

# Healthy Family MEAL PLAN 20



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>	Roast Vegetable Frittata + Fresh Berries	Nitrate Free Ham + Salad Wraps/ Banana Carrot Muffin	Lentil Bolognese
<i>Tuesday</i>	Berry + Beet Blender Pancakes + Greek Yoghurt	Roast Vegetable Frittata + Salad/ Banana Carrot Muffin	Lentil Pocket Pies & Salad
<i>Wednesday</i>	Berry + Beet Blender Pancakes + Greek Yoghurt	Salmon Rice Salad/ Hummus + Veggie Sticks	Fish Fingers w Spinach, Strawberry Salad
<i>Thursday</i>	Avocado, Feta + Hemp Seeds on Sourdough (no recipe)	Salmon Rice Salad/ Immune Boosting Smoothie	Greek Pasta Salad
<i>Friday</i>	Almond Butter, Banana, Cinnamon on Brown Rice Toast (no recipe)	Leftover Greek Pasta Salad/ Hummus + Veggie Sticks	Mussel Pots, Home Baked Chips + Salad
<i>Saturday</i>	Baked Portabello Mushrooms	Weekend Picnic: Rainbow Salad in Jars/ Banana Carrot Muffin	Grilled Corn, Mango & Chicken Salad
<i>Sunday</i>	Summer Fruit Platter w Cashew Cream & Granola	Leftover Grilled Corn, Chicken Salad on Wraps/ Apple + Almonds	Lamb Meatballs w Curried Cauliflower Salad

# Breakfast



# Roast Vegetable Frittata



## *Ingredients:*

- 2 cups leftover roast veggies (for example, see recipe Roast Winter Vegetables)
- 2 tablespoons olive oil
- 1 cup greens, shredded (optional)
- 8 large eggs, whisked.
- Salt, pepper
- 150g goats cheese

## *Instructions:*

1. Preheat the grill (broil) setting of your oven.
2. Heat a medium cast-iron or oven-safe non-stick pan over medium heat. Add the olive oil and move the pan to evenly coat. Add the veggies and greens, season with a little salt, pepper. stir to distribute evenly over the base of the pan. Season the eggs with salt, pepper. When the pan is piping hot, add eggs. Using a rubber spatula, loosen the edges as the bottom begins to cook. Once the sides start to set a little, sprinkle over the goats cheese.
3. Transfer under the grill, briefly to cook until just set and the top is lightly brown. Careful not to overcook as the frittata will become dry. Let cool for a few minutes before serving.



# Berry + Beet Blender Pancakes



## *Ingredients:*

- 1 cup GF Oats
- 1 cup strawberries
- 1/2 Banana
- 3 freerange eggs
- 1 Tsp Beetroot powder
- 1 Tbs Flaxseeds

## *Instructions:*

1. Add all ingredients to your blender.
2. Blend blend blend until combined and mixture is smooth.
3. Heat a little grassfed butter or coconut oil in a frying pan over medium heat.
4. Pour, flip, repeat just as you would regular pancakes.
5. Enjoy topped with fresh berries, coconut cream and a sneaky drizzle or pure maple syrup.

# Baked Portobello Mushroom



## *Ingredients:*

- 1 pack of portobello mushrooms
- Eggs
- Salt and pepper
- Drizzle of olive oil

## *Instructions:*

1. Preheat oven to 180 degrees celsius.
2. Peel mushrooms and remove stems.
3. Place on baking tray and crack egg into mushroom.
4. Cook for around 15 - 20 minutes or until cooked through.
5. Drizzle with olive oil and top with salt and pepper.

# Summer Fruit Platter With Sweet Cashew Cream



## Ingredients:

- 1 cup raw cashews, soaked overnight
- 1 tablespoon raw honey
- ½ teaspoon vanilla bean paste (or sub vanilla extract)
- Pinch of sea salt
- 1/3-1/2 cup filtered water
- 1 large bunch grapes, washed
- 2-3 cups fresh berries (strawberries, blueberries, raspberries)
- ¼ small watermelon, cubed\*
- 2 ripe mangoes or peaches, sliced
- 2-3 pieces of dark chocolate (dairy-free)

## Notes:

This cashew cream works best in a vitamix, nutribullet or similar, to make it silky smooth.

