

Natural Super Kids KLUB



Healthy Family meal plan week 1 - Planner

Sunday prep

Make a batch of the chocolate buckwheat granola.

Make the apple crumble. You may want to make a double batch and have it for desert tonight!

Make the frittata after dinner has been taken out of the oven.

Roast Chicken and Vegetables for dinner and left overs to make the chicken broth, frittata, chicken satay and spinach wraps and chicken noodle soup.

You may need 2 x chickens or some extra chicken pieces (such as drumsticks or marylands) to ensure there is enough.

Remember to do

Sunday

Before serving the roast chicken remove a breast and thigh cool and then freeze. You will use this in the chicken noodle soup on Thursday.

Make sure you roast enough roast veggies for dinner AND the frittata.

Put the broth on with the left over chicken bones and carcass (plus another carcass if possible) on Sunday after dinner.

Monday

Put aside some satay sauce to use in wraps tomorrow (and cold rolls if you like)

Tuesday morning

Prepare beef casserole in the slow cooker – Remember to double the recipe so you have enough for Sunday dinner.

Tuesday night or Wednesday morning

Freeze leftover beef casserole.

Make popcorn.

Wednesday night or Thursday morning

Make cold rolls out of left over salmon.

Thursday night or Friday morning

Make Salmon dip.