

Healthy Family MEAL PLAN 22



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>	Not So Green Smoothie	Vegetable Nori Rolls / Hummus + Crackers	Lentil Shepherd's Pies + Steamed Veggies
<i>Tuesday</i>	Not So Green Smoothie	Vegetable Nori Rolls / Hummus + Crackers	Lentil Pocket Pies + Salad (using extra Lentil Shepherd's Pie filling)
<i>Wednesday</i>	Healthy Porridge	Chuck It Together Lunchbox/ Blackbean Cookies	Baked Falafel w Lemon Tahini + Salad
<i>Thursday</i>	Healthy Porridge	Leftover Falafel in Mountain Bread Wraps/ Agar Jelly + Yoghurt	Mushroom Risotto
<i>Friday</i>	Avocado + White Bean Puree on Toast	Chuck It Together Lunchbox/ Agar Jelly + Yoghurt	Breakfast for Dinner w Chickpea Flat Bread
<i>Saturday</i>	Buckwheat Pancakes w Berries & Yoghurt	Homemade Pizza using Chickpea Flat Bread/ Apples + Almond Butter	Mexican Stuffed Sweet Potato
<i>Sunday</i>	Baked Portobello Mushrooms	Cucumber, Strawberry + Goats Cheese Salad w White Bean Puree on Crostini	Tempeh Bolognese

Breakfast

Not So Green Smoothie



Ingredients:

- 1 cup frozen raspberries
- 1 frozen banana
- ¼ large beetroot, peeled
- 1 cup baby spinach or kale, packed
- ¼ avocado, peeled and seeded
- 2 teaspoons raw honey (optional)
- ½ teaspoon vanilla extract
- 1 ½ cups dairy-free milk

Instructions:

1. Blend all ingredients in a high speed blender until smooth.

Healthy 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.

White Bean Puree On Sourdough Crostini



Ingredients:

- 400g can cooked cannellini beans, drained and rinsed.
- 3 garlic cloves, peeled and cut in half.
- 1 bay leaf
- 1 sprig rosemary (optional)
- 2 tablespoons olive oil, plus extra for drizzling
- 1-2 tablespoons lemon juice
- Salt, pepper
- ½ large sourdough breadstick, cut into thick slices

Instructions:

1. Refresh the canned beans by adding to a medium saucepan along with 2 cloves of garlic, bay leaf and rosemary. Add water until just covered. Bring to boil, then lower heat and simmer for 10 minutes. Drain, setting a little water aside. Discard bay leaf and rosemary.
2. Add white beans and garlic to a food processor. Process until smooth. With the motor running add 1 tablespoons cooking water, 2 tablespoons olive oil, 1 tablespoon lemon. and continue to process. Season generously with salt and a little pepper.

3. Taste and add a little more lemon juice or salt, if necessary. Set aside.
4. Toast the bread and rub each bread with remaining garlic clove. Spread each toast with puree and drizzle with a little olive oil (optional).

Notes:

If using a Thermomix (which by design has a large bowl and small blade), double the recipe to receive a smooth result.

Buckwheat Pancakes With Berries & Yoghurt



Ingredients:

- 1 ½ cups buckwheat flour (I grind my own from raw buckwheat in my Vitamix)
- 1 egg
- 2 cups milk
- 1 cup berries (I used frozen blueberries)
- 1 cup Greek yoghurt
- Maple syrup
- Coconut oil for frying.

Instructions:

1. Combine buckwheat flour, egg and milk in a bowl.
2. Heat coconut oil in a fry pan and add a ladle of the pancake batter to the hot pan.
3. Flip when bubbles appear.
4. Cook for a couple of minutes on the other side.
5. Continue to do the same for the rest of the batter.
6. Serve topped with berries, yoghurt and a drizzle of maple syrup.

Baked Portobello Mushrooms



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.

Snacks

Double Chocolate Blackbean Cookies



Ingredients:

- 400g can cooked blackbeans, drained and rinsed well
- ¼ cup butter, melted
- 1 egg white
- ½ cup (120 ml) coconut sugar
- 4 tablespoons cocoa powder
- 3 tbsp rice flour or almond meal.
- 1 tsp baking powder
- ¼ tsp sea salt
- ½ cup chocolate chips

Notes:

Egg Free - swap out the egg white for 2 tablespoons of milk.

