

Day 1: Chicken & Veggie Tray Bake

Ingredients

- 6 chicken thighs (bone-in, skin-on)
- 4 large potatoes, cubed
- 3 carrots, sliced
- 1 bell pepper, chopped
- 1 courgette, chopped
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt & pepper
- 1 tsp dried oregano

Method

1. Preheat oven to 200°C (400°F).
2. Toss all ingredients on a baking sheet with oil and seasoning.
3. Bake for 40 minutes, flipping halfway.

Advance Prep

- Chop all veggies in advance and store in a container in the fridge.
- Marinate the chicken with seasonings a day ahead.

Day 2: Beef & Hidden Veggie Pasta

Ingredients

- 500g lean minced beef
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 courgette, grated
- 2 carrots, grated
- 1 can chopped tomatoes
- 2 tbsp tomato paste

- 1 tsp dried basil
- 1 tsp dried oregano
- 300g whole wheat pasta

Method

1. Sauté onion and garlic, add mince and brown.
2. Stir in grated veggies, tomatoes, and herbs. Simmer for 15 minutes.
3. Cook pasta and mix with sauce.

Advance Prep

- Make the sauce ahead and store in the fridge/freezer.

Day 3: Slow Cooker Chicken Curry & Rice

Ingredients

- 4 chicken breasts, cubed
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can coconut milk
- 2 tbsp curry paste
- 1 cup frozen peas
- 2 large potatoes, cubed
- 2 cups rice

Method

1. Add all ingredients (except peas and rice) to a slow cooker.
2. Cook on low for 6 hours. Stir in peas before serving.
3. Cook rice separately.

Advance Prep

- Chop chicken, onions, and potatoes in advance.

Day 4: Turkey Meatballs with Mash & Green Beans

Ingredients

- 500g turkey mince
- 1 egg
- ½ cup breadcrumbs
- 1 tsp garlic powder
- 1 tsp dried oregano
- 3 large potatoes, peeled and chopped
- 200g green beans

Method

1. Mix turkey, egg, breadcrumbs, and seasoning. Shape into meatballs.
2. Bake at 200°C for 20 minutes.
3. Boil potatoes, mash with butter. Steam green beans.

Advance Prep

- Make meatballs in advance and freeze.

Day 5: Sheet Pan Salmon with Rice & Broccoli

Ingredients

- 4 salmon fillets
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tsp garlic powder
- 2 cups cooked rice
- 1 head broccoli, cut into florets

Method

1. Marinate salmon in soy sauce, honey, and garlic.
2. Bake at 180°C (350°F) for 15 minutes.
3. Steam broccoli and serve with rice.

Advance Prep

- Marinate salmon in the morning.

Day 6: Veggie Stir Fry with Egg Noodles

Ingredients

- 2 carrots, sliced
- 1 bell pepper, sliced
- 1 cup frozen peas
- 1 cup mushrooms, sliced
- 2 packs egg noodles
- 2 tbsp soy sauce
- 1 tbsp sesame oil

Method

1. Stir-fry veggies in sesame oil.
2. Add cooked noodles and soy sauce.

Advance Prep

- Chop all veggies in advance.

Day 7: Baked Potato Bar (Customizable for Kids)

Ingredients

- 6 large potatoes
- 1 can baked beans



- 1 cup grated cheese
- 1 cup shredded cooked chicken
- 1 cup steamed broccoli

Method

1. Bake potatoes at 200°C (400°F) for 1 hour.
2. Set out toppings and let everyone build their own.

Advance Prep

- Pre-cook and shred chicken.
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Shopping List

Protein

- ✓ 6 chicken thighs
- ✓ 4 chicken breasts
- ✓ 500g lean beef mince
- ✓ 500g turkey mince
- ✓ 4 salmon fillets
- ✓ 1 cup shredded cooked chicken

Vegetables

- ✓ 6 large potatoes
- ✓ 3 carrots
- ✓ 2 courgettes
- ✓ 2 bell peppers
- ✓ 1 onion
- ✓ 1 head broccoli
- ✓ 1 cup frozen peas
- ✓ 1 cup mushrooms
- ✓ 200g green beans

Pantry

- ✓ 1 can chopped tomatoes
- ✓ 1 can coconut milk
- ✓ 1 can baked beans
- ✓ 2 tbsp tomato paste
- ✓ 2 tbsp curry paste
- ✓ 2 tbsp soy sauce
- ✓ 1 tbsp honey
- ✓ 1 tbsp sesame oil
- ✓ ½ cup breadcrumbs
- ✓ 2 cups rice
- ✓ 2 packs egg noodles

Dairy

- ✓ 1 egg
- ✓ 1 cup grated cheese
- ✓ Butter