



Healthy Family Meal Plan – April Planner

Sunday – batch cooking day

If you want to get ahead for the week, batch cook the following recipes. Note, depending on the size of your family you may need to double some of the recipes that are eaten over a couple of days.

- White Bean + Kale Soup
- Moroccan Chicken Slow Cook
- Quinoa – cook 2 cups of dry quinoa and store in the fridge for Monday/Tuesday dinner.
- Roast or stew some seasonal Autumn fruits for breakfast on Monday. e.g. plums, apples, pears, or a combination.

Note on the fermented recipes – the fermented recipes in this meal plan will need to be prepared in advance. Some take a few weeks to ferment (e.g. sauerkraut, some can be made in 24 hours e.g. yoghurt). Pick which recipes you want to try. The expectation isn't to try them all in one week, but this meal plan shows how you could include them in a typical week.

If you want to use this as a meal plan without making the ferments, you can sub those components for store-bought versions.

Monday

Reheat half of the Moroccan Chicken Stew and Quinoa, keep half in the fridge for dinner tomorrow.

Tuesday

Make the Lazy Bones Banana Bread, or if you are at home tomorrow, you can bake it on Wednesday morning.

Cook some brown rice – enough to make a double batch of Salmon Rice Salad.

Fussy kid tip: add extra rice to the salad and sub any of the vegetables for their favourite, e.g. leave out the tomato + spinach and add chopped cucumber and celery, or leave the veggies out and serve with veggie sticks on the side and lemon wedges to squeeze on the salad.

Saturday

Double the dhal recipe so you have enough to make Lentil Pocket Pies for lunch on Sunday.

PM: prepare the batter for the sourdough pancakes, using leftover sourdough starter.