Dairy Free - swap butter for coconut oil or nut butter.

Instructions:

1. Preheat oven to 180°C and line a large baking tray with baking paper.
2. Add blackbeans and butter to a food processor and process to a smooth paste. Add the rest of the ingredients, except for the chocolate chips.. Run it again until all is well combined. The batter should be similar to a thick mousse.
3. Using a cookie scoop or dessert spoon, spoon cookies onto the baking paper. Bake for around 10-15 minutes (they should still be a little soft when you remove them from the oven). Set aside a few minutes before transferring them to a wire rack to cool completely.

Berry Agar Jelly



Ingredients:

- 2 cups apple juice
- 2 tablespoons agar flakes
- 1 teaspoon lime zest
- 350g fresh berries (mix of strawberries and blueberries)

Instructions:

1. In a small saucepan combine apple juice and agar flakes. Leave to sit for 5 minutes.
2. Bring agar mixture to a slow boil over medium heat, whisking frequently. Reduce heat to low and simmer for 5 minutes or until agar is completely dissolved. Add lime zest and simmer for another minute.
3. Add the fruit to a large deep rimmed dish, or divide it amongst 6 small ramekins. If using strawberries, dice into small pieces first.
4. Slowly pour the juice mixture over the fruit. Let the mixture cool, then transfer to the fridge to firm, at least 30 minutes.

Notes:

Agar powder can be subbed for flakes, but adjust to 2 teaspoons.

Lunch

Vegetable Nori Rolls



Ingredients:

- 4 nori sheets (see note)
- 1 ½ cups sushi rice
- 2 cups water
- 3 tablespoons rice wine vinegar
- 1-2 tablespoons sugar
- ½ teaspoon fine sea salt
- 2 eggs, whisked
- Veggies of choice, cut into thin strips, such as cucumber, red capsicum, avocado

Notes:

Sushi rolling can take a little practice, if it is not going too well, watch a couple of you-tube videos and keep trying. It gets easier and quicker the more you do it.

To make baby sushi, cut the nori sheets in half before filling and rolling.

Instructions:

1. Rinse rice well until water runs clear and drain. Add to a small pot with water. Bring to the boil. Reduce heat to low and cook covered for 20 minutes. Turn off heat and let sit covered for a further 10 minutes.
2. Meanwhile, combine vinegar, sugar and salt and mix until dissolved. Transfer the rice from the pot to a large bowl. Add the seasoning to the warm rice and gently mix. Cover with a damp tea towel until ready to use.
3. Heat a large pan over medium-high heat. Add a little oil, then add the egg and cook until golden and cooked on one side. Flip and cook on the other side. Remove from the heat and cut into long strips and set aside.
4. To make rolls: place nori roll on a sushi mat, shiny-side down. Have a small bowl of water nearby to moisten fingers. Spread about $\frac{3}{4}$ cup rice evenly over the nori sheet, leaving a few centimetres at the far edge bare. Arrange filling of choice in a thin row along the centre, careful not to overfill.
5. Wet your fingers and rub it along the bare edge of nori. Using the mat, bring the edge closest to you over the filling, gently squeezing and rolling the mat as you go. Continue rolling the mat forward to complete the roll. Repeat with remaining ingredients.

Chuck It Together Lunchbox



Ingredients:

- Hard boiled eggs
- Cheese
- Left over protein – chicken, meatballs, roast lamb
- Raw veggies – carrots, celery, cucumber, red capsicum, snow peas, cherry tomatoes
- Rice crackers or Rye crackers (with no vegetable oils)
- Guacamole or other home made dips
- Pumpkin seeds and dried fruit (sulphur free)
- Fresh fruit
- Bliss ball, homemade muffin, muesli bar or biscuit

Chickpea Flat Bread



Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 ½ cups chickpea flour
- 1 ¾ cup water
- 1/2 teaspoon sea salt
- 2 cloves garlic, minced (optional)
- Ghee, or extra-virgin olive oil

Instructions:

1. Mix all ingredients to form a smooth batter and set aside to rest for about 30 minutes, or overnight.
2. Heat a little ghee or oil in a large cast iron pan over medium-high temperature. When the pan is hot, pour in 1/3 cup of the batter, swirl to spread evenly. Cook on one side until bubbles start to appear and edges begin to curl up and become crispy. Flip and cook on the other side until brown and crisp. Repeat with the rest of the batter, adding oil to the pan when necessary. Best eaten straight away, but can be stored in an airtight container for up to a week in the fridge, then reheated in a hot pan.

