  |
| <input type="checkbox"/> spiral pasta   | <input type="checkbox"/> skinless salmon fillet |

### HEALTHY GREEN LEAFY SALAD WITH WATER CHESTNUTS

- |  |   |
|--|---|
| <input type="checkbox"/> cos/romaine lettuces    | <input type="checkbox"/> tinned water chestnuts |
| <input type="checkbox"/> alfalfa sprouts         | <input type="checkbox"/> white wine vinegar     |
| <input type="checkbox"/> watercress              | <input type="checkbox"/> lemon                  |
| <input type="checkbox"/> spring onions/scallions | <input type="checkbox"/> fresh ginger           |

TUESDAY

### SUPREME MEATLOAF PIZZA

- ☐ extra lean minced beef
- ☐ small brown onion
- ☐ panko breadcrumbs
- ☐ egg
- ☐ sachet tomato pizza sauce
- ☐ cooking spray
- ☐ grated mozzarella cheese
- ☐ pepperoni
- ☐ button mushrooms
- ☐ kalamata olives
- ☐ basil leaves

WEDNESDAY

### CHINESE CHICKEN & PAK CHOI STIR FRY

- ☐ vegetable oil
- ☐ dark soy sauce
- ☐ chicken thigh fillets
- ☐ white rice
- ☐ light soy sauce
- ☐ red capsicum/pepper
- ☐ red onion
- ☐ garlic cloves
- ☐ ginger
- ☐ red chillies
- ☐ pak choi/bok choy

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## INGREDIENTS:

THURSDAY

### THAI CHICKEN & SWEET POTATO SOUP

- ☐ cloves garlic
- ☐ chilli paste or chilli powder
- ☐ root ginger
- ☐ coriander leaves and stalks
- ☐ red Thai curry paste or curry powder
- ☐ chicken stock
- ☐ coconut cream
- ☐ sweet potato
- ☐ chicken breasts
- ☐ lime juice

FRIDAY

### MEXICAN SEASONED CHUCK ROAST

- ☐ chuck/bolar roast
- ☐ ancho chilli powder
- ☐ ground cumin
- ☐ smoked paprika
- ☐ dried oregano
- ☐ garlic powder
- ☐ onion powder
- ☐ kosher salt
- ☐ tinned tomatoes
- ☐ tinned green chilli peppers
- ☐ beef broth
- ☐ small taco shells
- ☐ guacamole
- ☐ purple cabbage
- ☐ grated cheese
- ☐ salsa or hot sauce

### SLOW COOKER CREAMED CORN

- ☐ frozen corn kernels
- ☐ milk
- ☐ cream cheese
- ☐ butter
- ☐ prosciutto

WEEKEND

### TIPSY PUDDING

- ☐ chocolate chip cookies
- ☐ sherry/port/baileys irish cream
- ☐ store-bought custard
- ☐ cooking chocolate
- ☐ whipped cream
- ☐ chocolate curls