

Healthy Family MEAL PLAN 25



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>	Healthy Porridge	Roast Vegetable Frittata/ Almond Butter + Apple Slices	Vegetarian Sausage Rolls w Salad
<i>Tuesday</i>	Roasted Vegetable Frittata	Vegetarian Sausage Rolls + Veggies Sticks/ Hummus, Crackers + Olives	Slow Cooked Pulled Chicken in Tacos w Shredded Cabbage + Carrots
<i>Wednesday</i>	Avocado, Feta + Cherry Tomatoes on GF Toast (no recipe)	Pumpkin, Cauliflower + Chickpea Soup/ Freezer Cookie	Leftover Pulled Chicken + Brown Rice Bowls
<i>Thursday</i>	Healthy Porridge	Pumpkin, Cauliflower + Chickpea Soup/ Freezer Cookie	Dairy Free Salmon Bake w Green Salad
<i>Friday</i>	Fried Egg + Baby Spinach on Sourdough (no recipe)	Leftover Salmon Bake/ Get Your Greens in Smoothie	Black Bean + Sweet Potato Burgers on Sourdough Roll Wrap
<i>Saturday</i>	Buckwheat Pancakes w Berries + Yoghurt	Black Bean + Sweet Potato Burgers / Freezer Cookie	Greek Lamb + Potato Bake w Steamed Veggies
<i>Sunday</i>	Sweet Potato Hash	Grilled Pizza Crusts w Toppings of choice/ Grapes + Walnuts	Greek Lamb + Potato Bake w Orange, Rocket + Fennel Salad

Breakfast

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.

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.

Sweet Potato Hash



Ingredients:

- 1 large sweet potato
- 6 rashers nitrate free bacon
- EVOO / Ghee / butter or coconut oil
- Pasture raised eggs (however many you wish)
- 1 spanish onion
- 1.5 TBS cumin powder
- Sea salt to taste
- Kale pesto

Instructions:

1. Chop Sweet potato in 1-2cm cubes set aside
2. Slice red onion thinly set aside
3. Chop bacon into thin strips
4. Preheat oven 180 degrees
5. In a large skillet heat your oil or fat of choice
6. Add bacon and onion, fry off until onion is becoming translucent and bacon is starting to brown
7. Add cumin powder and mix to coat the onion mixture
8. Add more fat and sweet potatoes. Mix the spice onion mixture through the sweet potato.
9. Continue to mix the sweet potato so it doesn't stick to the pan, however leave it on the surface of the pan long enough to start to brown around the edges.

10. Continue this process until the sweet potato is starting to soften but still has a touch of firmness.
11. Using the back of a spoon, place wells in your sweet potato mixture
12. Crack eggs into the wells and season well
13. Place into the oven for 10-15 mins or until the egg white is firm and the yolks are cooked to your desired consistency.
14. Drizzle kale pesto over the top and serve with a fresh salad

Snacks

Freezer Cookies



Ingredients:

- 150g butter, softened
- 125g ($\frac{2}{3}$ cup) rapadura sugar
- 1 extra-large egg (70-80g)
- 1 teaspoon vanilla extract
- $\frac{1}{8}$ teaspoon fine sea salt
- 125g ($\frac{3}{4}$ cup) spelt flour
- 120g (1 $\frac{1}{4}$ cups) rolled oats
- 1 heaped teaspoon baking powder
- 50g ($\frac{1}{2}$ cup) walnuts, chopped (leave out for nut-free)
- 50g ($\frac{1}{2}$ cup) desiccated coconut
- 50g-75g ($\frac{1}{4}$ - $\frac{1}{3}$ cup) dark chocolate chips (or dried fruit)

Notes:

Gluten Free - use a GF flour mix in place of the spelt and quinoa flakes in place of oats.