**Add Something Extra** - sprinkle watermelon with chopped mint and a little flaky sea salt.



## *Instructions:*

1. Drain and rinse cashews thoroughly. Place in a high-speed blender with honey, vanilla, salt and 1/3 cup water. Blend until smooth, adding a little more water if necessary, to achieve a thick cream consistency (see note). Chill in the fridge to serve.
2. Place fruit on a larger platter and serve with cold cashew cream to dip. Garnish cashew cream with grated dark chocolate before serving (optional).

# Snacks

# 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.



# Immune Boosting Smoothie



## Ingredients:

- 1 cup of purple kale (you can use green if you want)
- 1/2 cup frozen blueberries
- 1 kiwi (add for an extra Vitamin C boost)
- 1/4 avocado
- 1 cup of preferred milk
- 2 dates
- 1/2 tsp fresh ginger
- 2 tsp [Nutra Organics C Berry Blast](#)

## Instructions:

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

## Notes:

If you do not have the nutra organics c berry blast you could add extra mixed berries or 1 tbsp goji berries. You will still be getting plenty of Vitamin C from the kiwi and berries. You could also add some acai powder if you have that available.

# Lunch

# Salmon Rice Salad



## Ingredients:

- 1 cup cooked wholegrain rice
- 1 large tin of wild caught salmon
- 2 tomatoes, chopped
- 2 carrots, finely sliced
- 200g baby spinach, chopped
- 3-4 tablespoons pesto

## Instructions:

1. Mix all ingredients together, and then stir through pesto.

## Notes:

**Fussy Tip** - reduce spinach to 100g and chop very finely. Add in your child's favourite salad vegetables. Increase amount of rice if your child likes rice.



# Rainbow Salad In A Jar



## *Ingredients:*

- 1  $\frac{3}{4}$  cup water
- $\frac{1}{2}$  teaspoon fine sea salt
- 1 cup quinoa, rinsed and drained
- $\frac{1}{2}$  cup chopped parsley
- $\frac{1}{2}$  cup chopped mint
- 1 lemon
- $\frac{1}{4}$  cup olive oil
- 150 feta cheese
- 1 lemon
- 1 large raw beetroot, peeled and grated
- 1 orange, peeled and segmented
- 1 large carrot, peeled and grated
- 1 cup baby rocket leaves
- $\frac{1}{4}$  cup sunflower seeds, toasted

## *Citrus Dressing:*

- Juice of  $\frac{1}{2}$  lemon
- Juice of  $\frac{1}{2}$  orange
- 2 tablespoons apple cider vinegar
- $\frac{1}{4}$  cup olive oil
- 1 teaspoon raw honey
- 1 teaspoon dijon mustard
- Salt, pepper

## Instructions:

1. Place water and salt in a small saucepan. Bring to the boil. Add quinoa. Bring back to the boil, then reduce heat to low and cook covered for 20 minutes. Turn off heat and let sit covered for another 10 minutes. Fluff quinoa with a fork and spread over a large tray to cool while preparing other ingredients.
2. Once quinoa is cooled, transfer to a large bowl and stir through the fresh herbs. Zest the lemon rind over the quinoa, then cut lemon in half and squeeze the juice into the bowl, filtering the seeds with your hands. Stir through olive oil. Sprinkle the feta into the bowl and stir gently to combine. Season with salt and pepper.
3. Line up the 4 jars on a table with ingredients ready. Divide the grated beetroot among the jars, next the orange segments, then herby quinoa (1/2 cup quinoa per jar), then carrot, rocket and finally sprinkle each with sunflower seeds. Season with a little salt, pepper. Place the lids on the jars and refrigerate until ready to use. Serve with the citrus dressing, or your favourite salad dressing.
4. For the dressing, place all the ingredients in a glass jar. Secure with a tight fitting lid. Shake well. Serve immediately with the salad, or store in the jar in the fridge until ready to use.

## Notes:

**Dairy Free / Vegan** - replace the feta cheese with 1 cup cooked French (puy) lentils.

You can start this recipe with 3 cups of leftover cooked quinoa for a quick lunch. Unless your jars are very large, you will likely have some leftover herb quinoa to eat later.

# Dinner



# 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
- 1 can of diced tomatoes
- 1 tsp of sea salt
- ½ tsp of dried oregano

## *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 and 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.

# Lentil Pocket Pies



## *Ingredients:*

- 1 pack of butter puff pastry
- Leftover Dahl
- Milk or egg to brush

## *Instructions:*

1. Cut puff pastry in half so that they are in rectangle shapes.
2. At the bottom of the rectangle add some of the Dahl mix and then fold the puff pastry and close edges with a fork.
3. Brush with milk/ egg and cook on 180 degrees celsius until golden.

