

Healthy Family **MEAL PLAN 18**



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>	Banana + LSA Smoothie	Chicken & Mango CousCous Salad/ Popcorn & Toasted Nori	Honey Garlic Prawns w Asian Greens + Basmati Rice
<i>Tuesday</i>	Egg Soldiers w GF or Sourdough Toast	Chicken & Mango CousCous Salad/ Apple + Almond Butter	Oven Baked Fried Rice + Fermented Veggies
<i>Wednesday</i>	Banana & Carrot Muffins + Topped w Greek Yoghurt	Leftover Fried Rice in Thermos/ Apple + Almond Butter	One-Pan Chicken Fajitas
<i>Thursday</i>	Banana & Carrot Muffins + Topped w Greek Yoghurt	Nitrate Free Ham + Salad Wrap/ Hummus + Veggie Sticks (no recipe)	Chicken Fajitas + Quinoa Salad Bowls
<i>Friday</i>	Tomato & Goats Cheese Omelette	Family Platter w Boiled Egg, Hummus, Veggie Sticks + Crackers/ Berries + Trail Mix	Roasted Salmon w Lemon, Olives & Rosemary
<i>Saturday</i>	Banana + LSA Smoothie	Sourdough Toast w Avocado & Hummus/ Feta Cubes + Cherry Tomatoes	Tray Baked Lamb Meatballs + Cauliflower
<i>Sunday</i>	One-Pan Breakfast Hask + Sauerkraut	Sardines on Crackers or Toast + Veggie/ Dark Chocolate + Walnuts	Lentil Bolognese w Zucchini Noodles

Breakfast

Banana + LSA Smoothie



Ingredients:

- 1 banana, I like to peel and freeze mine.
- 1 cup plain yoghurt
- 2 tablespoons LSA (Linseed, Sunflower & Almond meal)

Instructions:

1. Blend ingredients in a Vitamix or blender, pour into glasses and enjoy.

Egg & Soldiers



Ingredients:

- 1 - 2 free range eggs
- 1 - 2 pieces of good quality bread such as sourdough rye
- Butter

Instructions:

1. Place eggs in a pot of boiling water for 4 1/2 minutes.
2. Toast the bread, butter it and cut into thin strips for dipping (soldiers).
3. Crack the top off the egg, sprinkle with a little good quality salt and serve.

Notes:

Dairy Free - use avocado or tahini instead of butter (or just leave the toast dry)

Gluten Free - use gluten free bread.

Fussy Tip - serve eggs with your child's favourite bread.

Banana & Carrot Muffins



Ingredients:

- 1 large carrot, grated
- 2 bananas, mashed
- ¼ cup plain yoghurt
- 1 1/3 cups whole meal spelt flour
- 1 Tablespoon honey or maple syrup
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- ½ cup oats
- 2 eggs

Instructions:

1. Mix together grated carrot, mashed banana, honey, eggs, yoghurt and cinnamon, mix well.
2. Add flour and baking powder, mix well.
3. Add oats and mix quickly.
4. Place into greased muffin tin and bake at 200 degrees for 20 minutes.

Notes:

Gluten Free - replace spelt flour with gluten free flour.

Dairy Free - replace yoghurt with coconut cream.

Tomato & Goats Cheese Omelette



Ingredients:

- 2 eggs
- 1 tomato
- 3cm cube of soft goats cheese (you can use feta as an alternative)
- Dried oregano, sea salt and pepper to taste

Instructions:

1. Put a knob of butter into a pan over low to medium heat.
2. Whisk 2 eggs, dried oregano, sea salt and pepper and pour into the pan, moving the pan around to spread the egg mixture out.
3. Sprinkle the cheese onto one half of the omelette and top with tomato.
4. When firm flip the other half of the omelette over the toppings.
5. Cook for another couple of minutes.
6. Remove from the pan and enjoy.

