



SMALL STEPS  
*Living*  
WITH LISA CORDUFF

# MEAL PLAN OCTOBER



# TO PREPARE *in advance*



- Basic Bircher Muesli
- Grain Free Granola
- Bacon & Egg Cupcakes
- Leftover Porridge Cakes
- Cheese & Seed Crackers
- Grain Free Morning Tea Loaf
- Spinach Bacon & Cheese Slice
- Rainbow Flatbreads
- Broccoli & Pea Soup
- Mushroom Rice

# BREAKFAST *ideas*



## PORRIDGE

 **RECIPE** +  **VIDEO**

There's not much better than a bowl of hearty porridge to start your day. Make extra to use in Leftover Porridge Cakes for breakfast another day or for snacks and lunchboxes.

## VEGGIES IN BUTTER

 **RECIPE** +  **VIDEO**

A super tasty and simple way to get some veggies in at breakfast time.

## BASIC BIRCHER MUESLI

 **RECIPE**

 **VIDEO**

This is my go-to Bircher recipe. A great one to prepare ahead for a quick breakfast.

## OMELETTE

 **RECIPE** +  **VIDEO**

An omelette is so quick to make and you can pop whatever you like inside to flavour it your way.

## BASIC SMOOTHIE

 **RECIPE** +  **VIDEO**

Prefer to drink your breakfast or need it to go? This is a great basic recipe you can adapt to your tastes.



## **BROCCOLI & PEA SOUP** **RECIPE**

A light and fresh spring soup to help you get some greens in.

## **BEETROOT SALAD WITH CARROT QUINOA & SPINACH** **RECIPE**

A goodie-packed salad that you can make a big batch of, ready to take for work lunches.

## **RAINBOW FLATBREADS** **RECIPE**

Try making up some of these flatbreads in advance to use for sandwiches or top with your favourite toppings – think avocado, feta and cherry tomatoes – or use them as pizza bases.

## **CHICKEN & VEGGIE RICE PATTIES** **RECIPE**

Use leftover chicken from dinner to make these patties. Ideal for lunchboxes or a quick lunch with some raw veggie sticks alongside.

## **SPINACH BACON & CHEESE SLICE** **RECIPE**

Use in-season silverbeet to make this lunchbox winner.



## CHICKEN WITH OVEN BAKED RICE & VEGGIES RECIPE

Serve this one-pot oven baked rice and veggie dish with a roast chicken or grilled chicken pieces. Keep some chicken leftovers to toss through pasta with pesto and cherry tomatoes for a simple weeknight dinner the next day.

## STEAK WITH CHAR-GRILLED VEGETABLES RECIPE

A super-tasty twist on traditional meat and veg. Grill some extra veggies to mix with eggs and feta to make a frittata for dinner the next night.

## ORANGE & FENNEL FISH RECIPE

Fennel is in season right now, and tastes amazing with orange, so try it in this simple fish dish.

## SIMPLE STIR FRY RECIPE VIDEO

You want your weeknight dinners to be simple and delicious. My stir fry recipe definitely fits the bill.

## LAMB & CARROT MEATBALLS WITH CAULIFLOWER TABBOULEH RECIPE

Lamb is at its best in Spring, and this is a yummy way to use it in kid-friendly meatballs. Great leftovers for lunch, too.



## LEFTOVER PORRIDGE CAKES

 **RECIPE**

 **VIDEO**

Don't waste the leftovers! These little cakes make an awesome lunchbox treat or grab-and-go breakfast.

## BACON & EGG CUPCAKES

 **RECIPE +**  **VIDEO**

Another one to prep ahead – equally good for snacks or for easy breakfasts.

## CHEWY CHOC BANANA COOKIES

 **RECIPE**

Who can resist a cookie for afternoon tea?

## CHEESE & SEED CRACKERS

 **RECIPE**

A nutrient-dense savoury biscuit – great to serve with some raw veggies and dip.

## SWEET POTATO, BROWN RICE AND FETA BALLS

Got some leftover brown rice? Try these simple savoury balls – another good one for the lunchboxes. Steam 300g peeled and chopped sweet potato, then mash and mix with 2/3 cup cooked brown rice, 2 tbsp sunflower kernels and 30g crumbled feta. Roll into balls, place on a lined baking tray, spray with olive oil and bake in a 180 degree oven for about 15 minutes, turning once.

# VEGETARIAN MEAL *ideas*



## LUNCH

### MUSHROOM RICE RECIPE

Mushrooms are so good for you and this is perfect to batch-cook and take to work for lunch.

### GARDEN GLUT SOUP RECIPE

A lovely bright way to get in some spring greens.

## DINNER

### SPRING VEGETABLE AND HALOUMI BOWL RECIPE

Oh how I love haloumi! Combine it with fresh veggies and rice in this nourishing bowl for dinner.

### PUMPKIN FALAFEL RECIPE

Add some sweet roasted pumpkin to falafel and serve with salad in wraps for a takeaway-style dinner at home.



## BREAKFAST

### GRAIN FREE GRANOLA

 **RECIPE**

 **VIDEO**

There are so many variations of granola out there, but I finally found my perfect combination.

### SWEET POTATO HASH

 **RECIPE** +  **VIDEO**

This is such a winner. A great way to set yourself up for the day.

## DINNER

### DAIRY FREE RISOTTO

 **RECIPE**

You don't need to stand at the stove stirring forever to have a delicious risotto for dinner.

### SPRING RAMEN BOWL

 **RECIPE**

Use gluten free soba or rice noodles if you need in this lovely light ramen bowl.

## SNACKS

### DESSERT SMOOTHIE

 **RECIPE** +  **VIDEO**

Yum. And not just for dessert!

### GRAIN FREE MORNING TEA LOAF

 **RECIPE**

A lovely treat to bake ahead for the week – naturally sweetened with fruit

# sample MENU PLANNER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b> 	Porridge	Omelette	Bircher Muesli	Bircher Muesli	Basic Smoothie	Bacon & Egg Cupcakes	Veggies in Butter
<b>LUNCH</b> 	Rainbow Flatbreads	Broccoli & Pea Soup	Chicken Veggie & Rice Patties	Spinach Bacon & Cheese Slice	Beetroot Salad with Carrot Quinoa & Spinach	Beetroot Salad with Carrot Quinoa & Spinach	Leftover Frittata & Salad
<b>DINNER</b> 	Chicken with Oven Baked Rice & Veggies	Chicken & Pesto Pasta	Orange & Fennel Fish	Simple Stir Fry with Brown Rice	Steak & Char-grilled Vegetables	Char-grilled Vegetable Frittata	Lamb & Carrot Meatballs with Cauliflower Tabbouleh
<b>SNACK</b> 	Bacon & Egg Cupcakes	Leftover Porridge Cakes	Leftover Porridge Cakes	Cheese & Seed Crackers	Sweet Potato, Brown Rice & Feta Balls	Cheese & Seed Crackers	Chewy Choc Banana Cookies



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LUNCH 							
DINNER 							
SNACK 							