

**CLEAN EATING**   
HEALTHY FAMILY RECIPES *with kids*



# MEAL PLANNING TOOLKIT

7 DAYS OF CLEAN EATING FAMILY CHALLENGE

# WHAT'S INSIDE THE TOOLKIT

INTRODUCTION & INSTRUCTIONS

DONE FOR YOU MEALPLAN

HEALTHY SNACK CHOICES

CHALLENGE TRACKER

FAMILY SCHEDULE

WEEKLY MEAL PLANNER (BLANK)

30 DAY HABIT TRACKER

GROCERY SHOPPING LIST (BLANK)

ACTIVITY PLANNER



# WELCOME!!

Hi! Welcome to the Clean Eating with Kids family Challenge.

Over the next 7 days, I'm going to show you just how easy it is to eat healthy, cut out processed foods and eat Clean, Real food as a family - no matter how fussy you think your kids are!

I'm Carey. I'm a Mom of 4 kids (now all Teens) . A few years ago my family was stuck on the processed food bandwagon. Everything I made was out of a box and generally some sort of generic beige color.

My kids were fussy eaters and I'd break into a sweat going out to Dinner anywhere, knowing that my kids wouldn't eat half the food on their plate.

My life was a mess. I spent days feeling overwhelmed and stressed out. Dinner times were a battlefield, my home felt cluttered and my household budget and grocery bill was spiralling out of control. And to top it all off, I was struggling to lose the baby weight I'd gained after baby #4 . I felt unhappy and lost.

Then I tried Clean Eating to help lose weight,. It started as 'just another diet' but the thing is, while I was eating delicious food, losing weight and feeling better than I had in years, it highlighted how bad the food was that I was feeding my kids. I was cooking separate meal for adults and kids and 'tweaking meals' to suit fussy eaters.

I decided to stop all that nonsense. and that's when we started eating Clean with kids. Initially I struggled to find recipes that I could get the whole family to eat. They were complicated, made with hard to find ingredients and my kids simply would not eat it. I began to put together my own recipes and making cleaned up versions of the food we already ate.

That's when everything clicked. Eating healthy doesn't need to be complicated. It just needs to start with real food.

This 7 Day Challenge is designed to show you that you can be healthy, lose weight (if needed) and eat great food at the same time.

Let's get cooking!

XX Carey



# INSTRUCTIONS

Clean Eating is all about eating food as close to their natural state as possible. All my recipes start with whole, real food ingredients that have been minimally processed,.

I've included a Quick Start Cookbook with 30 Easy to make real food recipes as well as a snack list to work off for the week.

Feel free to follow the Done for you meal plan or make up your own using recipes from the cookbook.

Life is about balance. Try to increase your activity this week too. Go for a walk, play a game of twister or outdoor soccer. with the kids Make it fun...

## MEAL PREPPING TIPS:

1. Print off and complete the Family schedule to check which nights you're going to be late or busy. You'll need easy meals or prep ahead for these nights..
2. Batch cook on the weekend if you can.
3. Clean and prep vegetables as soon as you bring them home from the store.
4. Write out your Grocery List and check your pantry before going shopping.
5. Stock up on good quality containers for food prepping and storage.
- 6.. KEEP TEMPTATION OUT OF SITE. Go through your pantry and pack away all chips, biscuits, sweets, and processed food temptations.
7. Read the labels of everything you buy. If you don't know what it is, or can't make it in your own kitchen then put it back on the shelf!

## 7 DAYS OF CLEAN EATING FAMILY CHALLENGE



# SNACK LIST

Choose TWO Snacks a day, ONE FROM EACH LIST

### LIST 1

---

1 cup of Popcorn (no preservatives, preferably air popped with a little salt and a little butter)

2 x Chocolate Bliss Balls

1/2 cup chocolate yogurt

Superfood lunchbox bar

2 x peanut butter biscuits

1/4 cup trail mix

2 x Rice Cakes with Guacamole

### LIST 2

---

1 Piece of Fruit

Mango & Banana Smoothie

Cucumber & Tuna Bites

Carrot Sticks & Hummus

1 cup of Butternut soup

1 cup of Tomato Soup

Berry & Yogurt Popsicle

1 cup of mixed Fruit salad

\*\* All recipes can be found on the Clean Eating with Kids website

## 7 DAYS OF CLEAN EATING FAMILY CHALLENGE



# MEAL PLAN

	BREAKFAST	LUNCH	DINNER
MONDAY	Creamy Oats	Chicken Salad Wrap	Meatballs & rice noodles Dessert: Chia Seed Pudding
TUESDAY	Banana Pancakes	Mega Tuna Salad	Garlic Shrimp and cous cous foil packets
WEDNESDAY	Veggie Omelet	Chicken Salad Wrap	Italian chicken bake with soba noodles
THURSDAY	Homemade Granola	Zucchini Slice	Thai Chicken Curry
FRIDAY	Egg Spinach Muffins	Quick Fried Rice	Pan Fried Fish and chips
SATURDAY	Berry & yogurt Pots	Chicken and Cucumber Tomato Salad	Slow Cooker Mongolian Beef Dessert: Chocolate mug cake & cream
SUNDAY	Scrambled Eggs & spinach on Rye Toast (or Sourdough) Green Smoothie	Build a Bowl - brown rice, corn, grated carrot, cooked chicken, shredded lettuce & honey soy sauce dressing	Roast chicken roast potatoes, brown rice & vegetables and gravy Dessert: Frozen Yogurt Icecream



