

# Healthy Family **MEAL PLAN 26**



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>	Avocado on Sourdough w Feta + Seeds (no recipe)	Nourishing Sandwiches/ Homemade Buckwheat Chocolate Granola	Roasted Vegetable Lasagne
<i>Tuesday</i>	Chocolate Buckwheat Granola	White Bean + Kale Soup / Banana + LSA Smoothie	Roasted Vegetable Lasagne
<i>Wednesday</i>	Chocolate Buckwheat Granola	White Bean + Kale Soup / Banana + LSA Smoothie	Salmon w Crispy Roasted Broccoli + Mash Potato
<i>Thursday</i>	Healthy Porridge	Roast Vegetables Frittata / Beet Hummus + Crackers	Slow Cooked Lamb Korma
<i>Friday</i>	Healthy Porridge	Roast Vegetables Frittata / Beet Hummus + Crackers	Roast Fish + Vegetable Tray Bake
<i>Saturday</i>	French Toast	Family Platter w Almond Crusted Cauliflower Bites	Leftover Slow Cooked Lamb Korma (optional use as pie filling)
<i>Sunday</i>	Eggs & Soldiers	Roast Vegetables Frittata / Apple Slices + Almond Butter	Chicken Breasts w Roasted Brussel Sprouts, Bacon + Maple Walnuts

# Breakfast

# Chocolate Buckwheat Granola



## Ingredients:

- 2 cups rolled rye, oats or quinoa
- 1 cup raw buckwheat
- 2 cups shredded coconut
- 1/2 cup pumpkin seeds
- 1/4 cup chia seeds
- 1/3 cup honey or maple syrup
- 1/3 cup coconut oil
- 2 tbsp cacao powder
- 1 cup nuts (almonds, hazelnut and/or walnuts, chopped)

## Instructions:

1. Combine dry ingredients in a large bowl.
2. Melt coconut oil, cacao, honey or maple syrup in a saucepan over medium heat.
3. Once melted, pour over dry ingredients and mix well.
4. Spread the mixture on a lined baking sheet, pressing mixture down firmly with the back of a spatula.
5. Bake for 15-20 minutes at 180 degrees.
6. Remove from oven, flip granola and place back in oven for 10 minutes.
7. Serve with your choice of milk, yoghurt and fresh fruit.



## Notes:

**Gluten Free** - use quinoa flakes or gluten free oats.

**Dairy Free** - use coconut yoghurt and/or almond, coconut or rice milk.

**Nut Free** - use sunflower & extra pumpkin seeds to replace nuts.

**Fussy Tip** - try sprinkling over your child's favourite cereal and gradually increase the amount of granola and decrease the cereal.

# 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.

# 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.

# 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.



# Snacks

# Banana + LSA Smoothie



## *Ingredients:*

- 1 banana, I like to peel and freeze mine.
- 1 cup plain yoghurt
- 2 tablespoons LSA (Linseed, Sunflower & Almond meal)

## *Instructions:*

1. Blend ingredients in a Vitamix or blender, pour into glasses and enjoy.

# Roasted Beetroot: Simple Marinade & Beet Hummus



## *Ingredients:*

- Olive oil
- Salt, pepper
- Roasted Marinated Beetroot
- 500g medium beetroot (about 6), washed well
- 1 tbsp balsamic vinegar
- 2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 2 tsp honey

## *For the hummus:*

- 1 can chickpeas, rinsed well
- 1 cup roasted, marinated diced beetroots with a little marinade too.
- 1 large garlic clove
- ¼ cup tahini
- 2 tablespoon olive oil
- 1 teaspoon fine sea salt
- ¼ cup iced water

# Lunch



# 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

# White Bean & Kale Soup



## Ingredients:

- 2 cups dried cannellini beans, soaked overnight
- 2 1/2 litres of water (or vegetable stock)
- 4 bay leaves
- 6-8 kale leaves, finely chopped
- 4 tomatoes, chopped or tin organic chopped tomatoes
- 1 tsp chopped rosemary
- 1 onion, finely chopped
- 8 cloves garlic, minced
- 2 tbsp balsamic vinegar

## Instructions:

1. Drain and rinse the soaked beans and place them in a large pot with bay leaves, rosemary and water or vegetable stock.
2. Bring to the boil, reduce heat and simmer until beans are tender (60-90 minutes)
3. In a separate pan saute onion in a little olive oil then add the garlic and a pinch of salt.
4. Cook until fragrant then add cooked cannellini beans and their cooking liquid.
5. Bring to a simmer, add the tomatoes and kale and simmer for 5 minutes.
6. Season the soup with salt, pepper and balsamic vinegar. Enjoy!

