



# 1 week meal plan

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Jo Kate Nutrition





Welcome to my one week meal plan – I have created this just for you to have some more inspiration in the kitchen for the warmer months. These recipes have been designed with busy families in mind and will provide you with a variety of nourishing and delicious foods. I have also listed dietary swaps for each recipe if your family experiences food allergies or intolerances. You will also notice that there are some repeated meals, because as I always say... "cook once, eat twice!"

I would love to hear what you think and what meals your family enjoys the most. Tag me over on instagram @jokate\_nutrition and I will share the love. Also, stay tuned, I have a very practical new product coming out soon that will teach you life long skills for nourishing your family!

Happy cooking

*Jo xx*



# meal plan

## ***Monday***

PB Banana Smoothie

Frittata muffins

Japanese Poke Bowl

## ***Tuesday***

Greek/coconut yoghurt with seasonal fruit, raw honey & walnuts

Mountain Bread wrap with hummus & salad

Chicken Tray Bake

## ***Wednesday***

Egg & bacon cups

Veggie Loaded Sausage Rolls

Mexican Bowls

## ***Thursday***

Mango Green Smoothie

Frittata Muffins

Satay Chicken Skewers with greens

## ***Friday***

Egg & Bacon Cups

Veggie Loaded Sausage Rolls

Fish & Chips

## ***Saturday***

Avo toast

Quesadillas

Roast chicken & veggies

## ***Sunday***

Pancakes

Chicken & salad Mountain Bread wrap (with leftover roast chicken)

Lamb Biryani





# Smoothies

## **PB Banana Smoothie**

GF/DF/VEG/V

Serves 1 adult or 2 kids

- 1 frozen banana
- 1 cup ice
- 1.5 cup almond milk (or milk of choice)
- 1 tbsp chia seeds
- 1 tbsp peanut butter
- 2 tbsp kefir or Greek/coconut yoghurt
- 1 serve vanilla or chocolate protein powder (optional)

Place all of the ingredients into a blender or nutribullet and blend until smooth.

### ***Dietary swaps:***

Peanut allergy: swap for almond butter

## **Mango Green Smoothie**

GF/DF/VEG/V

Serves 1 adult or 2 kids

- 140g frozen mango
- 2 cups spinach leaves
- 1/4 avocado
- 1 tbsp chia seeds
- 2 tbsp kefir or Greek/coconut yoghurt
- 1 serve protein powder (optional)
- 1.5 cups almond milk

Place all of the ingredients into a blender or nutribullet and blend until smooth





# Egg & Bacon Cups

## **Egg & Bacon Cups**

GF/DF

Serves 6

12 eggs

12 rashers nitrate free pork or turkey bacon

Coconut oil for greasing

Preheat oven to 200 degrees

Grease a 12 hole muffin tin with some coconut oil, butter or ghee and wrap the bacon around each one. Crack in an egg and bake for 12-15 minutes or until bacon and eggs are cooked.

Serve on their own or with sauted spinach, mushrooms and avocado.

### ***Dietary swaps:***

Vegetarian: swap the bacon for Mountain Bread or spinach leaves





# Avo Toast

## **Avocado Toast**

GF/DF/VEG/V

Serves 1

2 slices sourdough bread  
(either wholemeal, spelt or rye or GF bread)  
1/2 avocado  
1 tomato  
1 tbsp hemp seeds  
1 tbsp goats cheese, feta or cashew cheese  
Squeeze lemon juice  
Chilli flakes (optional)  
Salt & pepper

Toast the sourdough bread

Mash the avocado in a bowl with a squeeze of lemon juice.

Place onto the toast and top with the tomato, cheese, hemp seeds, chilli flakes and salt and pepper.

### ***Dietary swaps:***

Gluten free: use a good quality gluten free bread or paleo based bread

Dairy free/vegan: use cashew cheese





# Pancakes

## Pancakes

GF/DF/VEG

Serves 10-12 (depending on size made)

- 1 cup tapioca flour
- 2 cups buckwheat flour
- 3 cups milk of choice (I suggest Almond Quench)
- 6 tsp baking powder
- 6 eggs
- 2 tbsp hemp or chia seeds
- 6 tbsp protein vanilla powder (optional)

Simply add all of the ingredients into a blender and blitz to combine (or you can mix in a bowl with a whisk).

