

Healthy Family MEAL PLAN 2



Created by our team of Nutritionists and Naturopaths



<i>Meal Plan</i>	<i>Breakfast</i>	<i>Lunchbox</i>	<i>Dinner</i>
<i>Monday</i>	Power Porridge	Spiced Chicken Wrap Bliss Balls	Pumpkin Soup w Egg Pizza
<i>Tuesday</i>	Power Porridge	Eggy Pizza Bliss Balls	Kangaroo Chilli w Rice
<i>Wednesday</i>	Eggs & Soldiers	Rice Salad Bliss Balls	Baked Sweet Potatoes w Sardines
<i>Thursday</i>	Power Porridge	Rice Salad Bliss Balls	Pork Fillet w Mushroom Sauce
<i>Friday</i>	Power Porridge	Rice Cracker & Salmon Dip Tamari Seed Mix	Seafood Pasta
<i>Saturday</i>	Spelt Pancakes	Family Platter	Kangaroo Chilli w Corn Chips
<i>Sunday</i>	Eggs & Soldiers	Family Platter	Spiced Chicken w Sweet Corn Salsa

Breakfast

Power 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.

Eggs & 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.

Spelt Pancakes



Ingredients:

- 1 cup wholemeal spelt flour
- Coconut oil for cooking
- 1 cup wholemeal spelt flour
- Sliced banana, blueberries, maple syrup and yoghurt to top
- 1 ½ cups milk of choice
- ¾ tsp baking soda
- ¼ tsp salt
- 1 egg

Instructions:

1. Whisk together egg and milk.
2. In a separate bowl mix together all dry ingredients.
3. Add the wet ingredients to the dry ingredients.
4. Lightly grease a fry pan with coconut oil over med-high heat.
5. Add approx 1/3 cup of mixture into pan and swirl.
6. Flip the pancake when bubbles start to appear.
7. Cook until golden brown and top with your choice of toppings.

Notes:

Gluten Free - use gluten free flour.

Dairy Free - use almond or coconut milk. Omit yoghurt as a topping (or use coconut yoghurt).

Snacks

Cashew, Date & Cacao Bliss Balls



Ingredients:

- 1 cup cashews
- 4-6 dates
- ¼ cup chia seeds
- ½ cup coconut
- 1 tablespoon raw cacao
- 1 tablespoon coconut oil
- 1 t vanilla extract

Instructions:

1. Blend all ingredients in a high speed blender or food processor and roll into balls.
2. Add a little water if the mixture needs to be wetter.
3. Set in fridge for at least an hour. You can chop all ingredients by hand if you don't have the appropriate equipment.

Notes:

Nut Free - use pumpkin seeds instead of cashews.

Fussy Tip - try just a few of these seeds with sultanas to start.

Tamari Seed Mix



Ingredients:

- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 2 tablespoons tamari
- ½ cup sulphur free sultanas

Instructions:

1. Mix seeds and tamari together in a bowl until well coated.
2. Spread the seeds on a lined baking tray and roast in the oven for 12-15 minutes at 180 degrees.
3. Remove from oven and cool before stirring in the sultanas.

Notes:

Fussy Tip - try just a few of these seeds with sultanas to start.

Lunch

Spiced Chicken Wrap



Ingredients:

- Mountain bread x 2
- Leftover Spiced chicken
- Strips of capsicum
- Grated carrot
- Avocado

Instructions:

1. Lay out 2 pieces of mountain bread (I find one rips too easily).
2. Make a line of avocado, top with grated carrot, strips of capsicum and spiced chicken before wrapping.

Notes:

Gluten Free - use a lettuce leaf or a gluten free wrap.

Rice Salad



Ingredients:

- 2 cups leftover cooked wholegrain rice
- 150g shredded chicken, ham (preferably nitrate free) or a large tin of salmon
- 2 tomatoes, chopped
- 2 carrots, finely sliced
- 100g baby spinach, chopped
- 1/3 cup sulphur free sultanas
- 2-3 tablespoon pesto OR lemon juice and olive oil to dress

Instructions:

1. Mix ix all ingredients together, and dress with pesto or lemon juice and olive oil.

Notes:

Vegetarian - use chickpeas or eggs in place of the chicken, ham or salmon.

