

Healthy Family **MEAL PLAN 21**



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>	Blender Banana Pancakes	Kale, Mushroom & Feta Pasta Muffins/ Homemade Popcorn + Fruit	Shepard's Pies (sub brown lentils for vegetarian) + Salad
<i>Tuesday</i>	Eggs & Soldiers	Kale, Mushroom & Feta Pasta Muffins/ Homemade Popcorn + Fruit	Leftover Shepards Pie + Steamed Veggies
<i>Wednesday</i>	Mango Lassi Smoothie Bowls	Nourishing Sandwiches/ Blackberry Coconut Slice	Oven Baked Fried Rice
<i>Thursday</i>	Mango Lassi Smoothie Bowls	Leftover Fried Rice/ Smashed Avocado + Corn Chips	Pork, Apple + Zucchini Patties w Sweet Potato Wedges
<i>Friday</i>	Eggs & Soldiers	Pork, Apple + Zucchini Patties + Salad/ Roasted Carrot Hummus + Pita	Salmon Nicoise Salad
<i>Saturday</i>	Avocado + Smoked Trout on Sourdough	Family Picnic: Roasted Carrot Hummus, Eggs + Healthy Potato Salad/ Blackberry Coconut Slice	One-Pan Chicken Fajitas
<i>Sunday</i>	French Toast on Berries	Leftover Chicken Fajitas/ Mini Chocolate muffins	Mussel Pots + Feta & Chickpea Salad

Breakfast

Blender Banana Pancakes



Ingredients:

- 1 ½ cups rolled oats
- ¼ cup hemp seeds
- 2 ripe bananas
- 1 tablespoon maple syrup
- 1 tablespoon melted butter or coconut oil
- 1 teaspoon vanilla
- 2 teaspoons baking soda
- ⅛ tsp (pinch) sea salt
- ½ cup greek yoghurt (see note)
- 3 eggs

Ingredients:

1. Add all ingredients to a high speed blender and blend for 30 seconds. Let sit for 10 minutes.
2. Heat a cast iron or non-stick pan over medium heat. Once hot, reduce heat to low, grease with a little butter or coconut oil. Pour in ¼ cups of batter, about 3 at once depending on the size of your pan. Cook for 3 minutes or until bubbles appear on the surface and sides begin to firm up. Flip and cook for another minute, or under golden.
3. Serve warm for breakfast or cold in lunch boxes. Serves 12 pancakes.

Notes:

Dairy Free - replace the yoghurt with ⅓ cup dairy-free milk.

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.

Mango Lassi Smoothie Bowls



Ingredients:

- 1 large banana, frozen
- 2 large mangos, seeds removed and frozen or 4 frozen mango cheeks, chopped
- 1 cup greek yoghurt
- ¼ cup toasted granola (see below for gluten/free, nut-free version)

Gluten/Nut Free Granola For Topping:

- 1 cup quinoa flakes
- ¼ cup sunflower seeds
- ¼ cup pepitas
- ¼ cup shredded coconut
- Zest of 1 small orange
- ¼ teaspoon cinnamon
- ⅛ teaspoon salt
- 2 tablespoons coconut oil, melted
- ¼ cup + 1 tablespoon runny honey
- 2 tablespoons hemp seeds
- 2 tablespoons chopped dried cranberries
- 2 tablespoons hulled tahini
- 2 tablespoons mini dark chocolate chips (optional)

Instructions:

1. Blend bananas, mangoes and yoghurt in a high speed blender until smooth. You want this smoothie thick, like a soft serve so it will stay cold in the thermos until snack time, but if it is too thick to blend add a little milk, just to get it moving.
2. Divide between two small thermos containers. Divide the granola between two small containers to add when eating. Serve with a spoon.
3. Granola for Topping Directions: Preheat oven to 125 degrees C. Line a large baking tray with baking paper. Combine quinoa, seeds, coconut, zest, cinnamon and salt in a large bowl. Whisk together the oil and 1 tablespoon honey, then add to the bowl and stir until all the granola is covered. Spread evenly over the baking sheet and toast in the oven for 45 minutes, or until lightly golden. Remove from oven and let cool completely. Stir in hemp seeds and cranberries.

