

# Healthy Family MEAL PLAN 11



Created by our team of Nutritionists and Naturopaths



<i>Meal Plan</i>	<i>Breakfast</i>	<i>Lunch/Snacks</i>	<i>Dinner</i>
<i>Monday</i>	Buckwheat Pancakes w Berries + Yoghurt	Vegetable Fritters & Salad/ Quinoa Muesli Bars, Veggie Sticks & Dip	Mac & Cheese w Hidden Veggies & Salad
<i>Tuesday</i>	Buckwheat Pancakes w Berries + Yoghurt	Vegetable Fritters & Salad/ Cinnamon Sultana Cake & Fresh Fruit	Healthy Meatloaf w Potato & Broccoli Mash
<i>Wednesday</i>	Healthy Porridge (Basic Recipe w Fresh Fruit)	Rainbow Noodle Salad w Shredded Chicken or Grilled Tofu/ Quinoa Muesli Bars, Veggie Sticks & Dip	Seafood Stir Fry w Brown Rice Noodles
<i>Thursday</i>	Brain Boosting Smoothie	Rainbow Noodle Salad w Shredded Chicken or Grilled Tofu/ Quinoa Muesli Bars, Veggie Sticks & Dip	Super Spaghetti Bolognese w Spelt Spaghetti & Steamed Veggies
<i>Friday</i>	Brain Boosting Smoothie	Leftover Spaghetti Bolognese/ Cinnamon Sultana Cake & Fresh Fruit	Fish Tacos
<i>Saturday</i>	French Toast w Fresh Fruit & Yoghurt	My Omega Paleo Bread w Sliced Tomato & Avocado/ Quinoa Muesli Bars, Veggie Sticks & Dip	Sweet Potato Gnocchi w Vegan Pesto
<i>Sunday</i>	Baked Eggs & Cannellini Beans w Sourdough Toast	My Omega Paleo Bread w Sliced Tomato & Avocado/ Quinoa Muesli Bars, Veggie Sticks & Dip	Italian Chicken Bake

# Breakfast

# Buckwheat Pancakes With Berries & Yoghurt



## *Ingredients:*

- 1 ½ cups buckwheat flour (I grind my own from raw buckwheat in my Vitamix)
- 1 egg
- 2 cups milk
- 1 cup berries (I used frozen blueberries)
- 1 cup Greek yoghurt
- Maple syrup
- Coconut oil for frying

## *Instructions:*

1. Combine buckwheat flour, egg and milk in a bowl.
2. Heat coconut oil in a fry pan and add a ladle of the pancake batter to the hot pan.
3. Flip when bubbles appear.
4. Cook for a couple of minutes on the other side.
5. Continue to do the same for the rest of the batter.
6. Serve topped with berries, yoghurt and a drizzle of maple syrup.

# Healthy Porridge



## *Ingredients:*

- 1 cup oats (use whole or rolled oats as they are lower G.I.)
- 1 ½ - 2 cups of water or milk

## *Choose among these extra nourishing toppings:*

- L.S.A, chopped pear, yoghurt and 100% pure maple syrup
- Banana, whey protein and chia seeds
- Chopped macadamias, honey and goji berries
- Pepitas, sulphur free sultanas, grated apple and cinnamon
- Cacao powder, blueberries and honey
- Walnuts, butter and sulphur free dried apricots

## *Instructions:*

1. Place ingredients into a saucepan and stir over medium heat while bringing up to the boil.
2. Turn down to low and cook for another few minutes until thick and creamy.

## *Notes:*

Instead of using oats try rolled quinoa, spelt or rye. Quantities are the same. Use milk alternatives such as almond or coconut.

# Brain Boosting Smoothie



## Ingredients:

- 1 banana
- 2 dates
- 1/4 avocado
- 1/4 cup walnuts
- 1/2 cup of greens (spinach, silverbeet, chard, kale)
- 1 serving [Inca Inchi protein](#)
- 2 tbs rolled oats
- 1 cup of preferred milk
- 1/2 cup frozen blueberries

## Instructions:

1. Add all ingredients into a blender or thermomix until smooth.

## Notes:

If you do not have the Nutra Organics Thriving Protein you could add 2 tbs of natural/Greek yoghurt and 1 tsp chia seeds for an extra protein kick. You could also replace oats with quinoa flakes for a GF version.

