



Healthy Family Meal Plan – December Planner

Sunday – batch cooking day

- Make Summer Breakfast Crumble and store in the fridge.
- Make Egg and Quinoa Muffins and store in the fridge.
- Make Mini Hulk Muffins, store half in the fridge and half in the freezer.
- Make Baked Falafels, double batch.

Monday

Put aside extra falafels to use for lunch on Tuesday.

Tuesday

Put aside extra Chicken Wings for lunches on Wednesday. Make 1.5 x or double batch at dinner if you have a big family.

Cook enough rice for dinner on Thursday (serve Seafood Stir Fry with Rice instead of adding rice noodles).

Thursday

Make Fruit-on-the bottom Chia Puddings for breakfast on Friday/Saturday. Think about what toppings to also put aside – e.g. almond or peanuts butter, chopped nuts or seeds, hemp seeds, granola, sliced banana.

Friday

Make enough Shepard's Pie to last for dinner on Friday and Saturday. Serve with a different salad each day to add variety.

Sunday

Make Beetroot Dip just before lunch, use some for lunch platter and save the rest for lunchboxes or snacks next week.

Boil eggs just before lunch and make extras for easy breakfasts, lunches or snacks next week.

Make Trail Mix of choice with kids involvement (pick a variety of nuts, seeds, dried fruits, optional choc chips, pretzels – make nut-free if needed). Try some for snack on Sunday and out aside the rest for next week.