

7-Day Holiday Meal Plan



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Top tips for happy holiday mealtimes

Hooray – you’ve arrived! This meal plan is for family holidays, away from the comforts of home using only a stove top and limiting ingredients to create the most frugal, waste-free meals. You deserve a holiday too, so save time and stress by meal planning a little before you leave. By the end of the holiday you want an empty fridge, happy kids and some amazing memories.

The following recipes are some of our favourites to make on holidays. Depending how many days you are away simply choose your preferred recipes and collate the shopping list!

Here are few more tips:

- * Take the pantry items you have from home and buy the rest when you get there. This will save you lots of money buying unnecessary staples.
- * Do an online grocery order before you leave. Having your shopping full of essentials delivered right when you arrive is an absolute savour when you have little kids.
- * When feeding your kids on holidays try and enjoy some banquet-style mealtimes together. This is the perfect time to role model good mealtime behaviours and encourage fussy eaters to try new foods.
- * Younger kids and toddlers love the tasting plate! A simple main meal component, matched with some chopped vegetable sticks and a few slices of fruit is the perfect dinner.

We hope you enjoy this meal plan, don't forget to tag us in your meals on [Facebook](#) and [Instagram](#) so we can keep in touch.

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Discover
what lies
beyond the
road's end

This free meal plan is kindly sponsored by **Ford Everest**. Designed to tackle tough terrain and unexpected obstacles, the 2019 Everest is rough and ready.



Beef & Lentil Bolognese

 Makes: 6 kid serves  Ready in: 40 mins

Ingredients

300g dried pasta
1 tablespoon olive oil
1 brown onion, finely chopped
1 garlic clove, crushed
300g premium beef mince
1 cup mushrooms, chopped
1 carrot, roughly grated
1 zucchini, roughly grated
2 tablespoons no-added-salt tomato paste
400g tin no-added-salt chopped tomatoes
 $\frac{3}{4}$ cup beef stock
1 tin brown lentils, rinsed and drained
 $\frac{1}{4}$ cup fresh parsley, chopped
Grated cheese, to serve

Method

1. Cook the spaghetti according to packet instructions.
2. While the pasta is cooking, heat the oil in a large frying pan over medium heat and sauté the onion and garlic until fragrant. Add the mushrooms and cook for a further 3 minutes or until the onion and mushrooms are soft.
3. Add the beef and brown all over, separating the mince with a wooden spoon as it cooks. Add the grated vegetables and cook for 5 minutes.
4. Add the tomato paste, chopped tomatoes and stock. Bring to the boil, reduce the heat and simmer, stirring occasionally, for around 15 minutes or until the liquid has reduced. Add the lentils and parsley and cook for a further 5 minutes.
5. Serve with the pasta and grated cheese.

Storage

Keep leftover Bolognese sauce in the fridge for 1–2 days.

Chicken Burritos

 Makes: 8 burritos  Ready in: 30 mins

Ingredients

500g chicken breast, cut into 2cm pieces
1–2 tablespoons Mexican seasoning mix
2 tablespoons of olive oil
8 fresh tortilla
Handful fresh coriander, chopped
1 lime, quartered
1 cup grated cheese
2 cups baby spinach leaves
2 sliced tomatoes
1 cup grated carrot
2 avocados, mashed

Method

1. Place the chicken and 1 tablespoon of oil in a large bowl. Sprinkle over the seasoning mix and stir to combine.
2. Heat the remaining 1 tablespoon of oil in a large frying pan over medium-high heat. Add the chicken and brown all over. Lower the heat if needed and continue to fry until the chicken is cooked through. Remove from the heat.
3. To serve, top a warm tortilla with some cooked chicken and sprinkle over some cheese. Let the kids add their extra sides, roll the tortilla and enjoy.

Storage

Place the cooked chicken in an airtight container in the fridge for 1–2 days.





Sausage & Veg Holiday Pasta



Makes:
4 kid serves



Ready in:
15 mins

Ingredients

- 1 tablespoon olive oil
- 2 thin beef sausages
- 1 small brown onion, finely chopped
- 1 cup chopped vegetables*
- 2 tablespoons water
- ½ cup grated cheese
- 2 cups cooked pasta spirals

* Vegetable suggestions: broccoli florets, cauliflower florets, grated carrot or zucchini, corn kernels, kale or spinach roughly chopped.

Method

1. Heat the oil in a small saucepan over medium heat. Add the sausages and cook until brown, remove from the pan and chop into small pieces. Add the onion and sauté until translucent. Add the cup of vegetables and water and cook for a few minutes, stirring occasionally, until tender. Add the sausage pieces, lower the heat, stir through the cooked pasta and the cheese. Once melted and well combined, remove from the heat.
2. Allow to cool just enough so that the cheese binds the mixture together slightly. Serve.

Storage

Place the pasta in an airtight container in the fridge for 1-2 days.