Notes:

Dairy Free - swap yoghurt for ½ cup coconut yoghurt and ¼ cup almond milk. Add in 1 tablespoon collagen powder, 2 tablespoons hemp seeds or a fresh raw egg for protein.

Colour Boost - if you are having these at home you can top with extra fruits like blueberries, sliced banana, goji berries, passionfruit, kiwi.

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

Homemade Popcorn: Two Ways



Ingredients:

- ½ cup organic popcorn kernels
- 3 tablespoons refined coconut oil

Cheesy Garlic Flavour:

- 2 tablespoons of nutritional yeast
- 1 teaspoon garlic powder
- ½ teaspoon oregano
- 1 teaspoon sea salt
- Combine all ingredients and sprinkle over popcorn, to taste.

Chocolate Drizzle Flavour:

- Melt ½ cup dark chocolate in a small stainless steel bowl over gently simmering water until melted.
- Spread the popcorn over a large lined baking tray. Sprinkle with a little sea salt, then drizzle over chocolate.
- Place in the fridge for 20 minutes to set before storing in an airtight container. On hot days, you may need to store in the fridge, but best eaten straight away as this will make the popcorn a little softer.

Instructions:

1. Heat the oil in a large heavy-based saucepan over medium heat
2. Add 3 or 4 popcorn kernels into the oil. Wait for the popcorn kernels to pop to test the heat of the oil.
3. Remove from the heat, add the rest of the kernels in a single even layer, give a little shake to ensure evenly coated and wait about 30 seconds for the heat to distribute evenly. Cover and return to the heat.
4. Keep the lid on while the popcorn pops, once it starts to slow, remove from the heat and transfer to a large bowl. Cool completely before storing. Store in an airtight container. Best to season just before serving (or when packing lunches) to keep the popcorn crispy.

Notes:

For a delicious and quick flavour option, use Umeboshi Furikake - a Japanese seasoning with sesame seeds, seaweed and salt.

Cooking Tips - popcorn can burn easily so don't turn the heat up too high. The oil should not be smoking. To make sure the popcorn is crispy, you can lift the lid slightly every now and then, while it is popping, to let the steam out.

Blackberry + Lime Coconut Slice



Ingredients:

- 450g blackberries (fresh or frozen)
- 1 lime
- ½ cup + 2 tablespoons panela or rapadura sugar
- 3 tablespoon chia seeds
- 1 cup spelt flour
- 1 cup rolled oats
- 3 eggs
- 1 teaspoon vanilla extract
- 2 cups desiccated coconut
- ¼ cup honey

Notes:

To speed up the recipe, you can also use 1 cup of jam.

Instructions:

1. First, make the chia jam. Zest the lime and set zest aside, juice the lime. Add the blackberries to a small saucepan over low heat. Add the lime juice and 2 tablespoons of sugar. Simmer until the blackberries begin to break apart and get liquidy, about 15-20 minutes. Remove from the heat. Add the chia seed and stir well. Set aside to cool and thicken.
2. Preheat oven to 180 C. Grease and line a 3cm deep, 24 x 30cm lamington pan.
3. In a food processor, pulse the spelt flour, rolled oats and ½ cup sugar and lime zest, until it resembles breadcrumbs. Add 1 egg and vanilla. Pulse a couple of times more to form a dough (careful not to overmix).
4. Press the dough into prepared pan. Bake for 15-20 minutes, or until lightly golden. Spread over chia jam to evenly cover the entire base.
5. Whisk remaining 2 eggs with the honey. Stir in the coconut. Spread evenly over the jam. Bake for 20-25 minutes, or until golden. Cool in the pan then cut into pieces. Store in the fridge.