One-Pan Breakfast Hash



Ingredients:

- 1 medium sweet potato (350g), diced into 1 cm cubes
- 2 large potatoes (350g), diced into 1 cm cubes
- 2 tablespoons extra virgin olive oil
- 2 pork sausages, casing removed
- $\frac{3}{4}$ teaspoon dried thyme
- 1 large red onion, diced
- Salt, pepper
- 4 eggs

To serve:

- 2 handfuls rocket
- Tabasco
- Sauerkraut

Instructions:

1. Preheat oven to 200 C. Line a large baking tray with baking paper.
2. Toss the sweet potato and potato in 1 ½ tablespoons olive oil, ½ teaspoon thyme and season generously with salt and pepper. Spread in a single layer over the baking tray. Cook for 10 minutes.
3. Meanwhile, toss the onion with remaining ½ tablespoons, ¼ teaspoon thyme, salt and pepper. After 10 minutes, toss the onion through the potato mixture, spread back to a single layer.
4. Break apart the sausage and roughly scatter all over the potatoes. Cook for 10 minutes.
5. Make 4 spaces on the baking tray and crack the eggs into the spaces. Cook for another 5 minutes, or until egg is just cooked (yolk should still be runny).
6. Serve immediately scattered with rocket, with sauerkraut and tabasco on the side.

Lunch

Chicken & Mango CousCous Salad



Ingredients:

- 1 cup rotisserie chicken
- 1 cup chopped mango
- 1 cup chopped cucumber
- 1 cup chopped carrots
- 2 cups couscous
- 2 cups water
- 1/4 cup + 1 tbsp olive oil
- 3 tbsp lemon juice
- salt, pepper

Instructions:

1. Bring a small pot with 2 cups of water to a boil. Pour in the couscous and turn off the heat. Let the couscous sit for 5 minutes, until all the water is absorbed into the couscous. Fluff with a fork and set aside to cool.
2. Whisk together olive oil and lemon juice in a large bowl.
3. Pour cooled couscous, chopped chicken, mango, cucumber and carrots into the vinaigrette. Stir until everything is coated with the vinaigrette.
4. Pour cooled couscous, chopped chicken, mango, cucumber and carrots into the vinaigrette. Stir until everything is coated with the vinaigrette.

Family Platter



Ingredients:

Choose 1-2 proteins:

- Hard boiled eggs, halved
- Shredded chicken
- Tinned fish
- Hummus or other bean dip
- Any other leftover meats
- Dry roasted or raw nuts
- Cheese

Choose 3 or more veggies:

- Celery
- Snow peas
- Capsicum
- Cherry tomatoes
- Cucumber
- Carrots
- Fennel
- Broccoli
- Sauerkraut or other fermented veggies

Choose a healthy carbohydrate:

- Rice crackers
- Rye crackers
- Plain corn chips

Instructions:

1. Serve on a big platter for sharing.

Notes:

Fussy Tips:

- Ensure there are one or two things on the platter your child likes.
- Encourage them to try a new ingredient or two.
- Let them serve themselves and help put the platter together.
- Take the platter outside and have a picnic.

Dinner

Honey Garlic Prawns & Asian Greens



Ingredients:

- 4 cloves garlic, minced
- ¼ cup raw honey
- ¼ cup tamari
- 2 tbsp lemon juice
- 1 teaspoon minced fresh ginger
- 2 teaspoon sesame seeds
- 1-2 red chillies, deseeded and chopped (optional)
- 2 bunches baby bok choy, trimmed
- 1 bunch broccolini, woody ends trimmed.
- 2 tablespoons extra virgin olive oil
- 750g raw (green) prawns, peeled, tail intact
- 2 tablespoons toasted sesame seeds, to serve

Instructions:

1. Preheat oven to 215 C. Line a large baking tray with baking paper.
2. Whisk together garlic, honey, tamari, lemon juice, ginger, sesame seeds and chilli, if using and set aside.

