



Healthy Family Meal Plan – June 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.

- Cook up some seasonal roast vegetables with dinner on Sunday night, then use leftovers to make a large Roast Vegetable Frittata – use for lunch Monday and breakfast Tuesday.
- Make the Vegetarian Sausage rolls, make enough for 1 dinner, 1 lunch. 1 to 1.5 x the recipe.
- Make Slow Cooked Pulled Chicken – dinner for 2 nights.

The meals this month all store well when made in advance. Store in the fridge for 3-4 days (2 days for fish) or freezer for up to 3 months.

Sunday night, optional, soak oats for healthy porridge (just oats in water) to speed up cooking in the morning.

Tuesday

PM – make Pumpkin, Cauliflower + Chickpea Soup for lunches on Wed/Thursday

Wednesday

Optional, soak oats for healthy porridge (just oats in water) to speed up cooking in the morning.

Thursday

Put aside from Salmon bake from dinner for lunch on Friday.

Friday

Double recipe for Black Bean burgers to allow for lunch on Saturday.