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Lifestyle - Nutrition - Health

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Hello, I'm Jen,

Thanks for downloading my 7 days Autumn family meal planner.

Having three young children, very close together, and an active firefighter husband, I totally understand how challenging family life can be.

Getting our kids off to the right start in childhood will help to embed long term healthy eating habits.

Some days, we may need to resort to oven chips and fish fingers, thats OK, I do it too!

Aiming to create fresh wholesome balanced meals, with food preparation being a foundation to the home life, will help our kids grow up with a healthy attitude towards foods, and truly balanced eating habits.

Be motivated and experiment with my favorite seasonal recipes. Let me know what you think
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Apple & cinnamon Pancakes

Breakfast

Serves: 1

Shopping & Ingredients List:

20g Wholemeal spelt flour
10g ground almonds
1 large egg
Splash of semi-skimmed milk
10g honey
1/2 tsp cinnamon

1 kids size **Apple** chopped to serve



A filling and tasty breakfast. Which will provide a great start to the day. Try topping with other fruits for some variety, such as seasonal berries, pears, plums and apricots

Method

1. Mix all the ingredients together (except the apple).
2. spray frying pan with cooking spray.
3. pour batter into pan, once browned - flip and serve with chopped apple and a sprinkle of cinnamon

Macro info per serving

Protein

14g

Carbs

39g

Fat

12g

Energy

320kcal

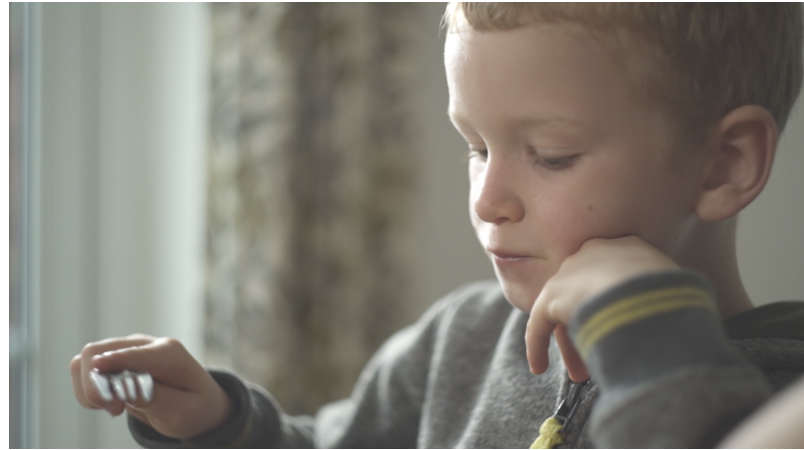
Witchy Omelette

Breakfast

Serves: 1

Shopping & Ingredients List:

1 large egg
25g grated cheese
1 x block of frozen spinach
1 x slice wholemeal bread
(toasted)



A savory breakfast option, that proves theres no set rules around breakfast food choices. Kids may find the colour green become exciting around the Halloween season.

Method

1. whisk the egg together
2. defrost the chunk of frozen spinach in the microwave (or take out freezer night before)
3. add spinach to egg mixture
4. use oil spray in pan and pour in the mix
5. once browned. cover with grated cheese and place under grill until egg is thoroughly cooked

Serve your very own witchy green omelette on wholemeal toast - ideal for halloween!

Macro info per serving

Protein

19g

Carbs

16g

Fat

15g

Energy

275kcal

Creamy Blueberry Porridge

Breakfast

Serves: 2

Shopping & Ingredients List:

6 tbsp **Porridge Oats**
100ml tub 0% **Total Greek Yogurt**
175g pack **Frozen Blueberries**



Porridge can be made the night before and reheated the next morning. Try to keep the morning as simple as possible to make the most of this busy time, without compromising on the quality of the kids breakfast nutrition.

Method

1. Put the oats in a non-stick pan with 400ml water & cook over the heat, stirring occasionally for about 2 minutes until thickened. Remove from the heat & add a third of the yogurt.
2. Meanwhile, tip the blueberries into a pan with 1 tbsp water & gently poach until the blueberries have thawed & they are tender, but still holding their shape.
3. Spoon the porridge into mugs, stir in the remaining yogurt & spoon over the blueberries.