Notes:

Add Extra Flavour - Add teaspoon of your favourite spice or dried herb to the batter, such as ground cumin, paprika, thyme, rosemary, chilli flakes.

Ways To Serve - Serve with dips or pesto for a quick snack - Serve on the side of your favourite salad, soup or stew - great for mopping up sauces! - Use as a pizza base - Serve on the side of eggs or shakshuka - Serve with cheese and olives as snack or appetiser.

Cucumber, Strawberry & Goats Cheese Salad



Ingredients:

- 1 continental cucumber, quarter-round cut
- 1 punnet strawberries, sliced
- Small handful of dill, chopped finely
- 1 avocado, sliced
- Juice of 1 lime
- 150g goats feta
- 1/4 cup cashews, toasted
- Generous dash of olive oil

Instructions:

1. Whisk together the lime juice and olive oil for the dressing and set aside.
2. Combine cucumber, strawberries, goats feta, avocado and dill in a salad bowl and pour over the dressing.
3. Sprinkle over the cashews and enjoy with seafood or chicken.

Notes:

Dairy Free - omit the goats cheese (many people with dairy intolerance can eat goats products)

Nut Free - switch the cashews for pumpkin seeds

Fussy Tip - go easy on the dill and goats cheese if your child hasn't had these before.

Dinner

Lentil Shepherd's Pies



Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, minced
- 1 carrot, finely chopped
- 2 celery sticks, finely chopped
- 1 cup french lentils, rinsed well.
- 4-5 cups salt-reduced vegetable stock
- 3 tablespoon tomato paste
- 1 tablespoon tamari (see note)
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 cup peas (optional)
- 600g potatoes, peeled and diced in 2cm cubes
- 200g parsnips, peeled and diced in 2cm cubes
- 40g butter
- ½ cup milk

Instructions:

1. Heat oil in a large saucepan over medium heat. Add onion, carrot and celery and cook, stirring, for 5 minutes or until soft. Add garlic and cook until aromatic, about 1 minute. Add drained lentils, 4 cups stock, tomato paste, tamari, thyme and bay leaf and stir. Bring to boil, then reduce heat to simmer and cook for 30-35 minutes, or until lentils are tender. Stir through peas, if using and cook for another 5 minutes. Remove bay leaf and stem from the thyme.
2. Meanwhile: cook potato and parsnip in a saucepan of salted boiling water for 15 minutes or until tender. Drain well. Return to the pan with the butter. Use a potato masher or fork to mash until smooth. Add milk and use a wooden spoon to stir until combined. Taste and season with salt and pepper.
3. Preheat oven to 200C. Check the lentil mixture and add a little stock if it is looking dry. You want it to have some sauce so it won't dry out in the oven. Spoon lentil mixture into a large oven-proof baking dish. Top with mashed potato and use a fork to spread/ Bake in preheated oven for 20 minutes or until mashed potato is golden brown. Serve immediately.

Notes:

Tamari - check the salt content of the vegetable stock before adding additional salt or tamari. The quality of the vegetable stock will affect the overall flavour and result.

Dairy Free - add 3 peeled garlic cloves to the potatoes while cooking. Reserve some cooking water when draining. Mash the garlic with the potatoes/parsnips, thin out with a little cooking liquid and olive oil.

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.

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.

Vegan Mushroom Risotto



Ingredients:

- 6-7 cups vegetable stock
- 2 tablespoons extra-virgin olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 350g mushrooms, sliced
- 1 ½ cups risotto rice
- 1 teaspoon dried thyme (or 2 teaspoons fresh)
- 1 ½ tablespoons mirin
- 1 tablespoon umeboshi vinegar (see note)
- Salt, pepper, to taste.

Instructions:

1. Bring stock to a simmer in a saucepan over medium heat. Taste and add a little salt if necessary. Leave simmering on the stove.
2. Heat oil in a large saucepan over medium heat. Add onions and cook until just tender, 3-5 minutes. Add mushrooms. Cook, stirring for another 3 minutes. Add garlic and thyme. Cook until aromatic, about 1 minute. Season with salt/pepper. Continue to cook until tender. Add rice and stir to coat in mushroom mixture.

