

Healthy Family MEAL PLAN 1



Created by our team of Nutritionists and Naturopaths



<i>Meal Plan</i>	<i>Breakfast</i>	<i>Lunchbox</i>	<i>Dinner</i>
<i>Monday</i>	Chocolate Buckwheat Granola	Roast Veg Frittata Apple Crumble	Veggie Stir Fry With Satay Sauce
<i>Tuesday</i>	Chocolate Buckwheat Granola	Chicken, Spinach Satay Wrap Apple Crumble	Beef Casserole With Sweet Potato Mash
<i>Wednesday</i>	Chocolate Buckwheat Granola	Roast Veg Frittata Sweet & Salty Popcorn	Fish Tacos
<i>Thursday</i>	Green Scrambled Eggs On Sourdough	Salmon Cold Rolls Yoghurt & Blueberries	Chicken Soba Noodle Soup
<i>Friday</i>	Chocolate Buckwheat Granola	Rice Cracker & Salmon Dip Sweet & Salty Popcorn	Crunchy Fish & Sweet Potato Chips
<i>Saturday</i>	Banana Pancakes	Family Platter	Beef Casserole With Sweet Potato Mash
<i>Sunday</i>	Green Scrambled Eggs On Sourdough	Family Platter	Lemon & Thyme Roast Chicken and Vegetables

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.

Green Scrambled Eggs On Sourdough



Ingredients:

- 2 free-range eggs
- Handful of baby spinach
- 1 slice of rye or spelt sourdough bread
- Big pinch of fresh parsley, chopped
- Pinch of sea salt
- Butter to serve

Instructions:

1. Scramble eggs in a cup and cook in a pan over medium heat.
2. Add spinach and salt.
3. Toast the sourdough and spread with butter.
4. Serve scrambled eggs on toast and sprinkle over the parsley.

Notes:

Gluten Free - use gluten free bread or rice cake.

Dairy Free - use avocado instead of the butter.

Egg Free - use scrambled tofu instead of eggs.

Fussy Tip - add just a leaf or two of greens & gradually increase over time.

Banana Pancakes



Ingredients:

- 1 banana
- 1 egg
- 1 tbsp nut butter (optional)
- Coconut oil for cooking

Instructions:

1. Mash the banana.
2. Scramble in the egg and nut butter.
3. Heat fry pan and melt a little coconut oil in it.
4. Pour in a heaped tablespoon of the banana mixture.
5. Wait for bubbles to form and then flip over.
6. Repeat with the rest of the mixture.
7. Serve as they are or top with a little natural yoghurt and berries,

Notes:

Nut Free - omit the nut butter.

Fussy Tip - top with their favourite pancake toppings.

Snacks

Apple Crumble



Ingredients:

- 8 apples, cored and finely sliced or grated (I use Vitamix to chop them up)
- 1 cup oats
- 1 cup shredded coconut
- 1 cup nuts and/or seeds
- 2 tbsp rapadura sugar
- 2 tbsp coconut oil
- 1 tbsp cinnamon
- 50g butter at room temperature

Instructions:

1. Mix together all the dry ingredients in bowl (you can chop or blend up the nuts and seeds or keep them whole).
2. Chop up the butter into chunks and add to the dry ingredients with coconut oil.
3. Use your hands to rub the butter and coconut oil into the dry ingredients until well mixed.
4. Place the apples in the bottom of a ceramic or pyrex dish and top with crumble mix.
5. Bake for 30-40 minutes at 180 degrees.
6. Serve with natural yoghurt or cream.

Notes:

Gluten Free - use gluten free oats or flour.

Dairy Free - omit the butter and increase coconut oil. You can also melt coconut oil and some honey together (omit the sugar as the honey will add enough sweetness) and mix it through the dry crumble ingredients.

Nut Free - use seeds instead of nuts.

Fussy Tip - add some extra sweetness (if needed) by adding some sugar to the apple mix. Ground the nuts, seeds, coconut and oats so the mixture is finer.

Sweet & Salty Popcorn



Ingredients:

- 1 cup organic popcorn
- 2 tbsp coconut oil
- 1 tsp rapadura sugar
- 1 tsp sea salt

Instructions:

1. Melt the coconut oil in a large pan over medium heat.
2. Add the popping corn and put the lid on the saucepan.
3. Wait for the popping to start.
4. You may need to turn the heat down and give the pan a shake to ensure all the corn pops.
5. Once the corn is popped, turn off the heat and sprinkle in the sugar and salt.
6. Mix well.

Yoghurt & Blueberries



Ingredients:

- 1/2 cup organic natural yoghurt
- 2 tbsp organic frozen blueberries
- 1 tsp chia seeds

Instructions:

1. Put yoghurt into a small container and top with frozen blueberries and chia seeds.

Notes:

Dairy Free - use coconut yoghurt.