Instructions:

1. Add soft butter and sugar to a large bowl. Using an electric mixer or by hand, whisk until sugar is thoroughly mixed in and butter begins to lighten. Beat in egg, vanilla and salt.
2. Stir in the flour and oats to create a stiff mixture. Fold in the walnuts, coconut and chocolate.
3. Tear off a large piece of unbleached baking paper (approx A4 size). Spoon half the mixture in the middle of the paper and spread along the centre of the paper, leaving some room on the ends. Roll into a tight cylinder, rolling along the kitchen bench as you go, to create a smooth surface and round cylinder shape. When tightly wrapped, twist the ends up. Repeat with the other half of the mixture. Can be frozen for up to 3 months.
4. To cook, heat the oven to 180C (160 fan-forced). Line a baking tray with baking paper. Unwrap the frozen cylinder. Using a sharp knife, cut off a piece about 1 cm thick. If it is hard to cut, dip the knife in hot water. Cut as many as you want to bake, then store the remainder back in the freezer.

Notes:

Gluten Free - use a GF flour mix in place of the spelt and quinoa flakes in place of oats.

Get Your Greens In Smoothie



Ingredients:

- 1 cup of greens (silverbeet, spinach, kale, chard)
- 1 banana
- 2 medjool dates
- 1 cup of preferred milk
- 1/2 frozen zucchini
- 1 tsp chia seeds
- 1 tsp pure honey

Instructions:

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

Lunch

Roasted Vegetable Frittata



Ingredients:

- Leftover roast vegetables from Sunday's dinner
- 12 eggs
- 100g feta

Instructions:

1. Preheat the oven to 200 degrees Celsius.
2. Pop roast vegetables into a casserole dish and sprinkle the feta on top.
3. Pour over the beaten eggs and bake for 15 minutes at 180 degrees or until set.

Notes:

Dairy Free - omit the feta. Replace with olives, capers or extra salt.

Fussy Tip - make in small muffin tins to make them bite sized.

Vegetarian Sausage Roll



Ingredients:

- 300g tempeh
- 3 tablespoon extra virgin olive oil
- 1 small leek, white and light green parts only, thinly sliced
- 1 medium carrot, grated
- 2 garlic cloves
- 2 tablespoons water
- 1 tablespoon extra virgin olive oil
- 2 tablespoons tamari
- ½ teaspoon dried thyme
- ½ teaspoon paprika
- ½ teaspoon fennel seeds, lightly toasted
- ¼ teaspoon black pepper
- 1 tablespoons chopped sage (fresh)
- ⅓ cup walnuts, lightly toasted.
- ¼ cup bread crumbs (see note)
- 2 sheets spelt puff pastry
- 1 egg, beaten
- Sesame seeds, to sprinkle

Instructions:

1. Preheat oven to 180C fan-forced (200c non-fan). Line two baking trays with baking paper. Unroll pastry and cut into 4 equal rectangles, place these in the fridge while you prepare the filling.
2. Steam tempeh for 20 minutes in a steamer basket over simmering water. Cool to room temperature, then break into chunks.
3. Meanwhile, heat 2 tablespoons olive oil in a frypan over medium heat, add leek, carrot and a good pinch of salt. Saute until soft, about 5 minutes.
4. To the bowl of a large food processor, add tempeh, leek and carrot mixture, garlic, water, remaining olive oil, tamari, thyme, paprika, fennel seeds, pepper, sage, walnuts and bread crumbs. Pulse a couple of times, just until it forms together into a mince-like mixture.
5. Remove pastry from fridge (if a hot day work with one piece at a time). Place filling down the centre of each pastry rectangle, brush long side of pastry with beaten egg, roll pastry over the filling allowing at least a 2cm overlap, gently push down to seal. Pop in the freezer for 10 to 15 minutes before cutting. Repeat with remaining pastry. Once pastry is firm remove from freezer and cut each log into 8 small sausage rolls, place on baking trays and cut two small incisions into each roll to prevent splitting. Use remaining beaten egg to brush the tops of the sausage rolls and sprinkle with sesame seeds.
6. Bake for 25 minutes or until golden brown.

Notes:

Gluten Free - use GF puff pastry and 3 tablespoons GF flour mix instead of breadcrumbs (or GF breadcrumbs).

