

## **Healthy Family Meal Plan – January Planner**

### **Sunday – batch cooking day**

Make Roast Vegetable Frittata and Store in the Fridge

Make Banana Carrot Muffins and store half in the fridge and half in the freezer.

(you could also make the Lentil Bolognese (double recipe) to get ahead for Monday.

### **Monday**

Double Lentil Bolognese recipe so you have enough for pocket pies on Tuesday.

### **Tuesday**

Make a double batch of Beet Blender pancakes so you have enough to reheat for breakfast on Wednesday

Cook 1 cup brown rice (makes about 3 cups) and store in the fridge for salmon salad

### **Wednesday**

Make a double batch of salmon salad for lunch (use the 3 cups of cooked rice instead of 2 but keep all other ingredients as double).

### **Thursday**

Make enough Greek Pasta salad to have some for lunch on Friday (1.5 x or double recipe).

### **Saturday**

Cook enough chicken with the salad to have leftovers for lunch on Sunday.

**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.