# French Toast



## Ingredients:

- 1 Egg
- Cinnamon
- Dash of milk
- 1 - 2 pieces of wholegrain sourdough
- Coconut oil for cooking
- sliced strawberries and banana, natural yoghurt and pure maple syrup to serve

## Instructions:

1. Whisk the eggs, milk and cinnamon together in a shallow dish.
2. Place the bread in the egg mixture and let soak for a minute on each side.
3. Meanwhile heat a teaspoon of coconut oil in a pan until hot.
4. Lift the bread out of the egg mixture and hold for a moment to let the excess drip off.
5. Fry the bread in the pan for a couple of minutes each side until golden brown.
6. Serve topped with a dollop of yoghurt, sliced fruit and a drizzle of maple syrup.

## Notes:

**Gluten Free** - use gluten free bread

**Dairy Free** - omit the milk or use a dairy free milk alternative.

# Baked Eggs & Cannellini Beans



## *Ingredients:*

- 1 onion
- 2 cloves of garlic
- 1 red capsicum
- 2 cans of tomatoes (salt reduced)
- Eggs (4 -6)
- 1 can of Cannellini Beans
- Sourdough bread to serve
- Fresh herbs

## *Instructions:*

1. Preheat oven to 180 degrees celsius
2. Dice onion, garlic and capsicum and lightly fry for 3- 5 minutes.
3. Add cans of tomatoes, bring to boil and then simmer for 5 - 10 minutes.
4. Add beans and transfer into a baking dish.
5. Crack eggs into the tomato sauce (making a well if possible).
6. Cook for around 20 -25 minutes or until cooked through.
7. Serve with toasted sourdough.



# Snacks

# Quinoa Muesli Bars



## *Ingredients:*

- 1 cup of rolled oats
- 1/2 cup of uncooked quinoa
- 2 tbsp chia seeds
- 1/2 cup of pepitas
- Pinch of cinnamon
- 1/2 cup of chopped medjool dates
- 1 large ripe banana (mashed)
- 1/4 cup of coconut oil
- 1 tbsp maple syrup

## *Instructions:*

1. Preheat oven to 180 degrees celsius.
2. Mix all the ingredients together in a bowl well.
3. Pour into a lined baking tin.
4. Bake for 25 minutes until golden.

# Cinnamon Sultana Cake



## *Ingredients:*

- 2 tablespoons coconut oil, melted
- 5 eggs
- ½ cup honey
- 2 tablespoons coconut milk
- ¾ cup coconut flour
- 2 teaspoons cinnamon
- ¼ cup sulphur free sultanas
- ¾ teaspoon baking soda
- ¼ teaspoon salt

## *Instructions:*

1. Mix together eggs, honey, coconut milk and coconut oil together.
2. Add coconut flour, baking soda , cinnamon and salt.
3. Stir through sultanas and pour into a greased loaf tin.
4. Bake on 180 degrees for 30-40 minutes.

# Lunch

# Vegetable Fritters



## *Ingredients:*

- 1 cup of grated zucchini (remove excess water)
- 1 cup of grated carrot
- 1/2 cup of frozen corn
- 1/4 cup of spelt flour
- 2 eggs
- Salt and pepper for seasoning

## *Instructions:*

1. Add all ingredients together and stir through.
2. Heat oil in frying pan and cook in tbsp batches.

## *Notes:*

For extra taste you could add 1/2 tsp of mild curry powder or paprika.

# Rainbow Noodle Salad



## Ingredients:

- 1 pack of rice noodles
- 2 carrots
- 1/4 purple cabbage
- 1 red pepper
- 1 yellow pepper
- 1 cucumber
- 2 tbsp chopped coriander
- 2 tbsp tamari
- 1 tbsp rice wine vinegar
- Squeeze of lemon juice

## Instructions:

1. Cook noodles as per instructions.
2. Cut veggies into thin strips.
3. Add all ingredients together in a large bowl.

## Notes:

For some protein you could add some shredded chicken, tofu or cashew nuts.

# My Omega Paleo Bread



## Ingredients:

- 6 eggs
- 106g can Sardines in Olive oil
- 2 tbs ghee or softened butter
- 3/4 cup tapioca flour
- 1/4 cup psyllium husk
- 1/2 tsp salt
- 2 tsp mixed dried herbs
- 1 tbsp chia seeds
- 1/2 tsp baking soda
- 1/2 tsp raw apple cider vinegar

## Instructions:

1. Mix eggs, sardines (with oil) and ghee in a food processor until combined.
2. Add dry ingredients and acv and mix until combined
3. Pour into a lined / greased bread tin
4. Bake 180 degrees Celsius for 30-35 mins or until cooked through
5. leave it to sit covered for 30 mins before removing from tin and slicing.
6. Top it with avocado, tomato or your fav savoury toppings

## Notes:

For more nourishing real food recipes, check out Assunta's Ebook [HERE](#).  
NSK Klub members get 10% discount using the promo code **NSK10**.

