

Natural Super Kids KLUB



Healthy Family meal plan April- Planner

Sunday prep

- Make buckwheat pancakes
- Make cinnamon sultana cake
- Make no bake muesli bars
- Make vegetable fritters
- Prep brain boosting smoothie backs and store in freezer
- Make a dip of your choice from klub recipes

Remember to do.

Sunday

- Chop up veggie sticks and prep side salads for the week ahead
- Chop up fruit

Monday

- Organise snacks & lunch for the next day

Tuesday

- Cook and shred chicken breast for next day
- Chop up veggies for Wednesday's lunch & dinner
- Organise snack for the next day

Wednesday

- Make sure you leave enough rainbow noodle salad and chicken for the next day
- Organise snack for next day

Thursday

- Organise snack and lunch for the next day
- Make sure you have enough Spaghetti Bolognese left over for Friday's lunch

Friday

Organise snack for the next day

Make omega paleo bread if you enough time

Saturday

Organise snack and lunch for the next day