



Healthy Family Meal Plan – August Planner

Sunday

To get ahead for the week, batch cook the following:

- Beef empanadas - cook the filling only and store in the fridge
- Pumpkin + Coconut Soup - store in the fridge for snacks
- Banana + Carrot Muffins - freeze

Monday

When making dinner, put aside some Empanadas for lunch the next day, or just save some filling and have that for lunch, with a some salad.

Wednesday

Cook a double batch of Turkey + Red Bean Chilli, to allow dinner for 2 nights.

To get ahead for tomorrow's lunch, combine the ingredients for the lamb koftas and store in the fridge. If you need them for lunch boxes, you can also cook tonight. The kitchen will already be messy from dinner so the extra effort saves time later on.

Saturday

When making Chicken + Quinoa Lettuce Wraps, make a big batch of quinoa and freeze the leftovers for dinners or porridge next week.