# Fish Fingers



## *Ingredients:*

- 500g white fish
- 1/3 cup of spelt flour
- 2 eggs
- Quinoa flakes or breadcrumbs

## *Ingredients:*

1. Cut fish into finger shape
2. Dip in flour, then egg and then quinoa flakes or breadcrumbs
3. Heat some olive oil in a frying pan and lightly fry on each side until golden and cooked through.

# Spinach, Strawberry + Macadamia Salad With Strawberry Basil Dressing



## *Ingredients:*

- 1 punnet strawberries, tops trimmed
- 1 tablespoon balsamic vinegar
- 1 tablespoon lemon juice
- 3 tablespoons olive oil
- 1 teaspoon raw honey
- 5-6 basil leaves, finely shredded
- Salt, pepper
- 4 cups packed baby spinach leaves
- ½ cup macadamia nuts, roasted, the chopped
- ½ basil leaves

## *Notes:*

**Nut Free** - swap the macadamia nuts for toasted sunflower seeds.

**Kid Friendly** - this is a great dish for getting the kids involved in the kitchen, they can mash the strawberries, shake the far, tear basil, measure the olive oil etc. If the kids don't like a chunky dressing, you can also puree the dressing in a food processor or blender.



## *Instructions:*

1. Place 3-4 large strawberries on a cutting board. Mash well with fork (a great job for kids!). Place the strawberries into a small jar. Add the vinegar, lemon juice, olive oil, basil and plenty of salt, pepper. Shake well.
2. Thinly slice the remaining strawberries. Place spinach in a large serving bowl. Sprinkle over the strawberries and chopped macadamia nuts. Tear basil leaves over the top. Serve with Strawberry dressing.

# Greek Pasta Salad (Gluten Free)



## Ingredients:

- 300g Brown Rice, Chickpea or Spelt Penne Pasta
- 1 small or ½ large red onion, finely diced
- 1 small garlic clove, minced (optional)
- 200g cherry tomatoes, quartered
- 1 small red capsicum, diced
- ¼ cup fresh parsley, finely chopped
- 1 tbsp red wine vinegar
- 1 large cucumber, cubed
- 200g feta cheese
- 1 tsp dried oregano
- ¼ cup olive oil
- Salt, pepper

## Notes:

**Dairy Free** - swap the feta cheese with 1 can of drained and rinsed cannellini beans. Add them in step 2 and allow to soak up some of the flavours while the pasta is cooking.

**Gluten Free** - use Brown Rice or Chickpea pasta.

**Prep Ahead** - if making in advance, prep up to step 3, then add fresh ingredients before serving.

## *Instructions:*

1. Cook pasta according to packet directions.
2. While pasta is cooking, add the red onion, oregano, garlic, olive oil and vinegar to a large bowl. Season generously with salt and pepper.
3. Once pasta is cooked, drain well, add hot pasta to the bowl. Toss well. Set aside to completely cool before adding other ingredients.
4. Once cooled stir through cucumber, tomatoes, capsicum, olives and parsley. Taste and add a little more salt, pepper or vinegar, if necessary. Sprinkle over feta and gently stir to combine.
5. Serve immediately at room temperature or will keep well in the fridge for about 24 hours.

# Mussel Pots



## Ingredients:

- 3-4 cloves garlic, chopped
- 3-4 sticks of celery, sliced
- 2 teaspoons dried oregano
- Generous pinch of sea salt
- 2 cups fish, vegetable or chicken stock/broth
- Crusty sourdough bread to serve (optional)
- 1 kg Mussels
- 1 onion, chopped
- 2 carrots, chopped
- 2 cups tomato passata
- Parsley to serve

## Instructions:

1. Saute onion in a little olive oil until translucent, then add the celery and carrot and cook until soft.
2. Add garlic, salt and dried oregano and cook until fragrant.
3. Add stock or broth and tomato passata and cook until the liquid is hot.
4. Add the mussels and cook until they open (it should only take 3-5 minutes).
5. Serve as is or with some crusty sourdough bread.

