

The Busy Mum's

7 Day dinner planner

Fast, nutritious meals for the whole family



Foreword

Hi there!

I've created this e-book especially for busy mums, and it includes 7 of my go-to recipes for days that I don't have the time (or the inclination) to spend hours in the kitchen. I've just got better things to do. So each of these meals can be prepared and cooked in UNDER 30 MINUTES. Winning!

When it comes to cooking healthy, nutritious food for my family, I am very big on making substitutions. See something you don't like included in a recipe? Swap it out for something you DO like. See something included in a recipe that you don't have - spare the trip to the shops and use something that you DO have in the fridge.

Animal proteins are generally easy swaps, just try to stick to a serve of approximately 100g per person, and ensure they are lean ie. No visible fat. For vegetarians and vegans, I suggest replacing an animal protein with a mixture of a lentil or bean, seeds or nuts, or grains. If you include two of these three groups in your meal, you will obtain complete proteins from your meal - this is referred to as protein combining.

When it comes to cooking, I believe simplicity is key. Too many ingredients or preparation steps in a recipe and I baulk. When you are using fresh whole foods, including herbs and spices, you don't need to add a whole lot of sauces or obscure ingredients to obtain fantastic flavour. And if you have been using lots of sauces or eating lots of processed foods prior to using this meal planner, allow yourself (and your taste buds) at least a week to reset. I promise your sense of taste will become so much sharper after you move to a wholefood based diet!

If I can cook a double quantity of something I enjoy, I will. If I can freeze it for future use then great. If it's not freezable, then there is my lunch or dinner sorted for the next day. I just love easy. So if you stumble across a recipe you love, don't feel you can't make it again at the expense of another recipe that doesn't tickle your fancy - eating healthy food will only become a long term lifestyle change if you enjoy it.

My final tip is to make a big salad with fresh ingredients and use it over several meals to save time. I just add a different protein and may dress my individual serving with olive oil and lemon juice, or apple cider vinegar, or balsamic vinegar (just don't dress the refrigerated salad as this will spoil ingredients faster).

I am for as much colour in my ingredients as possible to obtain the widest variation of vitamins and minerals. As they say, variety is the spice of life!

Enjoy! Kimberley x

Shopping List

3 zucchinis
300g Brussels sprouts
2 cups snow peas
6 red onions
5 cloves garlic
750g cherry tomatoes
2 lemons
3 mangoes
2 avocados
1 small cucumber
1 lime
400g mixed salad leaves
1 red cabbage
1 small yellow capsicum
2 bunch broccolini
225g can baby beets
2 carrots
1 small cucumber
2 chili's or dried chili flakes
1 red capsicum
4 cup mushrooms
1 pomegranate
1kg cauliflower
100g bean sprouts
1½ bunch coriander
Handful basil
Fresh or dried oregano
Fresh or dried thyme
Fresh or dried ground ginger
Dried paprika
Dried ground cumin
Dried turmeric
Dried ground cinnamon
Dried ground coriander
Pepitas
Salt
Pepper
1 Jar baby capers
Extra virgin olive oil
Sesame oil
¼ cup raw cashews
240g brown rice or quinoa
300g dry linguine
3 tsp salt reduced soy sauce
2 tsp honey
3 eggs
1 block butter
1/3 cup soft goat cheese (chevre)
200g full fat Greek yoghurt
15g Parmesan cheese
200g green prawns
4 x 100g pork fillets
100g pancetta, or bacon
4 x 100g salmon steaks
4 x 100g kangaroo steaks

Recipes

Sardine, Prawn and chili linguine with Brussels sprouts (serves 4)

300g dry linguine, or 3 zucchini (spiralised)
300g Brussels sprouts trimmed and diced
1 tin sardines in olive oil
200g green prawns (shelled, leave tails on if desired)
1 onion, diced
2 cloves garlic, crushed
250g cherry tomatoes, halved
Handful basil
1 Tbsp baby capers
2 Tbsp extra virgin olive oil
2 Tsp dried chili flakes, to taste



Cook linguine as per packet instructions. Set aside.

Heat 1 Tbsp oil in a large fry pan over medium heat. Add Brussels sprouts & onions, cook until softened. Remove from pan. Add further 1Tbsp oil, add garlic and prawns and cook through. Add tinned sardines. Return Brussels sprouts and onion to pan to heat. Add cooked linguine, cherry tomatoes, capers and basil and stir through. Remove from heat. Add chili to serve.