## Notes:

**Fussy Tip** - blend the soup if your child prefers a smoother texture.

## *Instructions:*

1. Preheat the oven to 180°C.
2. Place beetroots in a large cast-iron dutch oven or casserole dish, drizzle with a small amount of olive oil, a splash of water and cover.
3. Roast for 1 hour or until a fork can pierce the beetroot and come out easily.
4. Meanwhile, combine balsamic vinegar, apple cider vinegar, olive oil, honey, salt, pepper in a small jug.
5. Remove skins from beets by gently rubbing sides with a paper towel, or hands. Cut beets into chunks, add to a large bowl and toss in marinade. Set aside to use in hummus, or store in an airtight container in the fridge.
6. To make the hummus. Add the chickpeas to a bowl of a food processor. Process to a rough paste. Add all the other ingredients. Process until smooth, adding a little more water, if necessary, to achieve desired consistency.

# Almond Crusted Cauliflower Bites



## *Ingredients:*

- ½ large head cauliflower, cut into bite-sized florets
- 1 egg, whisked
- 50g parmesan cheese, finely grated
- 1 ½ cups fine almond meal
- 1 teaspoon dried garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon fine sea salt
- 2 tablespoons extra-virgin olive oil

## *Notes:*

**Nut Free** - swap the almond meal with sourdough breadcrumbs or gluten-free breadcrumbs.

If your dried garlic are granules, rather than powder, pulse a few times in a food processor with the almond meal.



## *Instructions:*

1. Preheat the oven to 200°C (180 for fan forced). Line a large baking tray with baking paper.
2. Add all the ingredients except for the cauliflower and egg in a large bowl.
3. Dip each floret in the egg, then in the almond meal mixture and place on the baking tray. Repeat with all the florets, spreading evenly out on the tray leaving plenty of space between. Drizzle evenly with olive oil
4. Bake in the oven for approximately 15 minutes, turning halfway, until golden brown.

# 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
- Sauerkraut 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.

# Roast Vegetable Frittata



## *Ingredients:*

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

## *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.



# Dinner

# Easy Roasted Vegetable Lasagne



## *Ingredients:*

- 2 tablespoons olive oil
- 1 large sweet potato, cut in slices ½ cm thick
- 3 small zucchini, sliced lengthways, ½ cm thick
- 2 x 500g jars good-quality pasta sauce (or make your own)
- 1 pack of lasagne sheets (use regular, gluten-free or spelt)
- 3 cups ricotta cheese
- Mozzarella cheese.
- Red chilli (pepper) flakes (optional)
- Salt, pepper

## *Instructions:*

1. Preheat oven to 200°C (180 for fan forced).
2. Toss the sweet potato slices in a little olive oil and salt, pepper. Lay evenly in a single layer on a large baking tray. Cook for 10-15 minutes, or until just tender. Set aside.
3. Meanwhile, do the same with the zucchini, cook for 10 minutes, until just tender. Set aside.

4. Grease the bottom of a large lasagne dish with a little olive oil and 2 tablespoons of the pasta sauce. Add one layer of lasagne sheets. Top with  $\frac{1}{3}$  of the pasta sauce. Add another layer of lasagne sheets. Spread with  $\frac{1}{3}$  of ricotta cheese. Layer over sweet potato slices. Add  $\frac{1}{3}$  of pasta sauce, add a layer of lasagne sheets, spread with  $\frac{1}{3}$  ricotta cheese. Layer over zucchini slices. Add the last  $\frac{1}{3}$  of pasta sauce, add another layer of lasagne sheets, spread with the final layer of ricotta cheese. Top with slices of mozzarella cheese. Sprinkle with red chilli (pepper) flakes.

5. Cover tightly with foil (you can add unbleached baking paper between the foil and the food). Cook for 30 minutes. Remove the foil, cook for another 20-25 minutes, or until golden brown and bubbling. Let cool for about 15 minutes before serving.