To Freeze - Prepare up until Step 5. and store uncooked sausage rolls in an airtight container with baking paper between layers. Bake from frozen and add an additional 5 minutes to cooking time.

Pumpkin, Cauliflower + Chickpea Soup



Ingredients:

- 2 tablespoons olive oil
- 1 leek, white and light green parts only, thinly sliced
- 1 large rib of celery, diced
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- ½ teaspoon turmeric
- ½ teaspoon chilli flakes (optional)
- 2 tablespoons tomato paste
- 6 cups vegetable or chicken stock
- 1 small butternut pumpkin, peeled and cubed (about 800g).
- 500g cauliflower, cut into bite-size florets
- 400g can chickpeas, drained and rinsed.
- Coconut yogurt, to serve

Notes:

To heat straight from the freezer, place the container in some warm water until it begins to loosen from the container, then tip into a saucepan to heat.

Instructions:

1. Add soft butter and sugar to a large bowl. Using an electric mixer or by hand, whisk until sugar is thoroughly mixed in and butter begins to lighten. Beat in egg, vanilla and salt.
2. Stir in the flour and oats to create a stiff mixture. Fold in the walnuts, coconut and chocolate.
3. Tear off a large piece of unbleached baking paper (approx A4 size). Spoon half the mixture in the middle of the paper and spread along the centre of the paper, leaving some room on the ends. Roll into a tight cylinder, rolling along the kitchen bench as you go, to create a smooth surface and round cylinder shape. When tightly wrapped, twist the ends up. Repeat with the other half of the mixture. Can be frozen for up to 3 months.
4. To cook, heat the oven to 180C (160 fan-forced). Line a baking tray with baking paper. Unwrap the frozen cylinder. Using a sharp knife, cut off a piece about 1 cm thick. If it is hard to cut, dip the knife in hot water. Cut as many as you want to bake, then store the remainder back in the freezer.

Black Bean + Sweet Potato Burgers



Ingredients:

- 1 small sweet potato, cut in half
- 2 x 400g can black beans, drained and rinsed (drain well)
- 2 tablespoon olive oil
- 1 red onion, finely chopped
- 3 garlic cloves, minced
- 1 ½ teaspoons ground cumin
- ½ teaspoon smoked paprika
- ½ cup sourdough breadcrumbs
- 1 tablespoons Worcestershire sauce
- 1 tablespoons tomato paste
- 1 tablespoon maple syrup
- 2 eggs
- 1 teaspoon fine sea salt
- ½ teaspoon black pepper
- Flour, for coating

Instructions:

1. Preheat the oven to 180C. Line a large baking tray with baking paper. Place the sweet potato halves, skin side down on the tray and sprinkle with 1 tablespoon olive oil and a little salt. Roast until soft, about 30 minutes. When the sweet potato is almost done, lower the oven to 160C, move the sweet potato to the side of the baking tray and spread the black beans over the other side, in a single layer. Bake for about 10 minutes, until just dried out.
2. Meanwhile, heat remaining olive oil in a fry pan. Saute onion until soft and translucent, about 5 minutes. Add garlic and cook until aromatic, another minute.
3. In the bowl of a large food processor, add cooked sweet potato (with skin), black beans, onion mixture and all remaining ingredients (except flour). Pulse a couple of times to bring together, but don't over mix. You still want to see some chunks of black bean.
4. Form into 4 patties, or 8 small patties. Freeze in an airtight container, between sheets or baking paper.
5. To cook, transfer from the freezer to the fridge the day before to defrost. Heat 2-3 tablespoons olive oil in a large fry pan over medium heat. Coat each patty in flour and cook until brown and crispy on each side. You can also bake in the oven (180C), for about 30 minutes (from frozen), flipping halfway. No need to coat in flour.

Notes:

Gluten Free - use GF flour mix instead of bread crumbs, for wheat-free, use oat flour.