Roasted Carrot Hummus + Toasted Pita



Ingredients:

- 2 large carrots, roughly diced
- 3 tablespoons extra virgin olive oil
- Salt, pepper
- 2 large wholemeal lebanese breads, pita or gluten-free wrap
- 1 teaspoon za'atar
- 1 400g can chickpeas or 1 ½ cup cooked chickpeas, drained and rinsed.
- ¼ cup hulled tahini
- 1-2 tablespoon fresh lemon juice
- 1 large head garlic
- ½ teaspoon cumin
- ½-¾ teaspoon sea salt
- 2 tablespoons iced water

Notes:

Store in the fridge for 4-5 days or freeze in small portions for up to 3 months.

Instructions:

1. Preheat the oven to 200 degrees C.
2. Place the carrots on a large baking tray lined with baking paper. Drizzle over 1 tablespoon of oil and season with salt, pepper. Roast for 20 minutes, or until tender and caramelised.
3. Meanwhile, cut the bread or pitas into wedges, toss in olive oil and spread in a single layer over a large baking tray lined with baking paper. Sprinkle with salt and za'atar. Toast in the oven for 7-10 minutes, or until lightly golden. Set aside to cool.
4. Add chickpeas to a food processor and process until smooth. Add carrots, tahini, 1 tablespoon lemon juice, garlic, cumin and ½ teaspoon salt. Process until smooth. While the motor is running add iced water and continue to blend until well combined.
5. Taste and add a little more lemon juice, garlic or salt or pepper to taste. If it is too thick, add a little more iced water.

Mini Chocolate Raspberry Muffins



Ingredients:

- ½ cup coconut flour
- ½ cup cocoa powder
- 2 tablespoon tapioca
- ½ cup coconut sugar
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- 6 eggs
- ½ cup light olive oil or coconut oil, melted
- ⅓ cup almond milk (or your preferred milk)
- 1 teaspoon vanilla extract
- ½ cup chocolate chips (optional)
- 24 fresh raspberries

Notes:

Nut Free - use cow, oat, coconut or rice milk.

Instructions:

1. Preheat oven to 180°C and grease a 24 mini silicone muffin tray with olive oil, or use paper liners.
2. In a large mixing bowl, whisk together the coconut flour, cocoa powder, tapioca, sugar, baking soda and salt. Add the eggs, oil, milk and vanilla and mix until well combined.
3. Spoon the batter into muffin tray. Bury a raspberry in the centre of each muffin and sprinkle with a couple of choc chips. Bake until the centres feel just firm, about 10 minutes. Makes 24 mini muffins.

Lunch

Kale, Mushroom & Feta Pasta Muffins



Ingredients:

- 1 cup cheddar cheese
- 100g feta (chopped)
- 2 cups of veggies
(kale/spinach/mushroom/tomatoes)
- 300g buckwheat spiral pasta
- 1.5 cup milk
- 6 eggs

Instructions:

1. Preheat oven to 180 degrees celsius.
2. Cook pasta as per instructions and set aside.
3. Combine veggies, feta, pasta and half of the cheese and divide into a 12 case muffin tin.
4. Mix eggs and milk together and pour on top of the muffin mix.
5. Sprinkle with cheese.
6. Cook for about 20 - 25 minutes.

Notes:

You can mix up the veggies and use what you have available, you could also add some herbs and seeds to boost the nutrition.

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

Healthy Potato Salad



Ingredients:

- 1 kilogram of potatoes, cut into cubes
- Juice and zest of a lemon
- 1/4 cup extra virgin olive oil
- 1 red capsicum
- small handful of basil leaves
- 1/4 cup kalamatta olives, pips removed and torn in half

Instructions:

1. Cook the potatoes in boiling water until just just soft.
2. Drain and place into a bowl.
3. While the potatoes are still piping hot, add the lemon juice, lemon zest, olive oil, olives and a good pinch of salt. Stir gently so the potatoes don't fall apart too much.
4. Allow to cool and add the capsicum and basil.

Dinner

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 potato 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.

Oven Baked Fried Rice



Ingredients:

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

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.

