

**Healthy Family Meal Plan – February Planner**

**Sunday – batch cooking day**

* Make Kale, Mushroom & Feta Pasta Muffins, enough for lunch for two days. Store in airtight containers in the fridge.
* Make popcorn and store in an airtight container (unseasoned)
* To get ahead for the week, you can also make the Shephard’s Pie and cook the Blackberry + Lime slice. After cutting the slice, freeze with baking paper between the pieces. You can add frozen to lunchboxes and when packing for the picnic.
* Before bed, get all the ingredients ready for the pancakes for tomorrow’s breakfast.
* You’ll need granola for the smoothie bowls on Wednesday/Thursday so buy your favourite or make a recipe from the Klub site. There is a nut-free and gluten free option on the Mango Lassi recipe. The Chocolate Buckwheat Granola is also very popular with members.

**Monday**Upon rising, blend up the mixture for the pancakes and let sit for 10 minutes before cooking. Keep leftovers for lunchbox snacks. If you don’t have much time in the mornings, you can also make the pancakes in advance. Store in the fridge and reheat on a low heat in the pan, or place in the toaster for 20 seconds.

**Tuesday**Make rice for Wednesdays dinner. Make enough so you have some fried rice leftover for lunches on Thursday. Cool completely and store in the fridge.

**Wednesday**Put aside some fried rice for Thursday lunch.

**Thursday**Cook a double batch of Pork + Zucchini patties. Put aside some for lunch on Friday.

Make the Roasted Carrot Hummus + Pita and set some aside for tomorrow’s snack and some for the picnic on Saturday. Store pita in an airtight container at room temperature.

**Friday**When making dinner, boil some extra eggs and cook some extra potatoes for Saturday’s picnic. Use the extra potatoes to make Healthy Potato Salad for tomorrows lunch.

**Saturday**  
After breakfast, make the hummus + pitas for the picnic. Pack with some nitrate-free ham (optional), the boiled eggs, potato salad, veggie sticks or salad and the blackberry slice. A big thermos of iced tea is also nice.

Saturday dinner, double chicken fajitas to eat leftovers for lunch on Sunday.

**Sunday**Cook a double batch of Mini Chocolate Muffins. Have some for afternoon tea and freeze the rest for lunchbox treats.

At dinner, make extra Feta + Chickpea salad for Monday’s lunch