Fussy Tip - add blueberries, chia and a small amount of natural yoghurt to your child's favourite yoghurt.

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.

Chicken, Spinach Satay Wrap



Ingredients:

- 2 mountain bread
- Leftover roast chicken
- Spinach
- Grated Carrot
- Leftover satay sauce

Instructions:

1. Lay out 2 pieces of mountain bread (I find one rips too easily), spread a line of satay sauce, top with grated carrot. The satay sauce will help the carrot 'stick' in the wrap.
2. Top with chicken and spinach before wrapping.

Notes:

Gluten Free - use gluten free wraps.

Nut Free - omit the satay sauce. You can use avocado, cream cheese or mayo as an alternative.

Fussy Tip - add just a leaf of spinach ripped into smaller pieces and gradually increase over time.

Salmon Cold Rolls



Ingredients:

- Rice paper rounds
- Leftover cooked salmon
- Leftover salsa

Instructions:

1. Follow the instructions on the rice paper rounds to wrap the rolls.

Notes:

Add some satay sauce for extra flavour.

Fussy Tip - let your child choose their own fillings for their cold rolls and have a go at rolling them themselves.

Rice Crackers & Salmon Dip



Ingredients:

- 1/4 cup cream cheese
- 1 stick celery, finely chopped
- Small tin of salmon or tuna
- Parsley to taste, finely chopped

Instructions:

1. Mix all ingredients together.

Notes:

Dairy Free - use cannellini beans instead of cream cheese - use a blender to mix.

Fussy Tip - add minimal celery and parsley to begin. Start with just small amount of fish if your child isn't keen on fish.

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.

Dinner

Vegetable Stir Fry With Satay Sauce



Ingredients:

Satay Sauce:

- 1/4 cup peanut butter
- Juice a 1 lime
- Handful of coriander
- 2 cloves garlic
- 2cm fresh ginger
- 1/4 cup tamari
- 2 T honey
- 2 t sesame oil

Vegetable Stir Fry:

- 1 onion, chopped
- 2 carrots, sliced
- 4 sticks of celery, sliced
- Head of broccoli, chopped
- 2 yellow capsicum, chopped
- Handful of snow peas, sliced
- Brown rice to serve

Instructions:

1. Place all satay sauce ingredients into a food processor or high speed blender and mix for a minute or two.
2. Add coconut oil to a fry pan or wok over medium to high heat and add the onion, celery and carrot. Keep stirring as you stir fry for a couple of minutes.
3. Add the remaining vegetables and cook until vegetables are still crisp.
4. Turn off the heat, add the satay sauce and stir through.
5. Serve with cooked brown rice.

Notes:

Nut Free - use sunflower seed butter (such as Eskal Free nut butter) to replace the peanut butter.

Fussy Tip - let your child choose a couple of the vegetables to go into the stir fry. Get them involved in chopping up the vegetables and/or making the satay sauce.

Beef Casserole



Ingredients:

- 500g grassfed chuck steak, cubed
- 2 tbsp spelt flour
- 2 leeks
- 3 cloves garlic
- ¼ cup tomato paste
- 350g tomato passata
- 1 cup of beef broth or water
- 2 carrots
- 2 stalks celery
- 2-3 parsnips
- 2 bay leaves
- 10 sprigs thyme
- Olive oil or ghee for cooking
- Sweet potato to serve

Instructions:

1. Coat beef in spelt flour and shake off excess.
2. Heat olive oil or ghee in a frying pan and brown off the beef. Transfer to slow cooker.
3. In the same frying pan add onion, celery and carrot until softened. Add garlic, parsnips and tomato paste.
4. Cook for 1 minute then stir in tomato passata and broth/water.
5. Add vegetable mix to the slow cooker and add thyme and bay leaves.
6. Cook on low for 6-8 hours.
7. Remove thyme and bay leaves and season to taste and serve with mashed sweet potato.

Notes:

Gluten Free - use gluten free flour instead of spelt flour.

Fussy Tip - depending on your child's textural preference, serve them more or less of the sauce, meat and vegetable.