Fussy Tip - use your child's favourite vegetable/s in place of the ones listed. Use white rice or a combination of white and brown.

Rice Crackers & Salmon Dip



Ingredients:

- 1/4 cup cream cheese
- 1 stick celery, finely chopped
- Small tin of salmon or tuna
- Parsley to taste, finely chopped

Instructions:

1. Mix all ingredients together.

Notes:

Dairy Free - use cannellini beans instead of cream cheese - use a blender to mix.

Fussy Tip - add minimal celery and parsley to begin. Start with just small amount of fish if your child isn't keen on fish.

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
- Saurekraut 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

Pumpkin Soup



Ingredients:

- 1.5kg butternut pumpkin
- 6 cloves garlic, chopped
- 1 litre chicken broth
- 1 brown onion (or 2 leaks), chopped
- Generous pinch of sea salt
- ½ teaspoon of cinnamon or nutmeg
- Olive oil for cooking

Instructions:

1. Cut the skin off the pumpkin and chop into pieces.
2. Add the chopped onion to a large pan with some olive oil on medium heat and saute for a couple of minutes.
3. Add the chopped pumpkin and turn up the heat a little.
4. After 5 mins of cooking and turning the pumpkin add the garlic, salt and cinnamon or nutmeg and fry off for a couple of minutes.
5. Add the chicken broth and bring to the boil.
6. Turn down heat and simmer until pumpkin is soft.
7. Use a handheld blender to blend the soup smooth.
8. Add extra salt and/or water if needed.

Notes:

Vegetarian - use vegetable stock or water instead of chicken broth.

Fussy Tip - serve a small bowl of the soup alongside something your child is likely to eat and encourage them to try it.

Eggy Pizza



Ingredients:

- 12 eggs
- Big handful of parsley or spinach
- Pinch of sea salt
- ½ cup parmesan cheese, grated

Instructions:

1. Whisk the eggs together.
2. Chop the parsley or spinach roughly and add to the egg mixture along with the salt.
3. Pour into a baking tray (the size doesn't matter too much but I like to use a large flat one so the mixture is only a couple of centimetres thick).
4. Cook in an oven at 180 degrees C for 12-15 minutes or until egg is set.
5. Cut up into strips and use as dippers for the pumpkin soup.

Notes:

Dairy Free - omit the parmesan.

Fussy Tip - use only a minimal amount of spinach or parsley. You could also add cooked bacon pieces (preferably nitrate free).

Kangaroo Chilli With Rice



Ingredients:

- 500g kangaroo mince (you can use beef if you would prefer)
- 4 cloves garlic, chopped
- 2 onions, sliced finely
- 3 carrots, chopped finely
- 6 sticks celery, sliced finely
- 3 zucchini, chopped finely
- 1/2 bunch kale, chopped finely
- 2 teaspoons each of ground paprika, cumin and coriander
- 2 tablespoons tomato paste
- 1 jar tomato passata (700ml)
- 1 tin kidney beans, drained
- 2 cups brown rice
- Sour cream or yoghurt and coriander to serve

Instructions:

1. Cook brown rice using the absorption method.
2. Heat a large pan and sautee onions, celery and carrots.
3. Add beef mince and brown.

4. Add zucchini and cook for a couple of minutes.
5. Add garlic, spices, tomato paste and kale.
6. Cook until fragrant then add the tomato passata.
7. Simmer over low to medium heat for 15 minutes.
8. Add the kidney beans.
9. Top with chilli flakes (I add these when serving as my kids don't like spice!), sour cream or yoghurt and fresh coriander.
10. Serve with brown rice.

Baked Sweet Potatoes With Sardines



Ingredients:

- 4 -6 sweet potatoes depending on size
- 1 handful of parsley or herb of choice
- 1-2 tins of sardines in springwater
- 1 red, orange or yellow capsicum
- Salt and pepper to taste
- Juice of 1 lemon or lime
- 1 avocado
- 1 red onion
- 3 tomatoes
- ½ cucumber
- ½ cup grated cheese
- Sour cream to serve

Instructions:

1. Wash sweet potatoes well and prick them a few times with a fork.
2. Put them on a tray in the oven at 200 degrees for 45 mins-1 hour depending on their size. They are ready when you can stick a fork into the centre easily.
3. Meanwhile make a salsa by mixing together the tomatoes, cucumber, red onion, capsicum, parsley and lemon juice.
4. Break up the sardines with a fork and stir them into the salsa.
5. When the potatoes are cooked remove from the oven cut into the top of the potato a couple of times each way to open it and top with cheese, sardine salsa and sour cream.