Heat some ghee, coconut oil or butter in a frypan and cook the pancakes to your liking (they also make a great pikelet for kids lunchboxes!)

Store in a glass bottle in the fridge for up to 4 days.

Serve with pure maple syrup, raw honey, nut butter, chia jam, cinnamon etc, Greek or coconut yoghurt and seasonal fruit: such as caramelised banana, berries, poached pears, fresh mango.

### ***Dietary swaps:***

Dairy free: use a plant based milk, such as oat, coconut or almond and serve with coconut yoghurt

Vegan: use a plant based milk and substitute with four "chia eggs" (simply mix 1 tbsp chia seeds with 2.5 tbsp water until it thickens to replace 1 egg)





# Frittata Muffins

## Frittata Muffins

GF/VEG

Serves 3-4

8 eggs

1/4 cup milk of choice

1/2 cup cheese (feta, goat's, parmesan, cheddar etc)

Choice of vegetables:

- Zucchini & tomato
- Broccoli & feta
- Tomato, spinach & basil
- Roasted Pumpkin & spinach
- Roasted beetroot & feta
- Mushroom & leek

Preheat oven to 200 degrees.

Whisk eggs in a bowl and add the milk and some salt and pepper.

Add your choice of vegetable and cheese and mix.

Pour into muffin cases and cook for 20-25 minutes.





# Japanese Poke Bowl

## Japanese Poke Bowl

GF/DF/VEG

Serves 1

- 1/2 cup edamame
- 3/4 cooked brown rice
- 60g smoked salmon
- 1/3 cucumber, peeled into ribbons
- 1/2 avocado
- 1 radish, thinly sliced
- 1 tbsp soy sauce
- 1 tbsp sesame seeds
- 1 sheet nori

In a bowl, place the cooked rice and soy sauce and combine.

Add to a bowl with the salmon, edamame, radish, cucumber, avocado and top with the sesame seeds and nori.

For additional flavour and zing, add in some pickled ginger and wasabi. Makes 1 serve

### ***Dietary Tips:***

Vegan: Swap the salmon for 100g tofu or tempeh





# Chicken Tray Bake

## Chicken Tray Bake

GF/DF

Serves 4-6

8x organic chicken thighs  
2x leeks, thinly sliced  
1 medium sweet potato, diced into 1cm cubes  
1 cup spinach, chopped  
2 sprigs rosemary  
2 sprigs thyme  
400g lentils (either dried or canned, soak and cook the dried ones first)  
1 cup bone broth or stock  
Salt and pepper to taste

Preheat oven to 200 C.


In a frypan, brown off the chicken on both sides and add to a large baking dish. In the same pan, cook the leeks until soft. Add to the baking dish along with the lentils, spinach, sweet potato, herbs and bone broth. Place in the oven and bake for 15-20 minutes or until the chicken and sweet potato is cooked through.

Serve with a fresh salad or on its own.

### **Dietary swaps:**

Vegan/vegetarian: omit the chicken and add an extra can of lentils





# Veggie Loaded Sausage Rolls

## Veggie Loaded Sausage Rolls

GF/DF

Serves 6-8

250g organic beef mince  
1 tin brown lentils, drained and rinsed  
2 zucchini  
2 carrots  
1 onion  
1/2 cup quinoa flakes or oats  
1 egg  
Fresh herbs: basil, oregano, thyme etc  
Salt and pepper

Pastry: opt for a butter puff as it avoids nasty vegetable oils. There are spelt and gluten free pastry options available at most health food stores.

Place all of the vegetables in a blender with the garlic and blitz until finely chopped. Add the mince, lentils, egg, quinoa flakes, herbs, salt and pepper and blend until combined.

Place on the defrosted pastry sheet in a line down the centre and roll the sides. Brush with some whisked egg or milk and cook in a preheated oven (200 C) for about 20 minutes. If you are left with of the filling, freeze it for a later use.

If the under side of the pastry is soggy, flip them over and cook for a further 10 minutes.

