

# Natural Super Kids KLUB



## Healthy Family meal plan week 2 - Planner

### Sunday prep

Make a batch of the bliss balls.

Get your power porridge toppings organised for the week ahead.

Make spiced chicken and sweet corn salsa for tonight's dinner.

If you want to get really organised you could make the pumpkin soup or kangaroo chilli ready for the week's dinners.

### Remember to do

#### Sunday

Make enough spiced chicken for wraps tomorrow.

#### Monday

Make enough eggy pizza to have with the soup and for lunches tomorrow.

#### Tuesday night

Make enough kangaroo chilli for 2 dinners so you have an easy Saturday night dinner.  
Freeze half of the kangaroo chilli

Cook enough rice for dinner tonight and rice salad for lunches for the next 2 days.  
Make rice salad (or leave this until Wednesday morning)

#### Saturday night

For an easy peasy dinner tonight defrost the kangaroo chilli and serve with good quality plain corn chips (or rice again if you would prefer!)