3. Spread bok choy, broccolini over baking pan, drizzle with 1 tablespoon olive oil and rub into the greens. Sprinkle with salt and pepper. Roast for 10 minutes.
4. Meanwhile, combine $\frac{1}{2}$ of the sauce with the prawns and toss to coat. Allow to marinate for the remaining 10 minutes while greens are cooking. Move greens to one side of the baking tray, add the prawns on the other side. Brush with marinade, drizzle with remaining olive oil. Return pan to the oven and bake for an additional 8-10 minutes, or until prawns are opaque and curled.
5. While prawns are cooking heat remaining sauce in a saucepan until simmering and reduced to a thick sauce. Drizzle over the prawns, then scatter with toasted sesame seeds. Serve with rice or extra vegetables.

Oven Baked Fried Rice



Ingredients:

- 2 carrots, diced
- 1 heaped cup peas
- 3 large eggs
- Kimchi to serve
- 3 tablespoons tamari
- 2 garlic cloves, minced
- 1 large red capsicum, diced
- 5 cups cooked basmati rice
- 1 tablespoons toasted sesame oil
- 200g good quality nitrate-free bacon, diced (see note)
- 6 spring onions (scallions), thinly sliced (save top green sections for garnish)

Notes:

The fat in the bacon is important to prevent the rice drying out in the oven and allows the rice to get nice and crispy on the edges. Choose regular strip bacon, not lean varieties.

Instructions:

1. Preheat oven to 200 C.
2. Combine carrots, capsicum and bacon in a large 5cm deep baking tray. Bake for 15 minutes, or until the fat has rendered from the bacon and carrots are tender.
3. Add the rice, peas, spring onions, garlic, tamari and sesame oil and toss until well combined. Cook for 10 minutes.
4. Make some shallow holes in the rice for the eggs. Crack an egg into each hole. Bake for a further 5-7 minutes, or until just cooked (yolk should be runny).
5. Serve immediately, tossing egg through the fried rice just before eating. Serve with kimchi and extra tamari, if needed.

One-Pan Chicken Fajitas



Ingredients:

- 2 medium onions, thinly sliced
- 1kg chicken breast, cut into strips
- 1 large red capsicum, seeded and cut into strips
- 1 large green capsicum, seeded and cut into strips
- 1 teaspoons mild chilli powder (optional)
- 3 tsp cumin
- 2 tsp smoked paprika
- 1 ½ tsp salt
- ¼ cup extra virgin olive oil

To Serve:

- Soft tortillas
- Shredded cabbage
- Canned black beans, rinsed and drained
- Avocado
- Sour cream
- Limes
- Hot sauce (optional)

Instructions:

1. Preheat oven to 215 C. Line 2 large baking trays with baking paper.
2. Combine the chicken, red and green capsicum, onion, spices, salt and olive oil in a large bowl and toss well to combine.
3. Spread the chicken and vegetables in a single layer over the two large baking trays.
4. Cook for 15 minutes, or until the chicken is cooked through. Let sit for 5 minutes before serving.
5. Serve with tortillas, cabbage, avocado, black beans, sourcream, limes and hot sauce.

Roasted Salmon With Lemons, Olives & Rosemary



Ingredients:

- 4 (180g) salmon fillets
- 4 tablespoons extra-virgin olive oil
- Red chilli flakes (optional) or black pepper
- 4 fresh rosemary sprigs
- 2 small lemons, very thinly sliced
- ½ cup sliced, pitted kalamata olives
- 2 bunches asparagus, woody ends trimmed

Instructions:

1. Preheat oven to 215 C.
2. Place fish in a baking dish, brush fillets with a couple of teaspoons of oil and season with salt and red chilli flakes or black pepper. Top each fillet with a rosemary branch and several slices of lemon. Scatter the asparagus between the salmon, in a single layer. Drizzle remaining oil over lemon slices and asparagus and sprinkle with additional salt. Scatter olives over fish and pan.