SUBSTITUTION SUGGESTIONS

SEAFOOD OPTIONS - If you don't like sardines, substitute with 100g mussels, or a 100g salmon steak cubed into bite sized pieces*

MEAT - Replace sardines and prawns with diced chicken and pancetta

VEGETARIAN - Replace sardines and prawns with roast pumpkin and pine nuts

Recipes

Mango Salsa (serves 4)

3 mangoes, flesh diced
1 avocado, flesh diced
1 small red onion, diced
1 small cucumber, diced
½ bunch coriander, diced
1 lime, juiced
1 chili, diced (if desired)
1 red capsicum, diced
10 cherry or grape tomatoes, halved

Mix all ingredients together
in a bowl and serve!



* SERVING SUGGESTIONS*

MEAT- Grill 100g chicken or pork per person

SEAFOOD- My favourite way to serve this is with grilled John Dory fillets. Allow for a 100g fillet per person, grilled in a little butter. Equally good with grilled salmon fillets.

VEGETARIAN - Turn this into a supercharged salad with chickpeas, cooked quinoa, and pepitas

Recipes

Spiced Salmon with rainbow salad

4 x 100g salmon steaks
1 tsp butter
1 tsp paprika
1 tsp ground cumin
1 tsp turmeric
1 tsp ground ginger
1 tsp ground cinnamon
1 tsp salt
1 tsp pepper
1 tsp ground coriander

400g mixed salad leaves
250g tomatoes, diced
1 onion, diced
1/8 head red cabbage, shredded
1 small yellow capsicum, diced
1 avocado, flesh diced
1 x 225g baby beets, diced
1 carrot, grated
1 small cucumber, sliced
1/4 cup pepitas
1/4 pomegranate



Mix paprika, cumin, turmeric, cinnamon, salt, pepper and coriander and rub on Salmon (flesh side).

Heat butter in a large non-stick fry pan on medium-high heat. Add salmon skin down, cook for 3 minutes or until skin is crispy. Reduce heat to medium, turn salmon, and continue to cook for a further 2-3 minutes, until cooked and just pink in the middle.

Assemble salad, drizzle with olive oil and lemon juice, and serve!

***TIP** - don't get hung up on ensuring you have the same ingredients for your salad. Raid the fridge, just try to use as many colours as possible *

SUBSTITUTION TIP - Replace the salmon with any other protein, aim for 100g per person as a guide. I opt for lean minute beef or pork steaks to minimize cooking time.

VEGETARIANS - replace salmon with a jacket sweet potato - slice down the middle, season as above and roast!

Recipes

Cauliflower Pizza (serves 4)

1kg cauliflower, trimmed and diced
1 egg, beaten
1/3 cup soft goat cheese (chevre)
1 teaspoon dried oregano
Pinch of salt

Preheat oven to 180 degrees.
Pulse batches of raw cauliflower florets in a food processor, until it becomes a rice-like texture.

Fill a large pot with water, add the cauliflower and bring to the boil. Cook for 5 minutes, drain, then transfer to a clean thin dishtowel. Allow to cool slightly, then wrap the rice in the towel and squeeze out the excess moisture.



In a large bowl, mix up the strained cauliflower, beaten egg, goat cheese and spices. Press the dough out into baking sheet lined with parchment paper, keeping it about 1/3" thick. Bake for 35-40 minutes. Add your toppings, return to the oven for 5-10 minutes and serve.

SUGGESTED TOPPINGS:

- Tomato paste base with onion, mushroom, capsicum and a light sprinkle of grated cheese
- Tomato paste base, spiced lamb with a drizzle of Greek yogurt
- Tomato paste base with capsicum, onion and garlic prawns

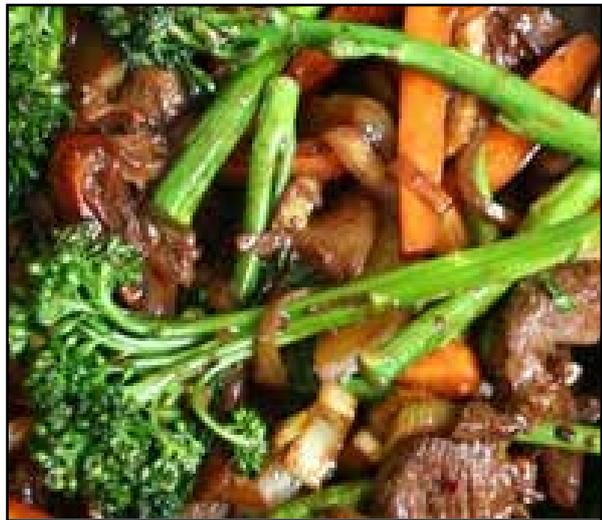
TIP: You can freeze pizzas once created (before cooking). Wrap in glad-wrap and aim to use within a week or so. Simply remove from the freezer and cook in a moderate oven for 10-15 minutes (until cooked through).

