

Healthy Family MEAL PLAN 27



Created by our team of Nutritionists and Naturopaths



<i>Meal Plan</i>	<i>Breakfast</i>	<i>Lunchbox</i>	<i>Dinner</i>
<i>Monday</i>	Coconut, Chia Seed + Pecan "Muesli"	Platter w Sardines, Veggie Sticks, Cheese + Crackers / Pumpkin + Coconut Soup	Beef + Sweet Potato Empanadas + Salad
<i>Tuesday</i>	Coconut, Chia Seed + Pecan "Muesli"	Leftover Empanadas / Pumpkin + Coconut Soup	Pork, Ginger + Noodles Stir Fry
<i>Wednesday</i>	Brain Boosting Smoothie	Leftover Pork + Noodle Stir Fry / Pumpkin Coconut Soup	Turkey + Red Bean Chilli Tacos
<i>Thursday</i>	Brain Boosting Smoothie	Lamb Koftas in Wraps Apple Slices + Cheese Cubes	Turkey + Red Bean Chilli Stuffed Potatoes
<i>Friday</i>	Mediterranean Omelette	Lamb Koftas + Salad / Banana + Carrot Muffins	Mussel Pots + Homemade Chips / Salad
<i>Saturday</i>	Mediterranean Omelette	Nourishing Sandwiches / Apple Slices + Peanut Butter	Chicken + Quinoa Lettuce Wraps
<i>Sunday</i>	Blender Banana Pancakes w Fresh Fruit	Salmon Nicoise Salad / Banana + Carrot Muffins	Secret Mushroom Beef Burgers

Breakfast

Coconut, Chia Seeds & Pecan "Muesli"



Ingredients:

- 1 cup organic shredded coconut (no preservatives)
- 1 cup almond meal
- ¼ cup chia seeds
- 1 cup pumpkin seeds
- ½ cup each of pecans and walnuts, chopped or bashed into smaller pieces
- 1-2 tablespoons cinnamon

Instructions:

1. Mix all all ingredients together and put into an airtight container in the fridge.
2. Put ½ cup of the mixture into a bowl with enough water or organic milk to cover.
3. Soak in the fridge overnight and add some fresh sliced strawberries, peaches or apple and a couple of spoonfuls of natural or coconut yoghurt.

Brain Boosting Smoothie



Ingredients:

- 1 banana
- 2 dates
- 1/4 avocado
- 1/4 cup walnuts
- 2 tbs rolled oats
- 1 cup of preferred milk
- 1/2 cup frozen blueberries
- 1/2 cup of greens (spinach, silverbeet, chard, kale)
- 1 serving [Inca Inchi Protein](#)

Instructions:

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

Notes:

If you do not have the Nutra Organics Thriving Protein you could add 2 tbs of natural/Greek yoghurt and 1 tsp chia seeds for an extra protein kick. You could also replace oats with quinoa flakes for a GF version.

Mediterranean Omelette



Ingredients:

- 1 - 2 Eggs
- 30g Feta Eggs
- Sea salt and pepper to taste
- 1 cup of vegetables (red onion, zucchini, mushrooms, red capsicum, tomatoes)

Instructions:

1. Fry vegetables in a little olive oil.
2. Beat eggs and add salt and pepper to taste.
3. Pour eggs to cover base of fry pan.
4. Sprinkle feta onto one half and top with cooked vegetables.
5. Once egg is set flip other half of egg mixture on top of vegetables and leave on low heat for a few minutes.
6. Remove from pan and enjoy!

Blender Banana Pancakes



Ingredients:

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

Instructions:

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 1/3 cup dairy-free milk.

Snacks

Pumpkin & Coconut Soup



Ingredients:

- 1 Butternut Pumpkin
- 1 tablespoon olive oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 litre vegetable stock or chicken broth
- Small can coconut cream
- Handful of fresh Coriander to serve

Instructions:

1. Heat oil in a soup pot over medium heat and sauté onion until translucent.
2. Add garlic and pumpkin and cook for 5 minutes.
3. Add vegetable stock and bring to the boil.
4. Reduce heat to a simmer and cook, covered, until the pumpkin is soft.
5. Add coconut cream and garnish with fresh coriander and black pepper.

Carrot + Banana Muffins



Ingredients:

- 1 large carrot, grated
- 2 bananas, mashed
- 1 tbsp honey or maple syrup
- 2 eggs
- ¼ cup plain yoghurt
- 1 tsp cinnamon
- 1 1/3 cups whole meal spelt flour
- 2 tsp baking powder
- ½ cup oats

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.