# Dinner



# Mac & Cheese With Hidden Veggies



## *Ingredients:*

- 1.5 cups of macaroni pasta
- 1/2 cauliflower
- 1 carrot
- 1 zucchini
- 2 tbsp flour
- 2 tbsp butter
- 1 cup of milk
- 1 cup of cheese
- 1/4 cup of parmesan cheese

## *Instructions:*

1. Cook pasta as per instructions.
2. Steam veggies until soft and puree, set aside.
3. Heat butter in saucepan and add flour cooking for around 2 minutes.
4. Slowly add the milk, heat until thickens.
5. Add both cheeses and stir through well.
6. Add pasta and vegetable puree into cheese sauce, mix well and then pour into baking dish.
7. Cook for around 20 - 25 minutes until golden.

## *Notes:*

You could add some nitrate free ham or bacon extra flavour.

# Healthy Meatloaf



## Ingredients:

- 500g lamb mince
- 1 carrot (peeled and grated)
- 1 small zucchini (peeled and grated)
- 1 apple (peeled and grated)
- 1/2 onion
- 1 clove of garlic
- 2 eggs
- 100g rolled oats
- 1 tbsp tomato paste

## Instructions:

1. Preheat oven to 200 degrees celsius.
2. Heat 1 tbsp olive oil in frying pan, dice onion and garlic and fry for a few minutes until soft.
3. Grate peeled apple, zucchini and carrot. Make sure you remove excess water from zucchini.
4. Blitz oats in a food processor.
5. Add all ingredients into a large bowl and mix well.
6. Pour into a lined loaf tin and cook for around 40 - 45 minutes.

## Notes:

**Gluten Free** - you can replace oats with quinoa flakes.

# Potato & Broccoli Mash



## *Ingredients:*

- 800g of potatoes
- 1 broccoli
- 1/4 cup of parmesan cheese
- 1 tbsp butter
- Salt and pepper for seasoning

## *Instructions:*

1. Steam potatoes until soft, add broccoli for the last 10 minutes.
2. Mash potatoes and broccoli until smooth (use blender stick of thermomix if available).
3. Add parmesan cheese and butter and stir through.

## *Notes:*

**Dairy Free** - remove cheese and butter and replace with 1 tbsp dairy free/vegan butter.

# Seafood Stir-Fry With Brown Rice Noodles



## *Ingredients:*

- 400g white fish fillets (cut into pieces)
- 1 pack of brown rice noodles
- 2 -3 cloves of garlic
- 1 yellow capsicum
- 1 red capsicum
- 1 broccoli
- 1 onion
- 2 tbsp tamari
- 1 tbsp olive oil
- 1/2 cauliflower
- 1 tbsp fish sauce
- 2 tbsp sesame seed
- 1/2 cup red cabbage

## *Instructions:*

1. Cook brown rice noodles as per instructions and set aside.
2. Chop up all veggies, set aside.
3. Dice onion and garlic.
4. Heat oil in frying pan and fry onion and garlic for a few minutes
5. Add vegetables and fish and cook for 5 minutes.
6. Add Tamari, fish sauce and noodles.
7. Cook for a few more minutes until fish is cooked through.

# Super Spaghetti Bolognese



## Ingredients:

- 500g beef mince
- 1 medium zucchini
- 1 tbsp tomato paste
- Salt and pepper for seasoning
- 1 can salt reduced diced tomatoes
- 1 onion
- 1 red pepper
- 1 large carrot
- 3 cloves of garlic

## Instructions:

1. Grate carrot, zucchini and chop up red pepper. Set aside.
2. Dice onion and garlic.
3. Add 1 tbsp of olive oil into frying pan and fry the onion and garlic for a few minutes.
4. Add mince and vegetables and cook for around 5 minutes until meat has browned.
5. Add tomatoes and tomato paste and bring to boil.
6. Reduce heat and simmer for around 25 minutes until sauces thicken.
7. Season with salt and pepper

## Notes:

For an extra nutrition boost you could add a can of brown lentils.

