



Healthy Family Meal Plan – March Planner

Sunday

If you want to get ahead for Monday, you can make the Lentil Shepherd's Pie. Make a double batch of the lentil mixture (not the potato). Set aside half the filling to make Pocket Pies on Tuesday.

Make Blackbean Cookies and store in the fridge.

Sunday evening make Vegetable Nori Rolls, just enough for Monday and store in an airtight container in the fridge.

Make sure you have the ingredients for the Not Green Smoothie.

Monday

Reheat the Lentil Shepherd's pie for dinner. If heating in the oven, cover to heat.

After dinner, make the Vegetable Nori Rolls for Tuesdays lunch and pack in an airtight container.

Tuesday

Use extra lentil filling that you made on Sunday to make Lentil Pocket Pies.

Think about ingredients for Chuck it Together lunch box tomorrow. Use leftovers if you have them. Boil eggs, if needed or buy hummus etc.

Wednesday

Make a double batch of falafel so you have leftovers for lunch on Thursday.

Make Agar Jelly and store in the fridge.

Thursday

Think about ingredients for Chuck it Together lunch box tomorrow. Use leftovers if you have them. Boil eggs, if needed.

Make White Bean Puree (without the crostini for now) – double batch

Friday

When making dinner, put aside leftover Chickpea Flatbreads to use for lunch tomorrow.

Soak cashews overnight for the cashew cream.

Saturday

Use leftover Chickpea Flatbreads to make pizzas for lunch.

After lunch make the cashew cream and store in the fridge for dinner.

Sunday

Toast the crostini and serve with the leftover White Bean Puree and the Cucumber + Strawberry Salad for lunch.