3. When the rice is hot, add in enough stock to just cover the rice. Cook, stirring often. Once the stock has been absorbed and rice is almost dry, add another ladle or two. Continue cooking and stirring. Repeat until rice is just tender, but still al dente.

4. Add mirin and vinegar. Taste and add more salt, pepper, if necessary. Serve right away.

Notes:

When eating a plant-based diet it is important to eat both grains and legumes to obtain all the essential amino acids. They don't need to be eaten at the same meal, but they do need to be eaten over the same day. To boost the protein content of this meal, add some chickpeas or white beans, or eat a snack of veggie sticks and hummus as a starter, for example.

Two traditional Japanese ingredients, mirin and umeboshi vinegar are added in place of wine and parmesan cheese, for sweetness, umami and acidity. However, if you can't find these ingredients, you can add ½ cup white wine at the start, just before adding the first ladle of stock and finish with ¼ cup nutritional yeast.

Mexican Stuffed Sweet Potato



Ingredients:

- 1 large avocado, smashed
- 1 tbsp extra virgin olive oil
- 2 spring onions, thinly sliced
- Mexican chilli sauce, to serve
- 2 cups purple cabbage, finely shredded
- ½ cup fresh coriander leaves, shredded
- 1 can blackbeans, drained and rinsed well
- 1 green jalapeno chilli, rib and seeds removed and thinly sliced, optional
- 4 medium sweet potatoes
- 1 tsp smoked paprika
- 1 lime, quartered
- 1 lime, juiced
- 1 tsp cumin
- Salt, pepper

Cashew Sour Cream:

- ½ tsp apple cider vinegar
- ¼ cup extra virgin olive oil
- 1 cup cashews, soaked overnight
- 2 spring onions, white part only, chopped
- ¼ cup water
- ¼ tsp sea salt
- ¼ cup lime juice

Notes:

Nut Free - replace cashew sour cream with regular sour cream or feta cheese.

Instructions:

1. For the cashew cream: combine all the ingredients in a high speed blender until smooth and creamy. Taste and add more salt or lime juice, if necessary. Store in the fridge until ready to use.
2. Preheat the oven to 200 C
3. Wash the sweet potatoes well and pat dry. Pierce them with a fork in a few places and place on a large baking tray, lined with baking paper. Bake for 25-30 minutes, or until you can insert a knife easily into the center. Remove from the oven and slice lengthwise, careful not to cut all the way through. Season with salt and pepper. Sprinkle with smoked paprika.
4. In a bowl, combine cabbage, olive oil, lime juice, cumin, salt, pepper and set aside.
5. Layer the filling in the sweet potato, starting with cabbage, then black beans, avocado, cashew sour cream, green onion, jalapeno and coriander leaves. Serve with a wedge of lime and Mexican chilli sauce. Enjoy!

Tempeh Bolognese Sauce



Ingredients:

- ½ teaspoon of red pepper flakes, optional
- 800g (3 ½ cups) tomato puree (salt-free)
- 300g tempeh, finely grated (see notes)
- 1 red onion, peeled and finely chopped
- 1-2 tablespoon maple syrup, optional
- ½ cup basil leaves, shredded
- 2 tablespoons tomato paste
- ¼ cup extra virgin olive oil
- Black pepper
- 1 cup red wine
- 1 teaspoon sea salt
- 1 teaspoon dried basil
- 2 garlic cloves, minced
- 1 teaspoon dried oregano

Notes:

Tempeh - is a traditional soy product, that is made from fermented soybeans. By fermenting the soy it increases the nutritional profile and also helps breakdown the protein and phytates in soy, aiding digestion. It can be found in the cold section of most supermarkets, with the tofu. Look for organic and/or non-gmo tempeh.

Instructions:

1. Saute the tempeh in 2 tablespoons of olive oil until browned
2. Add remaining olive oil and onion with ½ teaspoon sea salt. Keep cooking until onion is soft and translucent.
3. Add garlic, oregano and basil. Cook until aromatic, about a minute. Add wine and reduce until almost dry, about 5 minutes.
4. Pour in the tomato puree and tomato paste and ½ teaspoon of salt and pepper. Simmer, partially covered for 15-20 minutes.
5. Add maple syrup, if using. Add more salt/pepper if necessary. Stir through basil.
6. Serve with your favourite pasta.



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