7 DAYS OF CLEAN EATING FAMILY CHALLENGE



# ACTIVITY PLANNER

## GOALS

## MONDAY

WORKOUT PLANS

ACTUAL WORKOUT

## TUESDAY

WORKOUT PLANS

ACTUAL WORKOUT

## WEDNESDAY

WORKOUT PLANS

ACTUAL WORKOUT

## THURSDAY

WORKOUT PLANS

ACTUAL WORKOUT

## FRIDAY

WORKOUT PLANS

ACTUAL WORKOUT

## SATURDAY / SUNDAY

WORKOUT PLANS

ACTUAL WORKOUT



7 DAYS OF CLEAN EATING FAMILY CHALLENGE



# FAMILY SCHEDULE

NAME	MON	TUES	WED	THUR	FRI	SAT	SUN

NOTES

7 DAYS OF CLEAN EATING FAMILY CHALLENGE



# MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

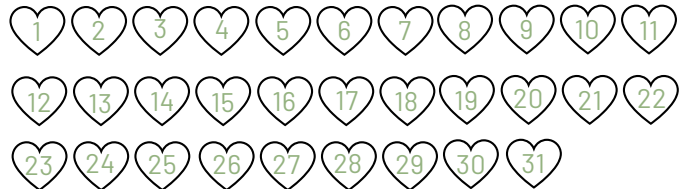


7 DAYS OF CLEAN EATING FAMILY CHALLENGE



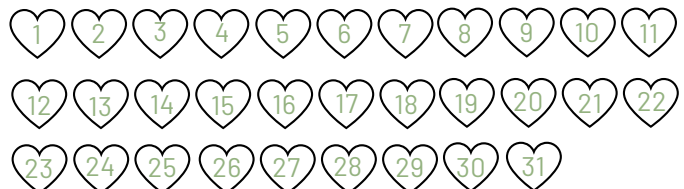
# HEALTHY HABIT TRACKER

GOAL
Drink Water
REWARD



NOTES

GOAL
Exercise
REWARD



NOTES

GOAL
No processed foods
REWARD



NOTES

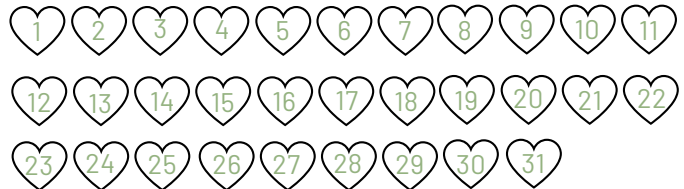
7 DAYS OF CLEAN EATING FAMILY CHALLENGE



# HEALTHY HABIT TRACKER

GOAL

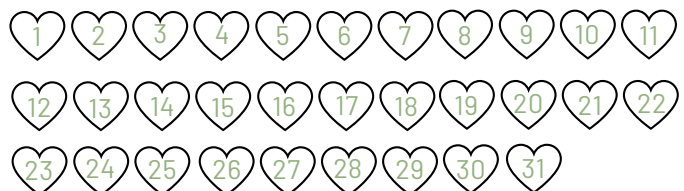
REWARD



NOTES

GOAL

REWARD



NOTES

GOAL

REWARD



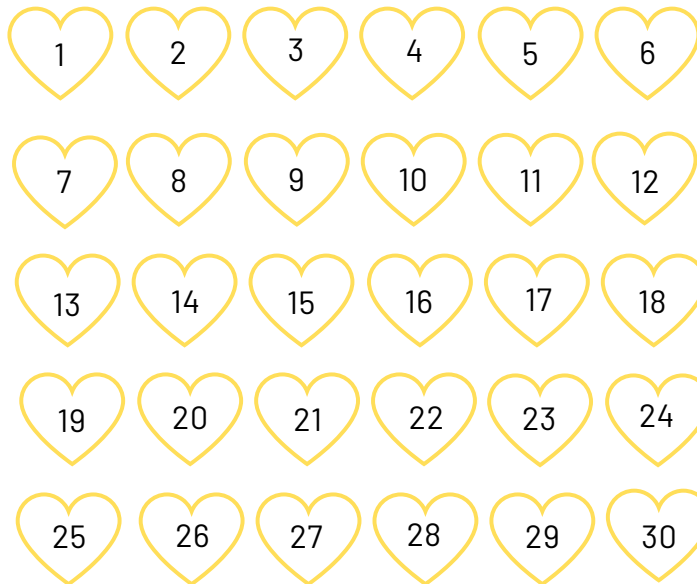
NOTES

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# 30 DAY CHALLENGE

GOAL

REWARD



NOTES