### **Dietary swaps:**

Vegan: swap the mince for more lentils and remove the egg and use 1 chia egg





# Mexican Beans

## **Mexican Beans**

GF/DF/VEG/V

Serves 8

- 1 tin tomatoes
- 2 tins red kidney or black beans
- 1 can corn, drained and rinsed
- 2 tbsp onion powder
- 2 tbsp garlic powder
- 1 tbsp oregano
- 4 tbsp paprika
- 4 tbsp cumin
- Salt and pepper to taste
- 1/2 cup water

Drain and rinse the beans and corn. Add spices and stir to combine. Add the tin of tomatoes, corn, water and drained and rinsed kidney beans and simmer for 20 minutes.

Serve with corn chips, tacos or rice with grated cheese, grated carrot, spinach leaves, diced cucumbers, tomato, or any other salad ingredient, guacamole and sour cream.





# Quesadillas

## **Mexican Beans**

GF/DF/VEG/V

Leftover Mexican Beans

Roasted sweet potato

Corn tortillas

Cheese

Choice of salad ingredient for serving

Guacamole to serve

Place the sweet potato into a preheated oven and roast until caramelised. When the sweet potato is cooked, add it into the bean mix. To assemble, place a tortilla into a dry frypan. Place the bean mixture along half of the tortilla and top with grated cheese. Fold over the other side to make a half moon. Cook the bottom side of the tortilla until golden and carefully flip over and cook the other side.

Cut into triangles and serve with avocado, salsa, coriander and lime as well as a side salad.





# Satay Skewers

## Chicken Satay Skewers

GF/DF

Serves 6

3x chicken breasts sliced thinly or diced  
Skewers, soaked in water  
2 tsp turmeric powder  
1/2 cup natural peanut butter  
1/2 honey  
2 tsp wholegrain mustard  
1 onion, diced  
2 cloves garlic  
1/2 cup bone broth or vegetable stock  
2 tsp curry powder  
2 dash Tabasco sauce  
Choice of greens: Bok Choy, Pak Choy, broccoli, broccolini, beans etc

Chop the chicken, season with salt & pepper and turmeric and add to the skewers. Cook and set aside to keep warm.

Add the onion and garlic to a pan with a little oil and cook until soft. Add the mustard, curry powder, Tabasco, and stock and bring to a simmer. Reduce until the sauce has thickened.

Stirfry the greens and serve with the skewers and satay sauce. Add steamed rice if desired.

### **Dietary swaps:**

Vegan: swap the chicken for tofu and use pure maple syrup instead of the honey





# Fish & chips

## Healthy Fish & Chips

GF/DF/VEG

Your choice of fish: salmon, barramundi etc. or for a store bought option, Jamie Oliver has a good Fish Finger range available from Woolworths

Butter

1x lemon

1 large Sweet potato

2 sprigs rosemary, finely chopped

1 tsp chilli flakes (optional)

1 tbsp cumin

Olive oil

Salt & pepper

Choice of salad/veggies to serve

Guacamole to serve


Preheat oven to 200 C.

Peel and chop the sweet potato into wedges or rounds. Add to a bowl and pour 1 tbsp olive oil, the rosemary, cumin, chilli (if using) and salt and pepper. Toss to combine and place onto a baking tray lined with baking paper. Bake for 30-40 minutes or until cooked through.

Melt 1 tbsp butter into a fry pan and add the juice of 1 lemon. Cook the fish for approx 2-3 minutes each side, depending on thickness.

Serve with a side of salad or steamed vegetables and fresh lemon.





# Lamb Biryani

## Lamb Biryani

GF/DF

Serves 8

1kg lamb mince  
300g pumpkin, peeled and diced  
6 garlic cloves  
2 onions, diced  
5cm piece of ginger, peeled and grated  
3 cups brown basmati rice  
1.5L stock or broth  
2/3 cup sultanas  
3 tbsp madras spice mix (you can buy from the supermarket or make your own blend)  
1 head broccoli, cut into florets  
Fresh coriander to serve  
2/3 cup almonds  
Greek yoghurt to serve

Heat some olive oil in a pan and add in the mince, onion, garlic, and ginger. Cook until the mince is browned and onions are cooked. Add the spice mix and rice and stir for 1 minute.

Add the stock, sultanas, pumpkin, broccoli and cook until the stock evaporates and the rice is cooked.

Serve with a drizzle of Greek yoghurt, some chopped almonds and coriander.

### **Dietary swaps:**

Vegetarian/vegan: swap the lamb for lentils and the Greek yoghurt for coconut yoghurt





# Jo Kate Nutrition

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kitchen