# Fish Tacos



## *Ingredients:*

### **Fish:**

- 2 salmon fillets, cubed or you can use white fish if you prefer (Cook an extra salmon fillet so you have leftovers for the cold rolls for lunch)
- 2 tablespoons dill, chopped
- Juice of 1 lemon
- coconut oil for cooking

### **Salsa:**

- 1 cup shredded cabbage
- 1 red capsicum, chopped
- 1 large avocado, chopped
- 2 T dill, chopped
- 1/2 red onion, chopped
- 2 apricots, chopped (if apricots aren't in season you can use dried apricots or another fruit such as pear or grapes)
- 1/2 t cumin
- pinch of salt

### **Yoghurt:**

- 1/2 cup thick natural yoghurt
- 1/2 clove garlic, crushed
- 2 T dill
- Cos lettuce to serve

## Instructions:

1. Marinade the fish in the dill and lemon for 5-10 minutes. Then pan fry the fish in coconut oil for a couple of minutes until cooked.
2. Mix together all salsa ingredients in one bowl and yoghurt ingredients in another.
3. Assemble 'tacos' in cos lettuce leaves, salmon, salsa, top with yoghurt wrap and enjoy.

## Notes:

**Dairy Free** - use coconut yoghurt or leave out the yoghurt altogether.

**Fussy Tip** - serve the fish with vegetables your child likes in real taco shells. Encourage them to try a little bit of the salsa and yoghurt on top.

# Sweet Potato Gnocchi



## *Ingredients:*

- 2 large sweet potatoes
- 2 cups of white spelt flour (or preferred gluten free flour)
- Salt to season

## *Instructions:*

1. Preheat oven to 180 degrees celsius.
2. Cook sweet potatoes whole for around 1 hour until soft.
3. Cut sweet potato in half and scoop out potato.
4. Leave to cool down and mash until completely smooth (or use a strainer or Thermomix)
5. Slowly fold the sweet potato through the flour until smooth.
6. Roll into balls and then stretch.
7. Cut into 3cm pieces.
8. Add gnocchi into boiling water and then take out once it rises to the top.
9. Serve with your favourite pasta sauce or pesto



# Vegan Pesto



## *Ingredients:*

- 1 bunch of parsley/basil or a mix of greens
- A good handful of macadamia nuts (around 14)
- 1 cloves of garlic
- 125ml of olive oil
- Squeeze of lemon juice
- Pinch of salt

## *Instructions:*

1. Add all ingredients (except olive oil) into a thermomix or food processor and blitz until fine.
2. Slowly add through the olive oil.
3. Store in a glass jar and top up with a little bit of olive oil.

# Italian Chicken Bake



## *Ingredients:*

- 1 pack of free range drumsticks
- 500g baby potatoes
- 1/2 red capsicum
- 200g cherry tomatoes
- 1 clove garlic
- 1 cup of stock (chicken or vegetable)
- 1/2 lemon
- Small handful of basil
- 2 tbsp olive oil

## *Instructions:*

1. Preheat oven to 200 degrees celsius.
2. Chop up potatoes, cherry tomatoes, capsicum, basil and garlic and place in a baking dish. Set aside.
3. Heat olive oil and cook chicken drumsticks for 5-10 minutes until browned.
4. Place chicken on top of vegetables, squeeze with lemon juice. Slice remaining lemon and place in with vegetables.
5. Pour 1 cup of stock into the dish.
6. Cook for 1 hour.



AT NATURAL SUPER KIDS, WE'RE ALL ABOUT HELPING MUMS (AND DADS!) RAISE HEALTHY KIDS.

BUT WE ALSO KNOW...IT AIN'T AS EASY AS IT SOUNDS.

WE BELIEVE IN A REALISTIC AND SUSTAINABLE APPROACH TO HEALTH SO INSPIRE YOU TO RAISE HAPPY AND RESILIENT KIDS ONE HEALTHY CHANGE AT A TIME.

WE PROVIDE HEALTHY RECIPES AND PRACTICAL TIPS TO BOOST YOUR KIDS HEALTH AND NUTRITION IN THE REAL WORLD.

WE WANT TO MAKE IT EASY FOR YOU TO IMPLEMENT HEALTHY FOOD AND LIFESTYLE CHANGES THAT YOUR KIDS WILL ACCEPT!

## *Connect with us*



[www.naturalsuperkids.com](http://www.naturalsuperkids.com)



[@naturalsuperkids](https://www.instagram.com/naturalsuperkids)



[/naturalsuperkids](https://www.facebook.com/naturalsuperkids)



[/naturalsuperkids](https://www.pinterest.com/naturalsuperkids)

**Looking for inspiration and support to raise healthy kids?  
Click hereto find out more about the Natural Super Kids KLUB.**