



*7 Day  
Family  
Plant Based  
Meal Plan*

*With Rebecca Kate*

# *Welcome & Thank You For Being Here!*



*I'm Rebecca Kate, a mother, a holistic nutritionist, medical intuitive and light worker. I'm a lover of food and all things natural which includes healing everything as naturally as I can.*

*I'd love for you to join me in preparing beautiful, healthy food for you and your family over the next 7 days and hopefully instil some amazing habits to carry you through for a lifetime.*

*This meal plan is for educational purposes only, general advice is given so please seek advice from your health practitioner on more specific matters. Alternatively if you would like to work with me to receive a more specialised treatment plan then please get in contact at - [rebecca@intuitivehealthandwellness.com](mailto:rebecca@intuitivehealthandwellness.com)*

*Thank you.*

This meal plan has been developed out of pure love to help parents and children live their best lives. Living a life where you can thrive instead of just survive, I believe everything is possible! I've decided to put this meal plan together because I always found at the end of a long day I was tired and lacked the energy to come up with something to cook for dinner. I always look for something balanced, healthy and ticks all the boxes for my toddler but it just all ended up being too hard and we would either have left overs or something quite boring (think toast for dinner!)

I found prepping my weekly meals set me up for success, I would prepare some basics on the weekend so I had the base of most meals ready to go. Most meals would only take half the time to put together on the day leaving more time to do other things or to just enjoy more time with my daughter.

This meal plan focuses on true health, all plant based and balanced meals for the whole family. Everything is gluten and dairy free and most meals are nut free. Each recipe is for 2 servings, if you're a family of 4, just double the recipe, family of 6, just triple the recipe and so on.

Some meals will have extra so you can use these as leftovers for lunch. I have only included recipes for 5 dinners and meal ideas for the breakfasts and lunches. There is also 3 snack recipes to batch cook at the start of the week.

I wish you all the best on your 7 day journey into better health and I'd love to know how you went, email me at [rebecca@kidscreative.kitchen](mailto:rebecca@kidscreative.kitchen) or message me on our facebook page [@kidscreativekitchen](https://www.facebook.com/kidscreativekitchen), while you're there make sure you give us a like

Yours in health,  
Rebecca

On a side-note - If you loved this meal plan and would like to get more meal plans and join me for a live, weekly, online Sunday session of meal prepping then check out our membership plan at this link [kidscreative.kitchen](https://kidscreative.kitchen)





# PLANT BASED FAMILY MEAL PLAN

## \*DINNERS\*

The main meals that we are focusing on through the 7 days will be the dinners, I have included 5 dinners and left the weekend free to choose your own dinners. I have of course included some ideas for you. I have also added some ideas for breakfast, lunch and snacks. The prep below will help you organise your week and what to batch cook on your saturday or sunday prep day.

MON

### COCONUT CHICKPEA CURRY

**Breakfast:** Oats & chopped apple with plant based milk.

**Lunch:** Quinoa salad

**Snack:** Fruit Salad Kabobs

TUE

### BROWN RICE & CARROT POTATO CAKES WITH SALAD

**Breakfast:** Chia Pudding

**Lunch:** Leftover Chickpea Curry

**Snack:** Coconut Lemon Bliss Balls

WED

### ONE PAN ROAST VEGETABLE DINNER

**Breakfast:** Overnight Oats with Berries

**Lunch:** Left Over Potato Cakes & Salad

**Snack:** Cinnamon Apple Slice

THU

### VIETNAMESE RICE NOODLE SALAD

**Breakfast:** Smoothie

**Lunch:** Left Over Roast Vegetables

**Snack:** Big Bowl of Fruit Salad

FRI

### VEGAN TOFU POKE BOWL

**Breakfast:** Choc Chia Pudding

**Lunch:** Left Over Rice Noodle Salad

**Snack:** Coconut Lemon Bliss Balls

SAT  
&  
SUN

### OPTIONS FOR THE WEEKEND

- **Brown Rice Salad / Quinoa Salad**
- **Roast Vegetables / Veggie Sticks**
- **Fried Rice / Buddha Bowl / Taco Bowl**
- **Smoothies / Nana Ice cream**
- **Chia Pudding / Overnight Oats**
- **Homemade Fries with Salad**
- **Homemade Guac & Hummos**

# Meal Prep

## SUNDAY

- **Prepare a batch of brown rice and quinoa for Potato Cakes / Coconut Curry**

Usually place 1-2 serves in a ziplock bag and make the bag flat so you can stack a bunch of them in the freezer easily then just pull out 1 or 2 bags when you need them. If you make too much don't worry, you can freeze them for a few months without issue so feel free to make extra for other recipes. If you would rather a different rice for the curry use basmati.

