

# Healthy Balance - 5 Day Family Dinners

## Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5
Dinner	Macadamia Crusted Barramundi	Braised Lamb Shanks	Braised Lamb Shanks	Pumpkin Soup	Butter Chicken & Vegetables
Sides	Sweet Potato Mash & Broccoli	Roast Vegetables & Steamed Greens	Baby Potatoes & Green Beans	Wholemeal Bap Rolls	Confetti Brown Rice

## Instructions

1. Please place all meals with the blue tab into the freezer -18°C
2. Food must be placed into a refrigerator below 5°C or Freezer
3. within 4-6 hours of receiving delivery.
4. For best results defrost meals in the refrigerator the day before use
5. If you wish to heat meals in the oven please remove from the packaging first
6. Please leave esky & ice packs out for collection on the same day, next delivery.



# Healthy Balance - 5 Day Family Dinners

## Week 4

	Day 1	Day 2	Day 3	Day 4	Day 5
Dinner	Salmon Sweet Potato Cakes	Roast Pumpkin & Cashew Pesto Cannelloni	Chicken Cacciatore	Braised Beef Cheeks	Mexican Bean & Vegetable
Sides	Mixed Steamed Vegetables	Garden Salad & Balsamic Dressing	Herb Quinoa	Baby Potatoes & Green Beans	Confetti Brown Rice

## Instructions

1. Please place all meals with the blue tab into the freezer -18°C
2. Food must be placed into a refrigerator below 5°C or Freezer
3. within 4-6 hours of receiving delivery.
4. For best results defrost meals in the refrigerator the day before use
5. If you wish to heat meals in the oven please remove from the packaging first
6. Please leave esky & ice packs out for collection on the same day, next delivery.

