



Healthy Family Meal Plan – July Planner

Sunday – batch cooking day

Make the Homemade Chocolate Buckwheat Granola and put aside for during the week.

Roast the veggies for the Roasted Vegetable Lasagne. You can also make the whole dish, to get ahead and store in the fridge for dinner Monday/Tuesday. Make a double batch to last two nights.

Make White Bean + Kale Soup and put aside for lunches.

Tuesday

Cook the Roasted Beetroots and store in the fridge to make hummus on Thursday - or get ahead and make the hummus today and store in the fridge for snacks.

Wednesday

While making dinner, roast the veggies for the Roast Vegetable Frittata.

Thursday

Start dinner early, to allow time for the slow cook. Cook a double batch and put some aside for dinner on Saturday. If you don't end up eating on Saturday. Freeze for dinner next week.

Sunday

Cook a double batch of chicken breasts. Eat some for dinner with the Brussel sprouts and save the leftovers for lunches on Monday/Tuesday.