

# Healthy Family MEAL PLAN 19



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>	Summer Breakfast Crumble w Yoghurt	Sardines on Crackers or Toast + Veggie Sticks/ Hulk Muffin & Fruit	Baked Falafel w Lemony Tahini & Greek Salad
<i>Tuesday</i>	Egg + Quinoa Muffins	Leftover Falafel in Wraps w Salad/ Hulk Muffin & Fruit	Chicken Wings w Brown Rice Steamed Veggies
<i>Wednesday</i>	Summer Breakfast Crumble w Yoghurt	Leftover Sticky Chicken Wings w Veggie Sticks/ Apple + Peanut Butter	Sausages w Potato & Broccoli Mash
<i>Thursday</i>	Egg + Quinoa Muffins	Nitrate Free Ham + Salad Wrap/ Hulk Muffin & Fruit	Seafood Stir Fry w Brown Rice
<i>Friday</i>	Fruit-On-Bottom Chia Pudding	Nourishing Sandwiches/ Apple + Peanut Butter	Shepards Pie (sub lentils for vegetarian)
<i>Saturday</i>	Fruit-On-Bottom Chia Pudding	Avocado Toast Sprinkled w Feta Pumpkin Seeds/ Brain Boosting Smoothie	Leftover Shepards Pie
<i>Sunday</i>	Sourdough French Toast & Berries	Lunch Platter w Boiled Egg, Beetroot Dip, Veggie Sticks + Crackers/ Trail Mix	Crunchy Fish & Sweet Potato Chips w Salad

# Breakfast

# Summer Breakfast Crumble



## *Ingredients:*

### **For The Fruit:**

- 6 to 8 firm, ripe peaches, peeled, seeded and cut in large cubes
- Zest from 1 lemon
- 2 tablespoons lemon juice
- 2 tablespoons organic raw sugar or honey\*
- 2 tablespoon tapioca
- 1 ½ cups frozen blueberries

### **For The Crumble:**

- 1 ½ cups traditional rolled oats
- ½ cup desiccated coconut
- ½ cup almond meal
- ½ cup flaked almonds
- ½ teaspoon cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon sea salt
- 3 tablespoons maple syrup
- 4 tablespoons extra-virgin olive oil (or sub melted butter or coconut oil)



## Instructions:

1. Preheat oven to 160 degrees C (fan forced).
2. Place the peaches in a large baking tray, add the lemon zest, lemon juice, sugar and tapioca. Toss well. Scatter over the blueberries. Let sit while preparing the crumble.
3. For the topping, combine the oats, coconut, almond meal, flaked almonds, spices, salt, maple syrup and olive oil in a large bowl. Mix with a fork until combined.
4. Scatter the crumble over the fruit. Bake for 30-40 minutes, or until golden brown and fruit is bubbling.
5. Remove from the oven and let set for 10 minutes before serving. To make ahead, allow to cool completely before storing covered in the fridge for 3-4 days. Serve warm or cold, with thick greek yoghurt or coconut yogurt.

## Notes:

**Gluten Free** - swap the oats for quinoa flakes.

# Egg + Quinoa Breakfast Muffins



## Ingredients:

- 2 cups cooked quinoa
- ½ teaspoon dried thyme
- 200g haloumi, grated and divided in half
- 1 large zucchini, grated and excess water squeezed
- 1 garlic clove minced, or ½ teaspoon garlic powder
- 1/3 cup chopped semi-dried or sun-dried tomatoes\*
- ½ cup chopped chives
- 6 eggs, beaten
- Zest from 1 lemon
- Salt, pepper

## Instructions:

1. Preheat oven to 200 C. Line a 12-hole muffin tray.
2. In a large bowl combine quinoa, eggs, zucchini, garlic, chives, lemon zest, sundried tomatoes, salt, pepper and half the halomui.
3. Divide the mixture in the muffin tray and sprinkle with remaining haloumi.

## Notes:

**Dairy Free** - leave out the cheese.

**No Sundried Tomatoes** - swap for chopped bacon or ham.

# Fruit On The Bottom Chia Pudding



## *Ingredients:*

- 2 cups mixed frozen berries
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 3 cups unsweetened almond milk (or mix almond/coconut)
- 1 cup chia seeds
- Rind from 1 lemon
- 1 teaspoon vanilla extract
- 2-3 tablespoons maple syrup (optional)

## *Instructions:*

1. Put aside 4 small, wide mouth jam jars with lids
2. Place berries, lemon juice and sugar in a small saucepan over low heat. Heat gently until bubbling and syrupy, 5-10 minutes. Divide amongst jars and set aside to cool.
3. Once cooled, combine almond milk, chia seeds, lemon rind, vanilla and maple. Whisk to combine. Let sit, stirring regularly, until it thickens, about 5 minutes.
4. Divide the chia mixture evenly between the jars, on top of the berries. Cover with a lid and store in the fridge until ready to eat (up to 4 days).