## Notes:

**Gluten Free** - serve with gluten free bread or without bread at all.

# Grilled Corn, Chicken & Mango Salad



## Ingredients:

- ½ cup lime juice (about 4 limes)
- Pinch of red chilli flakes (optional)
- 2 corn cobs, husk and silk removed
- 1 cup roughly chopped cilantro leaves
- 1 kg skinless, boneless chicken breast
- ½ teaspoon freshly ground black pepper
- 2 jalapenos, seeded and thinly sliced (optional)
- 2 baby cos lettuce, core removed and shredded
- 4 spring onions, white and light green sliced thinly
- ½ cup extra virgin olive oil + plus extra for brushing corn
- 2 large under ripe mangoes, seeded and cut into thin slices
- ¼ purple cabbage, shredded
- 1 large garlic clove, minced
- 1 large cucumber, cube
- Zest from 2 limes
- 2 tbsp honey
- 1 tsp cumin
- 1 tsp salt

## Notes:

**Vegetarian** - replace the chicken breasts with canned black beans and cut the dressing/marinade ingredients in half (no need to marinate the black beans, but you can pour a little dressing on the drained blackbeans to soak in the flavours while preparing the salad).



## *Instructions:*

1. Working with 1 chicken breast at a time, place the chicken breast in a zip-lock bag (or between two large pieces of baking paper). Seal the bag, pressing out as much air as possible. Using a meat mallet or large rolling pin, pound the chicken to an even thickness all the way across. Set the flattened chicken breast aside in a shallow baking pan and repeat with remaining breasts.
2. Combine the lime juice, lime zest, ½ cup olive oil, honey, cumin, ½ cup coriander, garlic, salt, pepper and chilli in a glass jar. Shake well. Pour half of the marinade over the chicken, reserving ½ cup in the jar. Leave chicken to marinade for 30 minutes at room temperature, while preparing the other ingredients.
3. Preheat a BBQ or stovetop grill over med-high heat.
4. Brush each corn cob with olive oil and sprinkle with salt, pepper. Grill corn, turning occasionally with tongs, until cooked through and lightly charred, about 10 minutes. Remove from heat and set aside.
5. In a large bowl combine, lettuce, cabbage, cucumber, jalapenos and spring onion. Cut the corn cob in pieces, or strip the kernels from corn and add to the salad.
6. Grill the chicken on the grill, about 4 minutes on each side. Remove and let rest for 5 minutes before slicing.
7. Slice chicken and add to the salad. Drizzle over remaining dressing and coriander leaves.

# Baked Lamb Meatballs



## Ingredients:

- 500g lamb mince
- 1/2 tsp oregano
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 cup of stock
- 1 can of diced tomatoes
- 1/2 cup of wholemeal breadcrumbs
- 1 egg
- 2 onions
- 1 cup passata
- 2 cloves garlic
- 1 tbsp sugar
- 1 cup cheese

## Instructions:

1. Mix lamb, spices, breadcrumbs and egg together and roll into meatballs. Set aside.
2. Finely chop onion and garlic and sauté for a few minutes, add all other ingredients except cheese, bring to boil and then simmer for 15 minutes.
3. Lightly fry meatballs for about 5 minutes until browned & then put in baking dish
4. Once the sauce is cooked, pour over meatballs, add cheese on top and cook for about 30 minutes on 180 degrees celsius.

# Curried Cauliflower Salad



## *Ingredients:*

- 1 medium cauliflower, trimmed, cored and cut into bite-sized florets
- 1 teaspoon madras curry powder
- 2 tablespoon olive oil
- Salt, pepper
- 6 dried apricots, chopped
- 1 tablespoons dried currants
- 4 spring onions, white and light green parts thinly sliced
- ½ cup coriander or mint leaves, chopped
- ¼ teaspoon ground cumin
- 2 tablespoons olive oil
- ½ lemon, juiced
- 1/3 cup almonds, roasted and chopped
- ¼ cup natural yoghurt

## *Notes:*

**Dairy Free** - swap yoghurt with coconut yoghurt.

Keeps well in the fridge for 2-3 days.

## *Instructions:*

1. Preheat oven to 200 degrees C. Place cauliflower on a large baking tray, sprinkle with curry powder, olive oil, salt and pepper. Toss well to coat, then spread into a single layer over the tray. Bake in the oven for 10-15 minutes, or until just tender. Set aside to cool.
2. Once cooled, add to a large bowl with the dried fruit, spring onions, herbs, cumin, olive oil and lemon juice. Taste and add a little more salt, pepper or lemon juice, if needed.
3. Transfer to a serving bowl or large plate, scatter with almonds and drizzle over yoghurt (you may need to thin the yoghurt with a little water if it is a bit thick to drizzle).



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