- **Make up smoothie bags**

One serving per bag, make enough for everyone's breakfast on Thursday and more serves if you'd like to have them as snacks throughout the week.

- **Chop up your fruits for your fruit kabobs**

The choice is all yours, make them into a plate of rainbows to entice the kids, make sure you include them with this one, it's super easy and lots of fun to make.

- **Prepare quinoa salad for Monday lunch**

Add whatever ingredients you would like in your quinoa salad such as capsicum, tomato, avocado, olives, cucumber, corn or peas, whatever you like, this salad is super easy! Then top with some lemon and coconut oil or avocado oil as a dressing or you could even try some balsamic vinegar.

- **Steam potatoes for Tuesday's dinner**

The potatoes are better for you when they have been cooked and then cooled, the fibre is really great for your gut. You can mash them now or wait until Tuesday's dinner.

- **Make up a batch of Coconut lemon bliss balls**

These are amazingly easy to make and a good one for the kids to do, they may need help with the lemon rind but they will love getting their hands messy to roll them into balls.

## MONDAY

- **Make morning porridge**

- **Make up chia puddings for Tuesday's breakfast**

## TUESDAY

- **Make up overnight oats for Wednesday's breakfast**

- **Chop up all your vegetables for your roast dinner for Wednesday**

make extra for any salads later through the week

## WEDNESDAY

- **Make a batch of cinnamon apple slice (no bake)**

This is another great one for the kids to get into, it gets sticky but lots of fun.

- **Roast Veggies for dinner and other recipes**

You may need to roast two lots here, depending on what your plan is for your weekend meals.

## THURSDAY

- **Cut up fruits for the big bowl of fruit salad snack**

- **Make up choc chia puddings for Friday's breakfast**

(this doesn't have to be overnight, takes around 20 minutes to set)

- **Prepare vegetables for dinner**

## FRIDAY

- **Prepare & cook ingredients for poke bowls**

- **Organise your weekend meals** ( you could just make meals that you liked during the week again or maybe you go out on the weekends or grab a healthy takeaway, the choice is yours.

# Shopping List

## FRUITS & VEGETABLES

- 1 Brown onion
- 6cm Fresh ginger
- 10 Garlic cloves
- 1 head of cauliflower
- 1 can chickpeas (or more if you're a fan)
- Frozen peas
- Spinach - 2+ bags (smoothies, salad and curry)
- Lemons for fresh lemon juice ( about 6)
- 2+ cups of large medjool dates (smoothies and slices)
- 3/4 cup dried apple
- Your choice of fruits for fruit salad
- Your choice of vegetables for roast vegetable dinner (check recipe sheet for ideas)
- Bunch of green shallots
- 3 limes
- 3 kaffir lime leaves
- 3 cucumbers
- Coriander
- Mint
- Vietnamese mint
- Fresh chillies for garnish
- Smoothie ingredients - Bananas, Berries, spinach or kale for green smoothies, any other fruit you'd like to add.

## CONDIMENTS, SAUCES, SPICES

- Coconut oil
- Maple syrup
- Vegan yellow curry paste
- 1 can 440ml coconut milk
- 1 can 440ml coconut cream
- Turmeric powder
- Gluten free soy sauce
- Coconut milk
- 2 cartons of plant based milk (smoothies, oats and chia seeds)
- Brown rice syrup
- 1/2 cup cashew butter
- Vanilla extract
- Cinnamon
- Pickled carrots and daikon if you don't want to do yourself (if you do add carrots & daikon to your list)
- White vinegar or rice vinegar
- Fried shallots for garnish (optional)
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## STAPLES

- Brown rice
- Basmati rice
- Quinoa
- Gluten Free Oats (if you need GF)
- Chia Seeds
- 1 cup desiccated coconut
- 3/4 cup almond meal
- 1/2 cup raw cashews
- 1/4 cup ground flaxseed
- 1 1/2 cup puffed rice
- 1 cup of rolled oats or quinoa flakes for GF
- 100g Gluten free rice vermicelli noodles
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## PROTEIN

- 2 x 400g Tofu (organic non GMO)
- Black beans & Kidney beans for Buddha and taco bowls (optional)
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## MISC

- ???