Lunch

Lamb Koftas With Minty Yoghurt



Ingredients:

- 500g lamb mince
- 2 large garlic cloves, minced
- ½ teaspoon cinnamon
- 1 teaspoon cumin
- 1 teaspoon paprika
- ¾ teaspoon fine sea salt
- ½ parsley leaves, finely chopped (optional, if you don't want the green)

Mint Yoghurt:

- 1 cup plain yogurt
- ½ cup fresh mint leaves, chopped
- 1 clove small garlic, minced
- 1 tablespoon fresh lemon juice
- salt and pepper to taste

Instructions:

1. First, make the yoghurt by whisking all the ingredients together. Place in the fridge until ready to use.
2. Combine all the ingredients. Shape into logged-shaped koftas. If you wish, insert soaked wooden skewers into each log and shape around the log (great job to do with the kids!).
3. Place a large grill pan over medium high heat.
4. Once pan is hot, add skewers to the grill. Grill skewers on each side for 6 to 8 minutes, or until cooked through.
5. Let rest for 5 minutes then serve with minty yogurt.

Notes:

Dairy Free - use coconut yoghurt to replace dairy yoghurt.

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

Salmon Nicoise Salad



Ingredients:

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

Basil Lemon Dressing:

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

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!

Dinner

Beef + Sweet Potato Empanadas



Ingredients:

- 2 tablespoons olive oil
- 500g beef mince
- Salt and pepper
- 1 medium onion, diced
- 200g (1 medium) sweet potato, peeled and diced.
- 3 garlic cloves,minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 tablespoon paprika
- ¼ -½ teaspoon chilli powder (optional)
- 2 tablespoons tomato paste
- 1 packet of all-butter pastry (or a gluten-free alternative)
- 1 egg, whisked

Instructions:

1. Heat oil in a large fry pan over medium-high heat. Add beef, season with salt, pepper and fry until nicely browned, stirring throughout to break up beef, about 5 minutes.

2. Turn heat down to medium and add onion, cooking stirring often until onion is softened and browned, about 10 minutes. Add sweet potatoes, garlic, thyme, oregano, paprika and chilli (if using). Stir well to incorporate. Season again with salt and pepper and let mixture cook for 2 more minutes. Stir in tomato paste and a cup of water. Turn heat to simmer, stirring well to incorporate any caramelised bits stuck to the bottom of the pan.
3. Cook for about 10 more minutes, until both meat and potatoes are tender. The sauce should just cover the meat and potatoes and not be too “saucy”. Taste and season with a little more salt, pepper, if needed. Cool to room temperature, or place in the fridge until ready to use. It is important to cool or pastry will go soggy.
4. Lay pastry on a baking sheet lightly dusted with flour. Use a small bowl as a stencil to cut into circles. Size doesn't matter too much, but don't make them too small or it will be difficult to fill. You can roll out the scraps at the end to make more rough circles.
5. Moisten the outer edge of each circle with a little water. Put about 2 tablespoons filling in the center of each circle. Wrap dough around filling to form empanada, pressing edges together. Fold edge back and finish by pinching little pleats or crimping with a fork.
6. To cook, preheat oven to 190 degrees celsius. Place empanadas on a large baking tray lined with baking paper. Brush tops with beaten egg. Bake on top shelf of oven until golden, 10 to 15 minutes. Serve warm.

Pork, Ginger + Noodle Stir Fry



Ingredients:

- 200g soba noodles, prepared according to packet instructions
- 2 teaspoon toasted sesame oil
- 1 tablespoon olive oil
- ½ small head cabbage, shredded
- 500g pork mince
- 2 garlic cloves, minced
- 3cm piece ginger, peeled, finely grated
- 4 spring onions, white and light green parts finely chopped,
- 2 tablespoon coconut aminos
- ¼ cup sesame seeds, toasted

Instructions:

1. Prepare the soba noodles according to packet instructions, then toss in sesame oil. Set aside.
2. Heat oil in a large fry pan or wok over medium-high heat. Add the cabbage and saute until just tender. Remove and set aside.
3. Reduce heat to medium. Add a little more oil to the pan and saute the garlic, ginger and spring onion until aromatic, about 1 minute. Add the pork to the pan,

stirring and breaking up as it cooks. Add coconut aminos. Cook until it starts to reduce and caramelise.

4. Add the cabbage and noodles to the pan and toss to combine. Taste and add a little more coconut aminos, if necessary. Sprinkle with sesame seeds and extra spring onions.

Notes:

Boost the veggie content by adding in some shredded Asian Greens, or kale, or cut carrots into matchsticks and sauté until tender, before adding broccoli.