Grilled Pizza Crusts



Ingredients:

- 400 ml lukewarm water
- 2 teaspoon dry yeast (or one 7g sachet)
- 2 teaspoons honey
- 2 tablespoons olive oil
- 300g white spelt flour
- 300g wholegrain spelt flour
- 1 teaspoons fine sea salt

Instructions:

1. In a jug or small bowl, whisk the yeast and honey into the water and let stand until foamy, about 5 minutes. Add olive oil and whisk to combine.
2. Pulse the flours and salt in a large food processor.
3. Pour the yeast mixture over the flour and process to form a rough, soft ball. Turn the dough onto a floured surface and knead for 5 minutes into a smooth ball (or knead in the food processor - see note). Coat a large bowl with olive oil, add the dough, cover with a damp tea towel. Let rise in a warm spot until doubled in size, about 2 hours.

4. When ready to grill the bases, preheat a stove top grill, outdoor BBQ or large cast iron fry pan. Cut the dough into 4 even pieces using a chef's knife or dough cutter. Working one at a time, stretch each portion into a rustic rectangle (about 30cm x 10cm). Transfer to a large piece of baking paper, dusted with semolina or cornmeal. Repeat with remaining portions.

5. Carefully lift the stretched pieces of dough and lay them on the hot grill. Cover and grill until the bottoms are spotty brown, moving them around to ensure even cooking. Pierce dough where it puffs, 2-3 minutes. Turn and grill for a couple more minutes. Remove from the grill. Allow to cool completely before wrapping tightly and freezing.

6. To make the pizza, preheat the oven at 215 C (425 F). Place the crusts on large baking trays. Top with desired toppings and bake, rotating the pans and switching racks halfway for about 10 minutes. Transfer cooked pizzas to a large cutting board to serve.

Notes:

Makes 4 pizza crusts.

I prefer to knead by hand, to feel the stickiness and texture of the dough. If the dough sticks to hands or bench top, sprinkle it with a little more flour.

Dough can also be punched down after rising and refrigerated for up to 3 days before cooking.

Dinner

Slow Cooked Pulled Chicken



Ingredients:

- 1 kg chicken thighs
- 2 tablespoons olive oil
- 1 large red onion, finely chopped
- 2 garlic cloves, crushed
- 1 tablespoon worcestershire sauce
- 1 tablespoon maple syrup
- 1 ½ teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon chilli powder (optional)
- 1 teaspoon sea salt
- 1 x 400g can chopped tomatoes
- 2 tablespoon tomato paste
- 1 cup water or stock

Notes:

Ideas for meals - use in tacos, grain bowls, baked potatoes, sandwiches/wraps or add to soup, for a mexican-style chicken soup.

Instructions:

1. Heat oil in a large saucepan over medium heat. Brown chicken on each side, in batches, until golden brown. Transfer to a plate.
2. Add onion and garlic to the pan. Cook, stirring occasionally, for 3 minutes or until tender. Add Worcestershire sauce, maple, cumin, paprika, chilli powder and salt. Cook, stirring, for 1 minute or until aromatic. Return chicken to the pan. Add tomatoes, tomato paste and water and bring to the boil. Lower heat, simmer over low heat, partially covered for 2-3 hours (or cook in a slow cooker). If it starts to get a little dry while cooking, add a little more water. Once chicken begins to break apart with a fork. Turn off heat, shred chicken using tongs, or wait until cooled and shred with hands. Stir shredded chicken into the sauce.
3. Cool completely, before freezing in an airtight container. To reheat, defrost in the fridge overnight and reheat in a saucepan on the stove top. Add a little water if necessary.

