



## Healthy Family Meal Plan – May 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.

- Super Easy Spinach + Feta Quiche
- Gut Healing Apple Sauce
- Hormone Balancing Bites

### Monday

Double the recipe for Slow Cooked Lamb Stew so you have enough for two dinners (Monday, Tuesday). Serve with quinoa and veggies. Make enough for both nights.

### Tuesday

Boil some eggs for breakfast on Wednesday.

### Wednesday

Make enough Slow Cooker Chicken Tortilla soup to have leftovers for lunch.

## **Thursday**

Add some extra sausages to the Sausage Bake and use the leftovers for Friday breakfast.

## **Friday**

Double Miso Soup recipe so you have lunch for 2 days. Add some tofu, chicken or an egg for protein, when serving.

## **Saturday**

When making dinner, make the sauce for the Shakshuka, to save time in the morning.

## **Sunday**

Make a big batch of Pumpkin Dahl and Brown Rice for dinner – use leftovers next week for dinners. e.g. Lentil Pocket Pies, Fried Rice or Burrito Buddha Bowls.