Fish Tacos



Ingredients:

Fish:

- 2 salmon fillets, cubed or you can use white fish if you prefer (Cook an extra salmon fillet so you have leftovers for the cold rolls for lunch)
- 2 tablespoons dill, chopped
- Juice of 1 lemon
- coconut oil for cooking

Salsa:

- 1 cup shredded cabbage
- 1 red capsicum, chopped
- 1 large avocado, chopped
- 2 T dill, chopped
- 1/2 red onion, chopped
- 2 apricots, chopped (if apricots aren't in season you can use dried apricots or another fruit such as pear or grapes)
- 1/2 t cumin
- pinch of salt

Yoghurt:

- 1/2 cup thick natural yoghurt
- 1/2 clove garlic, crushed
- 2 T dill
- Cos lettuce to serve

Instructions:

1. Marinade the fish in the dill and lemon for 5-10 minutes. Then pan fry the fish in coconut oil for a couple of minutes until cooked.
2. Mix together all salsa ingredients in one bowl and yoghurt ingredients in another.
3. Assemble 'tacos' in cos lettuce leaves, salmon, salsa, top with yoghurt wrap and enjoy.

Notes:

Dairy Free - use coconut yoghurt or leave out the yoghurt altogether.

Fussy Tip - serve the fish with vegetables your child likes in real taco shells. Encourage them to try a little bit of the salsa and yoghurt on top.

Chicken Soba Noodle Soup



Ingredients:

- 1 onion, chopped
- 4 stalks celery, sliced
- 3 cloves garlic, minced
- 2 teaspoons turmeric
- 2 inches ginger, minced
- Pinch of sea salt
- 2 cups diced pumpkin
- 3 cups left over roast chicken, chopped
- 3 cups chopped broccoli
- 1.5 litres chicken broth
- 125 grams 100% buckwheat soba noodles
- 2 tablespoons tamari
- Coriander to serve

Instructions:

1. Sauté onion, celery, garlic and ginger over medium heat for a couple of minutes.
2. Add pumpkin, turmeric and salt and cook for a couple more minutes.
3. Add broth and bring to the boil, then turn down to simmer for 15 minutes.
4. Add the chicken, broccoli, soba noodles and tamari and simmer for another 5 minutes.
5. Top with freshly chopped coriander.

Notes:

Fussy Tip - add more noodles to your child's bowl. Omit or reduce the coriander. Blend the soup if that is your child's textural preference.

Crunchy Fish & Sweet Potato Chips



Ingredients:

- Fillets of mullet, snook or snapper (approx 150g per person)
- 1 tbsp wholemeal spelt flour
- 1 tsp sweet paprika
- 2 large sweet potatoes
- 2 handfuls baby spinach
- 1 small handful parsley
- 1 cucumber or anything else green you have in the fridge
- Coconut oil
- Lemon to serve
- Salt & pepper to taste

Instructions:

1. Place a big spoonful of coconut oil and a good sprinkling of salt in a roasting tray which has been warmed up in the oven.
2. Wash sweet potatoes and cut into chip shapes.
3. Put the sweet potato chips in a roasting tray and toss with the melted coconut oil and salt. Cook for 30 minutes at 200 degrees, turning them at 15 minutes.
4. Mix together spelt flour, salt, pepper and paprika on a plate.
5. Press fish fillets in the flour mixture and pan fry in a big spoonful of coconut oil when the sweet potatoes are ready.
6. Toss together the green salad ingredients together and squeeze over some lemon juice.

7. Serve the fish with sweet potato chips and green salad.

Notes:

Gluten Free - use gluten free flour on the fish.

Fussy Tip - serve fish with tartare, mayo or tomato sauce (preferably homemade).

Lemon & Thyme Roast Chicken



Ingredients:

For The Roast Vegetables:

- 1 large butternut pumpkin
- 3 large zucchinis
- 2 red onions
- 2 red, yellow or orange capsicums
- 200g button mushrooms
- Salt and olive oil

For The Chicken:

- 2.2kg Free range chicken
- 1 lemon
- 1 small bunch thyme
- Salt, pepper and olive oil

Instructions:

1. Take chicken out of the fridge 30 minutes before cooking.
2. Preheat the oven to 180 degrees Celsius.
3. Stuff chicken with lemon and thyme. Place on a roasting tray.
4. Massage salt pepper and olive oil into the chicken and cover the breast with foil.
5. Cook for 50 minutes.
6. Chop up all the vegetables into similar sized pieces, you can leave the mushrooms whole or halve if they are big. Put into a baking tray, sprinkle with salt and a good drizzle of olive oil.

7. Remove chicken from oven and massage with more olive oil and salt.
8. Remove foil from the breast and cover the legs.
9. Turn oven up to 220 degrees, put chicken back into the oven and cook for another 20 minutes.
10. Remove chicken from the oven and add the tray of vegetables.
11. Turn the chicken upside down (being careful not to pour out the juices), cover with foil and rest for 45 minutes while the vegetables are roasting.

Notes:

Fussy Tip - serve your child their favourite part of the chicken. Kids often like parts they can eat with their fingers such as the drumsticks or wings. Put the chicken and vegetables in the middle of the table and let kids help themselves.



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