BBQ Chicken Quesadillas



Makes:
2 quesadillas



Ready in:
20 mins

Ingredients

- 1 tablespoon olive oil
- 1 small brown onion, finely chopped
- 2 rashers bacon, diced
- 1 tablespoon BBQ sauce (optional)
- 2 cups finely chopped or shredded BBQ Chicken
- 1 cup grated cheese
- 4 flour tortillas

Method

1. Heat the olive oil in a large frying pan over medium heat. Add the onions and bacon and fry for 5 minutes or until the bacon is cooked. Set aside.
2. Wipe out the pan with a paper towel. Lay a tortilla in the pan. Spread it with half the sauce if using and then top with half of the onion and bacon mixture, chicken and cheese. Place a second tortilla on top and turn the heat to medium-low. Cook for 1 minute or until the tortilla starts to brown. Flip the tortilla and cook the other side. Once the cheese has melted and the chicken is hot remove from the pan. Repeat with the remaining two tortillas.
3. Use a pizza cutter to cut each quesadilla into 6 wedges. Serve with a simple garden salad.

Storage

Place the leftovers in an airtight container in the fridge for 1-2 days. Note: if you are using pre-cooked BBQ chicken we wouldn't recommend keeping these as leftovers.



Crumbed Fish

Makes:
1 serve



Ready in:
15 mins

Ingredients

- 1 small white fish fillet, e.g. flathead
- 1 tablespoon flour
- 1 egg, lightly beaten
- 3 tablespoons multigrain breadcrumbs
- 1 teaspoon lemon thyme, finely chopped (optional)
- 1 tablespoon olive oil to fry
- Lemon wedge to serve, optional

Method

1. Cut the fish into bite sized pieces and arrange the flour, egg and breadcrumbs/lemon thyme into individual bowls. Dip each fish piece into flour, then the egg and then the breadcrumbs. Continue with the remaining fish.
2. Heat the oil in a small frying pan over medium heat. Fry the fish pieces for 1 – 2 minutes, turn and cook for a further 1 – 2 minutes or until golden brown and cooked through. Drain excess oil on a paper towel.
3. Serve the fish with some hot chips, steamed veggies and chopped fruit.

Storage

Place the cooked fish in an airtight container in the fridge for 24 hours.





Baked Beans

 Makes:
3 ½ cups

 Ready in:
20 mins

Ingredients

2 teaspoons olive oil
1 onion, finely chopped
1 garlic clove, finely chopped
1 carrot, grated
1 tablespoon no-added-salt tomato paste
1 tin no-added-salt crushed tomatoes
1 tablespoon Worcestershire sauce
1 teaspoon pure maple syrup
2 x 400g can cannellini beans,
drained and rinsed

Method

1. Place the oil in a fry pan over medium heat. Add the onion, garlic and carrot and cook for 3 minutes or until soft.
2. Stir through the tomato paste, crushed tomatoes, Worcestershire sauce, maple syrup and beans. Cook for 5 minutes.
3. To add a touch of creaminess, remove a quarter of the mixture and mash gently with the back of a spoon. Return to the pan with the remaining beans and stir through. Add ½-1 tablespoons of water to the mixture if it appears dry.
4. Serve fork mashed or pureed for smaller babies and for toddlers and older children serve with toast soldiers or enjoy them in a toasted cheese sandwich.

Storage

Place the leftovers in an airtight container in the fridge for 1-2 days.

Shopping List

Beef & Lentil Bolognese

- 300g dried pasta
- 1 tablespoon olive oil
- 1 brown onion
- 1 garlic clove
- 300g premium beef mince
- 1 cup mushrooms
- 1 carrot
- 1 zucchini
- 2 tablespoons no-added-salt tomato paste
- 400g tin no-added-salt chopped tomatoes
- ¾ cup beef stock
- 1 tin brown lentils
- ¼ cup fresh parsley
- ½ cup grated cheese

Chicken Burritos

- 500g chicken breast
- 2 tablespoons Mexican seasoning mix
- 2 tablespoons of olive oil
- 8 fresh tortilla
- Coriander to garnish
- 1 lime
- 1 cup grated cheese
- 2 cups baby spinach leaves
- 2 tomatoes
- 2 carrots
- 2 avocado

Sausage & Veg Holiday Pasta

- 1 tablespoon olive oil
- 1 small brown onion
- 1 cup chopped mixed vegetables (e.g. frozen veggie bag, broccoli, carrot, corn, spinach)
- 2 thin beef sausages
- ½ cup grated cheese
- 2 cups pasta spirals

BBQ Chicken Quesadillas

- 1 small brown onion
- 2 rashers bacon
- 1 tablespoon BBQ sauce
- 2 cups finely chopped or shredded BBQ Chicken
- 1 cup grated cheese
- 4 flour tortillas

Crumbed Tuna & Vegetable Patties

- 2 tablespoons olive oil
- 1 small brown onion
- 1 cup sweet potato
- 1 cup potato
- 1 carrot
- ½ cup frozen peas & corn
- 1 small (185g) tin tuna
- 4 eggs
- 1 cup multigrain breadcrumbs
- 1 handful chopped herbs e.g. parsley, chives (optional)

Crumbed Fish

- 1 small white fish fillet (serves 1)
- 1 tablespoon plain flour
- 1 egg
- 1 cup multigrain breadcrumbs
- 1 teaspoon lemon thyme
- 1 tablespoon olive oil
- Lemon wedges

Baked Beans

- 2 teaspoons olive oil
- 1 onion
- 1 garlic clove
- 1 carrot
- 1 tablespoon no-added-salt tomato paste
- 1 tin no-added-salt crushed tomatoes
- 1 tablespoon Worcestershire sauce
- 1 teaspoon pure maple syrup
- 2 x 400g can cannellini beans