## Notes:

**Topping Ideas** - almond butter, granola, sliced banana, toasted coconut, hemp seeds

**Save Time** - add frozen berries directly to the jar to avoid cooking and cooling the berries, however, eat within 2 days, as the sugar and lemon juice help preserve the berries.



# French Toast



## Ingredients:

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

## 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.

# Snacks

# Mini Hulk Muffins



## Ingredients:

- 3 cups fine almond meal
- 1 teaspoon baking soda
- 1/2 tsp baking powder
- Pinch (1/8 tsp) sea salt
- 3 very ripe bananas
- 3 large eggs
- 1/4 cup honey
- 2 packed cups (70g) baby spinach
- 1 teaspoon vanilla extract
- 1/2 teaspoon apple cider vinegar

## Notes:

**Fussy Tip** - add 2 heaped tablespoons of dutch-processed cocoa powder to disguise the green colour.

## *Instructions:*

1. Preheat oven to 180 C. Line a 24 x mini muffin tray.
3. In a large bowl whisk together almond meal, baking soda, baking powder and salt.
4. In a food processor blend bananas, eggs, honey, spinach, vanilla and apple cider vinegar.
5. Add wet ingredients to dry ingredients and mix until well combined..
6. Divide batter into the muffin tin and bake for 12-14 minutes, or until light brown on top and springs back when touched. Remove from the oven, let cool 20 minutes and enjoy.
7. Allow to cool completely before storing. To freeze, add to a zip lock bag or freeze in an airtight container with layers of baking paper to seperate.



# 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.

# Beetroot Dip



## Ingredients:

- 2-3 medium sized beetroot
- 1 bulb garlic
- ¼ cup cashews
- ½ cup yoghurt
- 2 tablespoons extra virgin olive oil
- Sea salt and pepper to taste

## Instructions:

1. Wrap whole beetroots and garlic bulb in foil and roast in oven on 180 degrees for about an hour or until soft (check with a skewer).
2. Allow to cool, peel the beetroot skin off and squeeze the garlic out of the skin.
3. Place it all in a blender with the remaining ingredients and blend until smooth.
4. Use as a dip with rice crackers and vegetable sticks.

## Notes:

**Nut Free** – use sunflower seeds instead of cashews.

**Dairy Free** – omit yoghurt and add a little more olive oil.

# Lunch

# Nourishing Sandwiches



## *Ingredients:*

- 2 slices of good quality bread
- Shredded chicken breast
- 1 tbsp vegan pesto
- 1 tbsp creme cheese

## *Instructions:*

1. Mix together pesto and creme cheese and spread onto a slice of bread.
2. Add chicken and lettuce.

## *Notes:*

### *Other nourishing sandwich options:*

- Curried egg with lettuce and avocado - Mash 2 eggs with 1/2 an avocado and a pinch of curry powder.
- Tuna creme cheese - Drain a can of tuna and add 1/4 cup of creme cheese. Add some chopped fresh herbs.
- Homemade hummus and avocado
- Chicken, grated carrot & avocado



# Dinner

# Baked Falafel With Lemony Tahini



## *Ingredients:*

- 1 onion, roughly chopped
- 2 garlic cloves, peeled
- 1 cup of coriander leaves and stalks
- 1 cup of parsley leaves
- 2 can chickpeas, rinsed and drained
- 4 tablespoons white spelt flour\*
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon red pepper flakes, optional
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ cup extra virgin olive oil

## *Tahini Sauce:*

- ½ cup hulled tahini
- 1 lemon, juiced
- ¼ to ½ cup cold water
- Salt, pepper

## *Instructions:*

1. Preheat the oven to 180 C.
2. Chop the onion and garlic in a food processor until fine. Add the herbs and continue to blend until completely combined. Add the chickpeas, flour, cumin, coriander, red pepper flakes, baking powder and bicarb soda. Season with a really good pinch of salt and blitz again to combine. Roll into small falafel balls, place on a baking tray lined with baking paper, press down slightly.
3. Drizzle generously with olive oil. Bake for 25 to 30 minutes, turning halfway, until golden on all sides.
4. To make tahini sauce: Combine all ingredients and whisk really well until smooth and creamy. Season with extra salt, pepper, if needed.

## *Notes:*

**Gluten Free** - use gram (chickpea) flour in place of plain flour.

# Chicken Wings



## *Ingredients:*

- 1 kg free range chicken wings
- 3 tablespoons tamari
- 3 cloves garlic, finely chopped
- 2 tablespoons honey

## *Ingredients:*

1. Combine tamari, honey and chopped garlic in a lined baking tray.
2. Add chicken wings to the tray and coat them in the marinade.
3. Refrigerate for a couple of hours for the flavours to infuse if possible (this dish is still delicious if you don't have time)
4. Preheat oven to 200 degrees celcius
5. Bake chicken wings for 45-60 minutes until cooked through.
6. Delicious served with Veggie fried rice, steamed or roast veggies or a salad.