*Please note all meals are plant based, gluten & dairy free as well as peanut free (there is optional peanuts in once recipe)  
Every meal has been developed for families and children to prepare & cook from ages 5 up. They have been tried and tested and every recipe has got the tick of approval from many different children so get them all in the kitchen helping.  
Each recipe has the amount of servings it produces, please double or divide the recipe to suit the number of portions you would like. Keep in mind to make extras for left overs the next day if you need.*

# Some Notes For the Week

- If you aren't able to do all the prep on the week prior, that's ok, it just means you can spread it out over the week. Prepping on the weekend will set you up for success and will stop the "what should I have for dinner?" questions coming through the week.
- Having extra rice in the freezer means you can easily whip up a last minute dinner like fried rice or a veggie stirfry with rice. Other items that keep for a long period of time and are really useful are non-bake slices and bliss balls. They are super easy to make, they keep for a while, and really easy to grab out of the freezer in the morning and they'll be ready by morning tea at school or at home.
- It's ok to not **have** everything organised, we don't have super powers, although sometimes I like to think I do :) , we are doing our best with the time we have. If you go off the plan, that's fine, just jump back on, on the next meal, don't make a big deal of it and don't have the "all or nothing" attitude otherwise you'll throw the whole thing in! Just make it a silly moment you had, not a silly day or a silly week which then can turn into a silly month or year. Just let the moment pass, feel into why you decided to go with something else, check if it's something deeper you need to work on, if not then just let it go. Move on.
- Please include your beautiful children as much as you can, trust me they love the kitchen and helping! They will surprise you once they have built up some confidence. You know your children, so give them some easy tasks to do to start with and then build up their skill set until they are doing things all by themselves. All these recipes I use with my kids cooking classes and the kids just love them. This is another way to fill your child's cup, they love doing things with you one on one, it makes them feel special and loved even though sometimes they don't show it. Hang in there, be consistent, make a day where it's family cooking day and you'll make beautiful memories for life.

## Coconut Chickpea & Cauliflower Curry

Vegan • DF • GF • Serves 4

### Ingredients

- 2 tablespoons coconut oil
- 1 Brown onion diced
- 2 tablespoons ginger grated
- 4 garlic cloves crushed
- Vegan yellow curry paste - 1 tbsp for mild or up to 3/4 for spicy.
- 1 Can of coconut milk
- 1/2 can coconut cream
- 1 tsp turmeric
- 1 tbsps. maple syrup
- 2 tbsps. gluten free soy sauce
- 2 cups cauliflower cut into small florets
- 1 can chickpeas or more if you're a fan
- 1.5 cups of frozen peas
- Handful spinach
- Rice of your choice, basmati, brown, Jasmin



### Directions

1. Heat the coconut oil in a large heavy based pan or wok. Add diced onion, grated ginger and crushed garlic and sauté for 2-3 minutes until onion is translucent.
2. Add curry paste and mix until combined and smells really fragrant.
3. Stir In both cans of coconut milk/cream, turmeric, maple syrup and soy sauce, bring to boiling point.
4. Turn down heat to simmer (low to medium) and add cauliflower and chickpeas and simmer for 10-15 minutes. For the last five minutes of simmering add in the peas.
5. While waiting for curry to finish add 1 cup of rice and 1 cup of water to a pot and boil until done, up to 10 minutes.
6. Time to dish up! Place a portion of rice on one side of the bowl, curry on the other side and place spinach on the side in the middle as per photo.



*Brown Rice & Carrot Potato Cakes with Salad – Serves 16 Cakes*

Vegan • DF • GF •

## INGREDIENTS

- 500G OF POTATOES (GOOD MASH POTATOES)
- ½ CUP BROWN RICE
- 2 CARROTS GRATED
- 2 ONIONS DICED
- 5 TABLESPOONS CHOPPED ITALIAN PARSLEY
- 2 TABLESPOONS COCONUT OIL
- ½ TSP SALT OR TO TASTE

2 tablespoons coconut oil



## DIRECTIONS

1. Peel potatoes and boil until soft, then mash them.
2. Start cooking the rice (or have precooked as this can take 45 minutes)
3. Sauté onions for 2 minutes then add carrots until soft.
4. In a large bowl combine all the ingredients except the oil and season to taste. Then portion into 16 balls and flatten into patties. Mixture will be soft so make sure you keep the balls small.
5. Fry in a pan with coconut oil on medium heat until the cakes are golden and crispy, be careful not to handle too much as they can easily fall apart.

*Coconut Chickpea & Cauliflower Curry*  
Vegan • DF • GF • Serves 4



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- 1 Brown onion diced
- 2 tablespoons ginger grated
- 4 garlic cloves crushed
- Vegan yellow curry paste - 1 tbsp for mild or up to 3/4 for spicy.
- 1 Can of coconut milk
- 1/2 can coconut cream
- 1 tsp turmeric
- 1 tbsps. maple syrup
- 2 tbsps. gluten free soy sauce
- 2 cups cauliflower cut into small florets
- 1 can chickpeas or more if you're a fan
- 1.5 cups of frozen peas
- Handful spinach
- Rice of your choice, basmati, brown, Jasmin

### Directions

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