



Healthy Family Meal Plan – November Planner

Sunday – batch cooking day

Freeze bananas for smoothies

Make a double batch of Chicken + Mango Salad (leave out mango until day of eating). For gluten free, sub cous cous with cooked white quinoa. For vegetarian, sub chicken with feta or chickpeas (or both).

Cook Banana + Carrot muffins and freeze for breakfast during the week. For GF, sub almond meal for flour. You can leave the oats, or if sensitive to oats, use flaked quinoa.

Monday

Make a large batch of basmati rice at dinner, enough to serve with prawns and to make fried rice (2 cups raw rice will make about 6 cups of cooked rice). Use 2 cups Monday night and 4 cups Tuesday night).

Wednesday

Put aside the leftover chicken fajita mixture for dinner on Thursday. 1 recipe, using 1 kg of chicken makes a large batch, enough for two dinners (when serving with black beans, veggies, tortillas etc.) – if you have a large family, make extra chicken (1.5 x recipe), although you may need to cook the chicken in batches.

Thursday

Cook 1 cup of quinoa and create a grain bowl with leftover chicken fajita mixture, leftover black beans (if any) and fresh salad. Dress with fresh lime juice, olive oil, salt pepper. (optional sour cream or feta added).