# Spicy Sausage, Potato & Brussel Sprout Tray Bake



## *Ingredients:*

- 6 medium (600g) potatoes (dutch cream or kipfler), peeled and cut into 2 ½ cm cubes
- 1 tsp cumin seeds
- Salt, pepper
- 3 tablespoons olive oil
- 6 good-quality thick sausage (any type, spicy is delicious. I used lamb and harissa)
- 1 large leek, thinly sliced
- 1 tsp lemon rind
- 500 g brussels sprouts, trimmed and halved
- 1 cup flat-leaf Italian parsley, tender leaves and stems (about 1/2 bunch), roughly chopped

## *Instructions:*

1. Preheat the oven to 215 degrees C.
2. Spread potato over two medium baking trays lined with baking paper (or 1 large if you have a large oven). Toss with olive oil, cumin seeds, salt and pepper.
3. Coat the sausages lightly with olive oil, place them between the potatoes in a single layer, divided between the two trays. Roast for 20 mins.
4. Meanwhile, add the Brussel sprouts and leek to a large bowl, add 2 tablespoons of olive oil, zest of 1 lemon and ½ tsp salt, toss well.
5. After 20 mins, turn the sausages and flip the potatoes. Add Brussel sprouts cut side down between the sausages and potatoes, scatter any remaining leek from the bowl over the top. Cook for another 15-20 minutes.
6. Serve on a large platter sprinkled with parsley and a side of sauerkraut.

# 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 red capsicum
- 1 yellow capsicum
- 1/2 cauliflower
- 1/2 cup red cabbage
- 1 onion
- 1 broccoli
- 2 tbsp sesame seed
- 2 tbsp tamari
- 1 tbsp fish sauce
- 1 tbsp olive oil

## 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.

# Shepards Pie



## *Ingredients:*

- 1 onion, finely chopped
- 2 stalks celery, finely chopped
- 2 carrots, peeled and finely chopped
- 1 cup grated zucchini
- 1 tablespoon tomato paste
- 500g beef or lamb mince
- 2 tablespoons spelt flour
- 500ml beef broth (I sometimes substitute chicken broth if I don't have beef)
- 1 tablespoon tamari
- 800g white or sweet potatoes (sweet potatoe is my favourite), peeled and chopped into pieces.
- A tablespoon of butter and splash of milk (for the mashed potato) - optional
- Salt and pepper to taste.

## *Notes:*

**Dairy Free** - omit the butter and use dairy free milk for the mashed potato.

**Gluten Free** - use gluten free flour instead of spelt flour.

## *Ingredients:*

1. Saute onion, celery and carrot until soft.
2. Add mince and brown, breaking up all the lumps.
3. Add zucchini and spelt flour, cook for a couple of minutes and mix through.
4. Add tomato paste and fry off for a minute before adding the tamari and broth.
5. Reduce heat to low and cook, stirring occasionally for 30 minutes, until sauce has thickened.
6. Meanwhile cook potatoes in boiling water until tender.
7. Mash with a pinch of salt, butter and milk.
8. Preheat oven to 200 degrees, pour meat mixture into a deep baking dish and top with mashed potato.
9. Cook for 20 minutes.
10. Serve with a green salad or some steamed green veggies.



# Crunchy Fish & Sweet Potato Chips



## Ingredients:

- Fillets of mullet, snook or snapper (approx 150g per person)
- 1 tbsp wholemeal spelt flour
- 1 tsp sweet paprika
- 2 large sweet potatoes
- 2 handfuls baby spinach
- 1 small handful parsley
- 1 cucumber or anything else green you have in the fridge
- Coconut oil
- Lemon to serve
- Salt & pepper to taste

## Instructions:

1. Place a big spoonful of coconut oil and a good sprinkling of salt in a roasting tray which has been warmed up in the oven.
2. Wash sweet potatoes and cut into chip shapes.
3. Put the sweet potato chips in a roasting tray and toss with the melted coconut oil and salt. Cook for 30 minutes at 200 degrees, turning them at 15 minutes.
4. Mix together spelt flour, salt, pepper and paprika on a plate.
5. Press fish fillets in the flour mixture and pan fry in a big spoonful of coconut oil when the sweet potatoes are ready.
6. Toss together the green salad ingredients together and squeeze over some lemon juice.



7. Serve the fish with sweet potato chips and green salad.

### *Notes:*

**Gluten Free** - use gluten free flour on the fish.

**Fussy Tip** - serve fish with tartare, mayo or tomato sauce (preferably homemade).



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