Notes:

Dairy Free - omit the cheese and sour cream.

Fussy Tip - if your child prefers regular potatoes use them instead of sweet potatoes. If your child isn't keen on fish start with just a very small amount of sardines. Alter the salsa to include mainly vegetables your child likes or leave everything separate and serve bento style. Add extra of any component they like.

Pork Fillet With Mushroom Sauce



Ingredients:

- Leftover roast vegetables from Sunday's dinner
- 2 x pork fillets
- 1 onion, sliced
- 2 cloves garlic, crushed
- 250g mushrooms, slices
- 200g sour cream
- Parsley and salt to taste
- 6 potatoes
- butter and salt for mashing
- Head of broccoli, cut into florets
- 1 1/2 cups Frozen peas
- 100g feta

Notes:

Dairy Free - leave out the sour cream.

Instructions:

1. Peel and chop the potatoes. Add to a pot of water, bring to the boil and cook until soft.
2. Season the pork fillet and brown all over in a hot pan using olive oil or ghee.
3. Remove pork from the pan and put into a dish into the oven at 180 degrees. Cook for 20 minutes or until cooked through.
4. Steam broccoli for 5 minutes then add the peas and steam for a couple more minutes.
5. Sauté onion and garlic for a couple of minutes in the pan you used to brown the pork before adding the mushrooms.
6. Cook until soft, turn down the heat and add the sour cream and a generous pinch of salt.
7. Remove pork for oven, cover with foil and let rest for 5 minutes.
8. Drain the potatoes and mash with butter and salt.
9. Cut the pork into 2-3 cm slices and serve on top of mashed potato with mushroom and sour cream sauce and greens on the side.

Seafood Pasta



Ingredients:

- 300g good quality seafood marinara mix (preferably from the fish shop)
- 1 onion, chopped
- 3 cloves garlic, crushed
- 1 tablespoon dried oregano
- 3 stalks celery, sliced
- 2 carrots, peeled and chopped
- 2 tablespoons tomato paste
- 500ml tomato passata
- Handful of basil or parsley
- 500g wholemeal or spelt pasta
- Salt and pepper
- Olive oil
- Parmesan cheese to serve

Notes:

Gluten Free - use gluten free pasta or even rice.

Dairy Free - omit the parmesan.

Fussy Tip - add just a leaf of spinach ripped into smaller pieces and gradually increase over time.

Instructions:

1. Saute onion in olive oil for a couple of minutes. Add celery, carrot, garlic and oregano. Fry off for a couple of minutes.
2. Add the tomato paste and seafood mix. Fry for a couple more minutes.
3. Add the tomato passata and a generous pinch of salt. Simmer for 5- 10 minutes.
4. Serve on top of pasta and sprinkle with fresh herbs and parmesan.

Spiced Chicken With Sweet Corn Salsa & Steamed Beans



Ingredients:

- 4 x Chicken thigh or breast fillets
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground tumeric
- 2 teaspoons ground paprika

Sweet Corn Salsa:

- 4 corn on the cob
- 1 bunch coriander
- 4 spring onions
- 3 tomatoes
- 2 limes
- 1 tablespoon olive oil

Notes:

Vegetarian - mix some lentils in with the sweet corn salsa and leave out the chicken.

Fussy Tip - reduce the amount of coriander and spring onion in the salsa. Mix the spices with spelt flour and lightly flour the chicken with this mixture to make crispier and more 'child friendly'.

Instructions:

1. Combine spices on a plate and press chicken into spice mix, evenly covering all of the chicken, put in fridge while making the corn salsa.
2. Cook the corn in a pan or on the BBQ, turning when browned.
3. Cut the kernels off the corn cobs into a bowl, roughly chop the coriander, tomatoes and spring onions and add them to the bowl.
4. Add the juice of the limes and olive oil and mix to combine.
5. Cook the chicken in a pan with coconut oil or under a grill and serve with the corn salsa and steamed green beans.



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