# Crispy Roasted Broccoli



## *Ingredients:*

- 1 large head of broccoli or 2 bunches or broccolini (also called baby or sprouted broccoli)
- 1 lemon
- 2 tablespoons extra virgin olive oil
- 6 sprigs fresh thyme (optional)
- Salt, pepper
- ¼ cup freshly grated parmesan cheese (leave out for dairy-free, or sub with 2 tablespoons nutritional yeast)

## *Notes:*

If serving with fish, like salmon, you can roast it in the oven at the same time. 4 x 180g pieces on a baking tray will take about 10-15 minutes, depending on thickness.

**Dairy Free** - leave out parmesan cheese, sub with 2 tablespoons nutritional yeast.

## *Instructions:*

1. Preheat the oven to 200°C
2. Cut the broccoli into florets, or leave whole if using broccolini and trim the woody ends.
3. Spread the broccoli out on a large baking tray, lined with baking paper. Using a fine grater (microplane) grate the rind of the lemon over the broccoli. Drizzle with olive oil and scatter over the thyme. Season well with salt/pepper. If using nutritional yeast, add that now. Toss to evenly cover the broccoli in oil and seasoning. Spread out evenly in a single layer on the baking tray. Sprinkle the parmesan cheese over the broccoli (you can also use the microplane to grate the parmesan cheese).
4. Roast in the oven for 15 minutes, or until just tender and brown and crispy on the edges.
5. Serve with lemon slices.

# Lamb Korma



## Ingredients:

- 700g diced lamb
- 1 onion, chopped
- 1 tablespoon olive oil
- 1 inch ginger, grated
- 3 cloves garlic, minced
- 2 teaspoons garam masala
- 2 teaspoons turmeric
- 1 cup vegetable stock
- 1 cup cream
- 2 heaped tablespoons ground almonds or almond meal
- Corriander and basmati rice to serve
- 1 teaspoon ground cardamom
- 1 teaspoon ground coriander
- 1 tablespoon tomato paste

## Notes:

**Dairy Free**- Use coconut cream instead of cream.

**Nut Free** – Omit the ground almonds (you could try flaxseed meal instead).

**Fussy Tip** - use less sauce and serve the rice, lamb and veggies as separate piles on the plate.



## *Instructions:*

1. Make a marinade for the lamb with the ginger, garlic, spices, tomato paste and olive oil.
2. Coat the diced lamb in the marinade. Saute the onion in a pan and add the marinated lamb to brown.
3. Transfer to the slow cooker and add the vegetable stock. Cook on low for 6 hours. Add the cream and ground almonds and cook for a further 30 minutes.
4. Serve with rice, coriander and some green veggies.

# Roast Fish & Vegetable Tray Bake



## *Ingredients:*

- 4 sprigs thyme
- Handful parsley leaves
- 3 tbsp extra virgin olive oil
- ½ lemon sliced thinly into rounds
- 1 head fennel, core removed and cut into wedges
- 300g kipfler potatoes, sliced into 2cm thick rounds
- 4 x 150g fish fillets
- 80g kalamata olives

## *Instructions:*

1. Preheat the oven to 200°C. Line a large baking tray with baking paper.
2. Arrange the potato and fennel slices on the tray. Drizzle over 2 tablespoons olive oil and season with salt/pepper. Toss everything together well and roast for 15 mins, turning over halfway through, until the potatoes are lightly golden and a little crisp at the edges.
3. Arrange the fish fillets on top and scatter over the olives and thyme. Place a couple of lemon slices on top of the fish and drizzle with the remaining oil. Roast for further 7-8 mins until the fish is cooked through (cooking time will depend on thickness of fish). Serve scattered with parsley leaves.

# Roasted Brussel Sprouts, Bacon + Maple Walnuts



## *Ingredients:*

- 500g Brussel sprouts, halved
- 1 tablespoons olive oil
- Salt, pepper
- 2-3 rashers nitrate-free bacon, diced.
- ⅓ cup walnuts, chopped
- 1 teaspoon maple syrup

## *Instructions:*

1. Preheat the oven to 200°C. Line a large baking tray with baking paper.
2. On the baking tray toss the brussel sprouts with olive oil and salt, pepper. Turn the brussel sprouts so they are all flat side down. Sprinkle with the bacon. Roast for 10-12 minutes.
3. Meanwhile, add the maple syrup to the walnuts with a little salt. Stir to cover all the nuts in maple.
4. Once the brussel sprouts begin to turn brown and leaves and bacon start to get crispy, sprinkle with the walnuts. Lower the oven to 180C and cook for another 5 minutes. Toss a little before serving.



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