





5-NIGHT FAMILY DINNER PLAN FOR PICKY EATERS

THE BITING TRUTH

Includes recipes & tips!




Hello!

We're Anna and Alex, paediatric dietitians and founders of The Biting Truth.

We're on a mission to support families in raising healthy little eaters and to help take some of the stress and confusion out of meal times.

One of the best places to start raising healthy eaters and to eliminate some of the stress involved in mealtimes is to dedicate some time to map out your meals for the week. If you have a picky eater it's even more important! Meal Planning will help ensure that you are offering your family a variety of different foods, which is important for exposure and to help meet children's nutritional needs.

To give you some meal planning inspiration we've got you covered with our 5 NIGHT FAMILY DINNER PLAN. You're going to love these recipes - they're quick, easy, budget-friendly AND the whole family will love them!







THE BITING TRUTH

5-NIGHT DINNER MEAL PLANNER FOR PICKY EATERS

Why not try to incorporate some themes into your weekly meal planning? Here are some ideas:

Meat-Free Monday



Whatever Wednesday



Fish Friday





Tex Mex Tuesday



Thursday Night Pizza Night

MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday
DINNER	Lentil Sausage Rolls	Toddler Chilli Con Carne	Chicken Nuggets	Homemade Pizzas	Tuna Mornay Balls

#1 MONDAY: LENTIL SAUSAGE ROLLS

Makes: Around 30 mini sausage rolls
Nut free, Dairy free
Cook time: 30 minutes

Ingredients

- 1 tbsp extra virgin olive oil
- 1 brown onion, finely diced
- 2 garlic cloves, minced
- 1 tsp cumin
- 1 tsp ground paprika
- 1 ½ cups mushrooms, finely diced
- 1 carrot, grated
- ½ cup panko breadcrumbs
- 400g canned brown lentils, drained, rinsed
- 2 eggs, whisked
- 1 tbsp worcestershire sauce
- 1 tbsp tomato sauce
- 3 puff pastry sheets, partially thawed
- Sesame seeds, to sprinkle (optional)

Method

1. Preheat the oven to 190˚C. Line a baking tray with baking paper.
2. Heat oil in a frying pan. Once the oil is hot add the onion, garlic, cumin, paprika and mushrooms and sauté for 5 minutes. Add carrot and sauté for 3 minutes.
3. To make the filling, transfer cooked vegetables to a large bowl. Add breadcrumbs, lentils, half of the whisked eggs (save remaining half to top the sausage rolls), Worcestershire sauce and tomato sauce. Mix well to combine. (Note: you can use a hand blender to roughly blitz the mixture if preferred.)
4. Cut a partially thawed pastry sheet in half lengthways to create two rectangles. Add the filling along the long edge of the pastry and roll to enclose the filling and create a long sausage roll, using a fork to press the pastry close.
5. Use a sharp knife to cut each log into 5 small rolls. Brush top of rolls with remaining whisked egg and option to sprinkle with sesame seeds. Transfer the rolls to the lined baking tray and repeat with the remaining mixture and pastry.
6. Bake rolls in the oven for 25-30 minutes, or until golden.
7. Serve rolls with a side of vegetables and a dipping sauce.

Notes

- Try making your own tomato dipping sauce. Blend 4 ripe tomatoes with one tablespoon of soy sauce and one tablespoon of balsamic vinegar.
- Freeze leftover sausage rolls in an airtight container for up to 3 months.
- Get your little one involved in decorating the sausage rolls with sesame seeds.



#2 TUESDAY: TODDLER CHILLI CON CARNE

Serves: 6
Nut free, Dairy free, Egg free
Cook time: 25 minutes

Ingredients

- 1 tbsp extra virgin olive oil
- 1 brown onion, finely diced
- 1 garlic clove, minced
- 500g lean beef mince
- 1 carrot, finely diced or grated
- 1 zucchini, finely diced or grated
- ¼ bunch celery, diced
- ½ tsp ground paprika
- 1 tsp dried oregano
- 1 cup salt-reduced beef stock
- 3 tbsp salt-reduced tomato paste
- 400g canned diced tomatoes
- 400g canned kidney beans, drained and rinsed
- 1 ¼ cups uncooked rice, to serve
- Grated cheddar cheese, to serve



Method

1. Cook the rice according to packet instructions.
2. Heat olive oil in a frying pan over medium-high heat. Once the oil is hot, add onion, carrot, zucchini and celery and for approximately 5 minutes. Add the garlic and cook for 1 minute.
3. Add the minced beef, paprika and oregano to the pan and cook for 4-5 minutes.
4. Add the stock, tomato paste, diced tomatoes and kidney beans and cook for 15 minutes.
5. Serve Chilli Con Carne with rice. Option to sprinkle with cheese.

Notes

- Try serving with pasta instead of rice or you could also serve inside a burrito.
- Try serving with a dollop of plain yoghurt.
- If your child won't eat chunks of vegetables, you could try pureeing up the vegetables in a food processor before adding the minced beef in step 2.
- This is a great family meal to make in bulk. It can be kept in the fridge in an airtight container for 48 hours or frozen and kept in the freezer for up to 3 months.