Creamy Salmon Bake (Dairy Free)



Ingredients:

- 300g small pasta (e.g. elbow, penne, shells) - regular, spelt or gluten free
- 2 teaspoons coconut oil (refined)
- 1 french shallot, peeled and minced
- ¼ cup oat flour
- 4 cups almond milk (flavour is best with fresh, but store-bought fine too)
- 1 sprig thyme
- 1 bay leaf
- 1 egg, beaten
- 2-3 tablespoons lemon juice (½ lemon)
- 415g can salmon, drained, bones removed, flaked
- 4 green onions, chopped
- 3 tablespoons fresh dill, finely chopped
- 1 tablespoon grain mustard
- salt and pepper
- 1 cup sourdough breadcrumbs (or almond meal for gluten free)
- 2 tablespoons extra-virgin olive oil

Instructions:

1. Preheat oven to 180°C
2. Cook pasta following packet directions, set aside.
3. Melt coconut oil in a medium saucepan of medium heat. Add shallot and cook until soft and translucent, about 5 minutes.
4. Add flour and cook over low heat, stirring constantly for about 5 minutes.
5. Slowly whisk in almond milk, add thyme and bay leaf. Increase heat to simmer and continue cooking for about 20-25 minutes, stirring often, until sauce thickens.
6. Stir in egg, simmer for 3 minutes. Add lemon juice. Season generously with salt and pepper.
7. Mix in salmon, green onions, dill and mustard. Taste and add a little more lemon juice and salt and pepper to taste. Simmer for a further minute.
8. Pour salmon mixture into a saucepan of pasta, mix to combine. Spoon mixture into large casserole dish (or large pyrex dish that has a lid for easy freezing).
9. Drizzle olive oil over sourdough bread crumbs, mix to combine and sprinkle over the top.
10. Bake in a moderate oven for 25 – 30 minutes or until heated through and golden.

Notes:

To Freeze - In the pyrex it cooks in (ensure some space at the top), or divide in smaller portions and freeze in an airtight container.

To Reheat - Defrost in the fridge overnight, then bake at 160C for about 30-35 minutes, covered with foil (you can put unbleached baking paper between the food and foil), removing for the final 10 minutes, to crisp up on the top).

Greek Lamb + Potato Layered Casserole



Ingredients:

- 4-6 potatoes, thinly sliced (about 800g)
- 2 tablespoons extra virgin olive oil
- 1 large onion, diced
- 1 large celery stick, diced
- 3 garlic cloves, minced
- 500g lamb mince
- ½ teaspoon cinnamon
- 1 teaspoon dried oregano
- 2 small (or 1 large) zucchini, sliced or grated.
- 1 x 400g can diced tomatoes
- 1 teaspoon sea salt.
- ½ teaspoons black pepper
- ⅓ cup currants
- 2 cups baby spinach leaves
- 3 eggs, whisked
- 2 cups milk (dairy or dairy-free)

Instructions:

1. Preheat oven to 190 degrees C
2. Meanwhile, cook sliced potatoes in boiling salted water for 5 minutes; drain under cold water and cool immediately. Set aside.
3. Heat oil in a large saucepan over medium heat. Saute onion and celery until soft and translucent, 7-10 minutes. Add garlic, cook until aromatic. Add lamb and cook until brown and cooked through, breaking up as you go.
4. Add cinnamon, oregano, zucchini, tomatoes, salt and pepper. Simmer for 10-15 minutes. Add currants and stir through. Taste and add more salt, pepper, if necessary. Set aside.
5. Grease the bottom of a large casserole dish with olive oil. Layer 1/3 of the sliced potatoes on the bottom of the dish. Pour half the lamb mixture over the potatoes.
6. Sprinkle half the spinach leaves evenly over the mince. Arrange another layer of potatoes over the lamb. Add remaining lamb, then spinach, then top with the last layer of potatoes.
7. In a separate bowl, whisk the eggs; then whisk in the milk, salt, and pepper; continue to whisk until thoroughly combined.
8. Pour the milk mixture over the potatoes and meat.
9. Bake for 45 to 55 minutes, or until custard is set and potatoes are a golden brown. Let rest 10 minutes before cutting and serving.

Notes:

To Freeze - Cool and then place in an airtight container (cut first into pieces for quicker defrosting) and freeze for up to 3 months.

To Reheat - Defrost overnight in the fridge. Cover the casserole with foil and heat in the oven (160 C) for 35-40 minutes (30 minutes if cut into smaller pieces).



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.**