3. Bake until just cooked through, about 10 minutes, but this will depend on the thickness of your salmon pieces. If lemon slices have not browned, place pan under broiler for 1 to 2 minutes. Serve drizzled with a little more olive oil; sprinkle with more salt and chilli, if desired.

Notes:

It is important for even cooking and to prevent steaming that everything is in a single layer on the tray. If you have a smaller baking tray, divide over two trays.

Tray Baked Lamb Meatballs With Cauliflower + Garlic Yoghurt



Ingredients:

- 1 tsp cumin
- 1 tsp paprika
- 500g lamb mince
- 2 garlic clove, minced
- 1 tsp salt + extra salt, pepper to taste
- 2 tbsp finely chopped parsley or coriander
- 1 head cauliflower, cored and cut into florets (have a flat surface on each floret)
- 1 tsp fennel seeds
- ½ cup plain yoghurt
- 2 tbsp extra virgin olive oil
- 1 small garlic clove, minced
- 1 large red onion, thinly sliced

Coriander Chutney:

- 1 large bunch fresh coriander, washed and roughly chopped
- 6 spring onions (scallions), coarsely chopped
- 2 jalapeno peppers (remove seeds for mild chutney)
- 1 teaspoon coconut sugar
- 2 tablespoons peeled, chopped fresh ginger
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/4 cup fresh lemon juice
- 1/4 cup extra virgin olive oil

Instructions:

1. Preheat grill setting in the oven and place rack about 8 cm under the heat source. Line a large baking tray with baking paper, trim all the edges so no paper is coming over the sides (or use foil).
2. In a large bowl combine lamb, cumin, paprika, garlic, parsley and salt. Mix to combine. Shape into 3 cm meatballs. Set aside.
3. Scatter cauliflower, onions and fennel seeds on the baking tray. Drizzle with olive oil. Season with salt and pepper. Toss with hands to evenly coat. Spread in a single layer over the tray (divide between two trays if needed).
4. Place the meatballs on the tray, ensuring you still have a single layer and meatballs are spread at least a couple of centimeters apart. Transfer baking pan to the oven and grill the meatballs for 8-10 minutes, or until meat is browned on top and slightly pink inside.
5. Meanwhile, whisk yogurt, garlic and a little salt and pepper.
6. Serve meatballs on the baking tray scattered with fresh herbs (parsley or coriander). Serve with salad and/or quinoa and yoghurt on the side. This meal is delicious with coriander chutney (recipe below).

Notes:

Place all the ingredients except olive oil in a blender. Blend at medium speed, slowly drizzle in the olive oil, until smooth. Store refrigerated, in an airtight container for up to 3 days.

Lentil Bolognese



Ingredients:

- 2 tbs of olive oil
- 1 brown onion
- 3 cloves of garlic
- 1 cup of dried brown lentils
- 3 cups of veggie broth
- 1 carrot finely diced
- 2 tomatoes diced
- ½ zucchini finely diced
- 2 tbs of tomato paste
- 3 cups of veggie broth
- 1 carrot finely diced
- ½ zucchini finely diced

Instructions:

1. Dice up your onions, garlic, carrot, zucchini and tomatoes.
2. Place the slow cooker pot onto the stove and pour in the olive oil. Heat it slightly and then add in the diced onion and garlic. Saute for 2 minutes. Remove the slow cooker pot off the stove and pop it in the slow cooker holder. (If your slow cooker can not be used in this way, simply use a fry pan to saute the onion and garlic before adding to the slow cooker.
3. Add in the carrot, zucchini, tomatoes, lentils, veggie broth, tomato paste, diced tomatoes, salt and oregano. Stir to combine and then pop the lid on a leave it to slow cook for at least 4 hours.

4. 20 minutes before serving, remove half of the mixture and pulse it for a few seconds in a blender to bring the mixture together. Pour the pulsed half back into the main mixture and if there is too much liquid, leave the lid off and allow it to simmer for 20 minutes.

5. Serve with pasta, as a side for tacos or even as a topping of nachos.



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