TIME SAVER OPTION: Use wholemeal flatbread or a wrap as a base if you are really short on time!

Recipes

Kangaroo & Vegetable stir-fry (serves 4)

4 x 100g kangaroo steaks, cut into strips
1 Tbsp lemon juice
1 tsp ground black pepper
2 Tbsp olive oil
2 Tsp fresh or dried thyme
1 onion, diced
1 clove garlic, crushed
1 bunch broccolini, chopped
1 cup snow peas
¼ cup raw cashews
1 chili, sliced (if desired)
240g brown rice or quinoa



Marinate Kangaroo in lemon juice, pepper, 1 Tbsp olive oil, garlic, thyme and pepper overnight.

Cook brown rice or quinoa as per packet instructions.

Heat 1 Tbsp olive oil in a large fry pan on medium heat. Add the onion and cook until soft. Add Kangaroo & all marinade, and cook for 2 minutes. Add snow peas, cashews & broccolini and cook for a further minute. Top with cashews and chili and serve.

SUBSTITUTION SUGGESTIONS: Kangaroo is an amazing lean source of protein, but you could replace it with any protein - lean beef, chicken breast, lean pork, white fish fillets or salmon fillets. Make sure you do not overcook Kangaroo, it has minimal fat and can become tough if overcooked.

VEGETARIAN: Remove animal protein and add chickpeas and white beans for a complete protein hit.

Recipes

Zucchini Carbonara (serves 4)

3 zucchinis, spiralised
1 Tsp olive oil
2 large eggs
100g pancetta, or bacon
(trimmed of fat)
1 red onion sliced
4 cup mushrooms, sliced
200g full fat Greek yoghurt
1 clove garlic, crushed
15g Parmesan cheese
1 lemon, juiced
Pepper to season



Boil zucchini spirals in a large saucepan with water, for approximately 5 minutes. Once cooked drain and set aside.

In a large fry pan heat oil on high heat, add bacon or pancetta and onion, cooking until soft before adding garlic and mushrooms. Reduce heat to medium and cook for a further 2 minutes.

In a separate bowl, mix yoghurt and lemon juice, and season with pepper. Add to fry pan and reduce heat. Cook on low heat for a further 2 minutes. Remove from heat before adding zucchini noodles to fry pan, stir through sauce mixture and serve with a little of the Parmesan on top.

SERVING SUGGESTION: You can replace the zucchini noodles (zoodles) with linguine or spaghetti. Opt for wholemeal pasta where possible and follow packet instructions to cook.

Recipes

Vietnamese style pork (serves 4)

4 x 100g pork fillet, trimmed of fat
1 Tsp olive oil
1 large carrot, thinly sliced
1 red onion sliced
100g bean sprouts
100g snow peas, sliced
½ red cabbage
finely shredded
1 bunch coriander, chopped
1 Tbsp shredded ginger
3 tsp sesame oil
3 tsp salt reduced soy sauce
1 garlic clove, crushed
2 tsp honey



Heat oil in a large fry pan over medium heat. Add pork fillets and cook 6 minutes one side and 2 minutes on the second side (or to your liking). Set aside to rest.

Combine carrot, cabbage, onion, snow peas in a bowl. Combine ginger, sesame oil, soy sauce, garlic and honey in a separate bowl. Whisk, then add to the cabbage mixture. Add pork, sliced thinly. Stir through. Dress with bean sprouts and coriander.

SUBSTITUTION SUGGESTION: You could substitute pork with chicken or turkey breast (100g per person).

Disclaimer

This meal planner does not intend to diagnose or treat, and is provided as a general reference source only.

If you have specific dietary requirements or chronic health conditions, please book a consultation where an eating plan can be devised to suit your unique situation.

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