Pork, Apple + Zucchini Patties



Ingredients:

- 500g pork mince
- 1 zucchini, grated
- 1 green apple, peeled and grated
- 3 spring onions (scallions), finely chopped
- ¼ cup finely chopped parsley or coriander leaves
- 1 teaspoon cumin
- 1 teaspoon fennel seeds, pounded with a mortar and pestle (optional)
- 1 teaspoon sea salt
- Black pepper
- ½ cup oat flour (see notes)
- 2 tablespoons extra virgin olive oil

Notes:

Oat Flour - you can make oat flour by grinding rolled oats in a food processor

Instructions:

1. Heat oven to 400 C. Combine the pork, zucchini, apple, spring onions, herbs, cumin, fennel, salt and black pepper in a large bowl, mixing well with your hands. Form into 8-10 patties.
2. Heat oil in a fry pan over medium-high heat. Working in batches, dip the patties in oat flour, shake off any excess, then add to the pan. Brown patties, turning halfway to brown on both sides. You may need to add a little more oil as you cook them.
3. Line a large baking tray with baking paper. Line patties up on baking tray and cook for 7-10 minutes, or until cooked through. Serves 4.

Salmon Nicoise Salad



Ingredients:

- 1 415g can wild red salmon, drained (see notes)
- 1 tablespoon Dijon mustard
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon tabasco (optional)
- ¼ cup finely chopped flat-leaf parsley
- 12 (500g) small new potatoes, halved
- 4 cups of mixed greens (see note)
- 4 hard-boiled eggs, peeled, quartered
- 200g green beans, trimmed
- 250g cherry tomatoes, halved
- ¾ cup pitted Kalamata olives
- Pinch of sea salt
- ¼ cup finely chopped celery

Basil Lemon Dressing:

- 1 cup loosely packed fresh basil leaves
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons apple cider vinegar
- 1 clove garlic, crushed (optional)
- Freshly cracked pepper and salt, to taste
- 1 teaspoon honey
- 1/3 cup extra-virgin olive oil

Instructions:

1. Make dressing: Put all the ingredients in a food processor and process until well blended. Set aside at room temperature.
2. Put the salmon in a bowl and break into small pieces with a fork, removing any large bones. Stir in the mustard, lemon juice, olive oil, celery and parsley. Season to taste with salt and pepper. Refrigerate until ready to serve.
3. Boil a large pot of salted water. Add the beans, cook for 2 to 3 minutes or until bright green. Remove and refresh under cold water.
4. In the same pot, add potatoes and cook for 10 minutes or until just tender. Drain and transfer to a large bowl to cool.
5. On a large platter, place the salmon in a bowl in the center. Arrange the mixed greens, potatoes, beans, cherry tomatoes, olives and eggs around the bowl.
6. Serve with dressing on the side and have everyone make their own salad.

Notes:

If you don't like canned salmon, you can use fresh. Mix the remaining ingredients (omitting the celery) as a marinade and grill or bake the salmon.

Salmon mixture can be stored in an airtight container in the refrigerator for 2 days. Dressing can be stored in the refrigerator for 5-7 days, also freezes well.

Prep In Advance - cook potatoes and store in the fridge for 2-3 days – **COOL FACT** ON COOLING cooling potatoes in the fridge converts some of the starch to resistant starch, which is food for your gut bacteria!

One-Pan Chicken Fajitas



Ingredients:

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

To Serve:

- Soft tortillas
- Shredded cabbage
- Avocado
- Canned black beans, rinsed and drained
- 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.

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.

Feta & Chickpea Salad



Ingredients:

- 100g Feta
- 1 can chickpeas
- 1 cucumber, sliced
- 2 tomatoes, cut into small wedges
- Handful of olives, pitted
- 1 carrot, finely sliced
- Dressing
- 1 Tablespoon balsamic vinegar
- 2 Tablespoons olive oil
- 1 teaspoon seeded mustard

Instructions:

1. Combine salad ingredients in a serving bowl.
2. Whisk together dressing ingredients and pour over the salad.
3. Serve with protein such as fish, chicken or steak.



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



[@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.**