Gluten Free - ensure soba noodles are 100% buckwheat.

Turkey + Red Bean Chilli



Ingredients:

- 2 tablespoon olive oil
- 500g ground turkey
- 1 onion, finely diced
- 2 garlic cloves, minced
- 1 large capsicum, seeded and diced.
- 2 celery sticks, diced
- 1 jalapeno, seeded and diced (optional)
- 1 teaspoon dried oregano
- 2 teaspoons smoked paprika
- 2 teaspoon ground cumin
- ½ teaspoon chilli powder (optional)
- 1 teaspoon sea salt
- 1 can (400g) diced tomato
- 2 tablespoons salt-free tomato paste
- 1 cup salt-free chicken broth
- 1 tablespoon maple syrup (optional)
- Salt and freshly ground pepper to taste
- 1 can (400g) red kidney beans, drained and rinsed well
- 1 lime, cut into wedges

Instructions:

1. Heat the oil over high heat in a large saucepan and add the turkey meat. Cook until lightly browned, about 5 minutes, breaking up and stirring as you go, to break up any lumps.
2. Add the onions, garlic, capsicum, celery, jalapeno, oregano, bay leaves, smoked paprika, cumin and salt. Stir well. Cook for 5 minutes.
3. Add the tomatoes, chicken broth and maple. Bring to a boil, reduce heat and simmer, stirring occasionally, for 15 minutes.
4. Add the red beans and cook, stirring occasionally, for 10 minutes longer. Taste and season with a little salt, pepper, if needed. Serve in bowls with rice or in tacos.

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.

Chicken + Quinoa Lettuce Wraps



Ingredients:

- 1 tablespoon coconut oil
- 3 garlic cloves, minced
- 4 spring onions, white parts only, finely chopped (save green parts for the end)
- 2 teaspoons finely grated ginger
- ½ teaspoon red chilli flakes (optional)
- 500g chicken mince
- 1½ cups cooked quinoa
- 2-3 teaspoons fish sauce
- 2 teaspoon honey (optional)
- 2 tablespoons tamari
- 200 g water chestnuts, drained and finely chopped
- 100 g bean sprouts
- ⅓ cup roasted and chopped cashews (optional)
- ½ cup coriander leaves, roughly chopped
- sea salt and freshly ground black pepper
- 6 large lettuce leaves, washed and dried (cos or iceberg).
- 1 lime, cut into wedges

Instructions:

1. Heat a large frying pan over medium–high heat. Add the coconut oil, garlic, spring onion, ginger and chilli and cook for 1 minute. Stir in the chicken mince and cook for 4–5 minutes, stirring occasionally to break up any lumps, until brown and cooked through. If your chicken is a little dry (it will depend on the parts used in the mince, stir through a little more coconut oil).
2. Toss the fish sauce, honey (if using) and tamari through the mince, then add the water chestnuts, stirring until well combined. Cook for 2–3 minutes until heated through.
3. Remove the pan from the heat, mix in the bean sprouts, cashews and coriander and season to taste, adding a little more fish sauce if required.
4. Divide the lettuce cups evenly between the plates and spoon chicken mixture into lettuce cups. Add a squeeze of lime just before eating.

Secret Mushroom Beef Burgers



Ingredients:

- 2 tablespoons olive oil
- Salt, pepper
- 500g swiss brown (cremini) mushrooms
- 500g beef mince
- 1 small onion, finely chopped
- 2 teaspoons Worcestershire sauce
- 1 egg, whisked
- ½ cup breadcrumbs (you can also leave out for gluten free)
- 1 teaspoon sea salt

Instructions:

1. Preheat oven to 200 degrees celsius. Toss the mushrooms with olive oil and salt, pepper. Line a large baking tray with baking paper. Spread the mushrooms over the tray. Cook for 20 minutes, then cool. Keep the lined baking tray for cooking the patties.

2. Add the cooled mushroom to the bowl of a food processor and process to form a smooth paste.
3. In a large bowl, combine the beef, mushroom, onion, sauce, egg, breadcrumbs and salt. Form into 6 large, or 8 smaller burger patties. Let rest for 20 minutes.
4. Increase the oven temperature to 215 degrees. Heat a large fry pan over medium heat and add enough oil to lightly coat the bottom (about 1 tablespoon). When the pans are hot, add the patties and cook for 4 minutes on each side. Transfer them to a prepared baking tray as you go. When all patties have been cooked, place in the oven for 5 minutes. Remove from the oven, let sit for a couple of minutes, and serve.



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