#3 WEDNESDAY: CHICKEN NUGGETS

Serves: 6
Cook time: 15 minutes
Dairy free, Nut free

Ingredients

- 500g chicken breast, cut into bite-sized pieces
- 1 tbsp extra virgin olive oil
- 2 eggs
- 2 cups breadcrumbs
- ½ tsp garlic powder
- ½ tsp ground paprika
- ½ tsp dried Italian herbs
- Extra virgin olive oil spray

Method

1. Preheat the oven to 180˚C fan forced. Line a baking tray with baking paper.
2. In a medium bowl, combine chicken, olive oil and season with salt and pepper.
3. In a separate bowl, add whisked eggs. In a second bowl, mix together breadcrumbs, garlic powder, paprika and Italian herbs.
4. Dip the chicken pieces into the egg mixture and then into the breadcrumbs. Transfer to the lined baking tray and spray generously with extra virgin olive oil.
5. Transfer nuggets to the oven and cook for 15 minutes or until golden and cooked through, flipping halfway. Remove nuggets from the oven and allow to cool slightly before serving.
6. Serve chicken nuggets with potatoes and some vegetables.

Notes

- You can refrigerate and reheat these as needed. Just pop them into a frypan on low heat or into an oven on low heat until warm.
- If you want to make this recipe egg free, substitute a mixture of 1 tablespoon of ground chia seeds with 3 tablespoons of hot water PER EGG. Set aside for a few minutes until the mixture thickens.
- You can make a larger batch and store in the refrigerator for up to 2 weeks.



#4 THURSDAY: HOMEMADE PIZZAS

Egg free, Nut free
Makes: 12 mini pizzas
Cook time: 12-15 minutes

Ingredients

- Base:
  - 1 cup Greek yoghurt
  - 2 cups wholemeal self-raising flour
- Toppings:
  - 3 tbsp tomato paste
  - Vegetables: zucchini (grated), cherry tomatoes (halved), corn kernels, capsicum (diced), baby spinach (chopped), mushrooms (sliced), broccoli (chopped), onion (diced), olives (chopped), pineapple
  - 1 cup grated cheese (e.g. cheddar, mozzarella)
  - 2 tsp dried oregano
  - ½ cup basil leaves, chopped (optional)

Method

1. Preheat the oven to 200˚C. Line two baking trays with baking paper.
2. To make pizza base: Combine the yoghurt and flour in a bowl with your hands until a dough forms. Turn the dough onto a lightly floured surface and knead the dough for 5 minutes, or until smooth and elastic. (Note: if the mixture is very sticky, add additional flour.) Roll out dough using hands or a rolling pin. Cut into small triangles or circles using a cookie cutter or knife.
3. Prick dough all over with a fork and transfer onto the prepared trays (Note: keep some space between each pizza as they will rise and spread a little. You will need two trays).
4. Top pizza base with tomato paste. Add vegetable toppings of choice.
5. Top with cheese, oregano and basil (optional).
6. Bake in the oven for 12 - 15 minutes or until the cheese has melted. Transfer pizzas onto a wire rack to cool before serving.
7. We recommend serving pizza with some side vegetables.

Notes

- You could try adding a source of meat such as shredded chicken, prawns, beef or lamb mince.
- Instead of making your own pizza base, you can use store-bought pizza bases, Lebanese bread or Wholemeal English muffins.
- Try placing the pizza topping ingredients in the middle of the table and encourage your child to decorate their own pizza.



#5 FRIDAY: TUNA MORNAY BALLS

Makes: 20 balls
Cook time: 15 minutes
Nut free

Ingredients



- 2 medium potatoes, peeled, chopped
- 185g tuna in olive oil, drained, flaked
- ⅔ cup cheddar cheese, grated
- ½ cup corn kernels
- 1 spring onion, finely chopped
- 1 tsp lemon rind
- ¼ cup plain flour
- 2 eggs, lightly beaten
- 1 ½ cups panko breadcrumbs
- Extra virgin olive oil spray

Method

1. Cook potatoes in a pot of boiling salted water until soft. Drain and transfer potatoes to a large bowl and mash until smooth.
2. Add tuna, cheese, corn, spring onion and lemon rind to the mashed potato. Stir to combine. Using damp hands, roll tablespoons of mixture into balls.
3. Preheat the oven to 200˚C fan-forced and line a baking tray with baking paper.
4. Place flour on a large plate. Whisk egg and 1 tablespoon water in a shallow bowl. Place breadcrumbs on a separate large plate. One at a time, roll balls in flour, shaking off excess. Dip in egg, then coat in breadcrumbs. Transfer balls to lined baking tray.
5. Spray balls lightly with oil. Bake for 15 minutes or until balls are golden and crisp.
6. Serve balls with some side vegetables. You might also like to serve with a dipping sauce.

Notes

- Try making your own homemade tomato sauce for your child to dip them in to. Blend 4 roughly chopped ripe tomatoes with one tablespoon of soy sauce and one tablespoon of balsamic vinegar until smooth.
- You can use any canned fish in this recipe.