Macro info per serving

Protein

9g

Carbs

24g

Fat

2g

Energy

168kcal

Fruit & Nut Yogurt

Breakfast

Serves: 4

Shopping & Ingredients List:

200g Vanilla Yogurt
3 tbsp Mixed Nuts, chopped
1 **Banana**, sliced
50g **Mixed Berries**
1 tbsp **Sunflower Seeds**
1 tbsp **Seeds**



A simple breakfast idea that older kids should be able to prepare themselves. Empower the kids to take charge of their own food choices and encourage them to get creative in the kitchen.

Method

1. Mix the nuts, sunflower seeds and seeds. Layer up in bowls with fruit & yoghurt.

Macro info per serving

Protein

7g

Carbs

13.2g

Fat

10.2g

Energy

173kcal

Scary spiced apple porridge

Breakfast

Serves: 1

Shopping & Ingredients List:

225ml apple juice
25g millet flakes
1/2 teaspoon cinnamon

To serve

80g 0% Total Greek Yogurt



A slightly different porridge choice made using millet flakes. Add some seasonal spice and to entice the kids.

Method

1. Put the apple juice and cinnamon in a heatproof dish sprinkle in the millet flakes and stir
2. Microwave on full power for 3-4 minutes
3. Serve with a dollop of Greek yogurt

Macro info per serving

Protein

13g

Carbs

50g

Fat

1g

Energy

259kcal

Steamed Pears with yogurt

Breakfast

Serves: 1

Shopping & Ingredients List:

2 medium ripe pears
100g Low fat Greek yogurt
sprinkle of Cinnamon



The pears could be steamed the night before with the evening meals veggies, served chilled the next morning. Another simple breakfast that can be eaten quickly enough before the school run.

Method

1. Half the pears and place in the steamer for 8-10 minutes or until soft (this can be done the day before whilst cooking the veg with your evening meal)
2. Top the pears with the yogurt and sprinkle with cinnamon.

Macro info per serving

Protein

7g

Carbs

58g

Fat

2g

Energy

278kcal

Slow Cooker Fruit Cobbler

Breakfast

Serves: 12

Shopping & Ingredients List:

5 medium **Apples**, peeled & sliced
150ml **Milk**
100g **Blueberries**
3 servings **Granola**
3tbsp **Coconut Oil**
1tsp **Cinnamon**



Set this to go the night before, and wake up to the inviting autumnal smell which is bound to appeal to even the fussiest of eaters.

Method

1. Put Slow Cooker on low. Place apples & blueberries in the base. Pour over the milk.
2. Sprinkle over the granola, melted coconut oil & cinnamon. Cook overnight on low for 6- 7 hours.
3. Serve with additional milk (50ml).

Macro info per serving

Protein

10g

Carbs

19g

Fat

8g

Energy

188kcal

Wicked witch Soup

Lunch

Serves: 4

Shopping & Ingredients List:

900g frozen **Peas**
1 **Garlic Clove**, crushed
1.2 ltr **Vegetable Stock**
25g **Butter**
Salt & Pepper, to own taste



Many kids have a natural aversion to anything green. But if you can overcome the psychological barrier of food appearance, kids find themselves enjoying a witches broth, or monster gloop soup, while getting a nutrient dense bowl of goodness.

Method

1. Heat butter in a large pan & add the garlic. Fry gently for 2-3 mins until softened & then add the peas. Cook for 1-2 mins before adding the stock.
2. Bring soup to the boil, reduce to simmer. Cover the pan & cook for 5-6 mins. Leave to cool a little before blending smooth.
3. Heat gently & season to own taste before serving.

Macro info per serving

Protein

12.5g

Carbs

34g

Fat

7.5g

Energy

254kcal

The plough'kids' lunchbox

Lunch

Serves: 1

Shopping & Ingredients List:

- 1 boiled egg
- 1tbsp pickle / chutney
- 3 pickled onions
- 2 pickled baby beetroot
- 25g cheddar cheese
- 1 x Apple
- 1 x wholemeal roll



Great for kids who love to graze. Place on platter - or section into a lunch box and allow them to navigate their own food choices.

Method

1 - as easy as assembling a kids lunch box. But your kid can claim they're eating like a ploughman this autumn.

Macro info per serving

Protein

23g

Carbs

34g

Fat

18g

Energy

390kcal

Tortilla pizza wrap

Lunch

Serves: 1

Shopping & Ingredients List:

1 small **Tortilla Base**
1 tbsp **Tomato Puree**
30g **Feta**
1-2 tsp dried **Oregano**
2 tbsp **Sweetcorn**
15g **Rocket**
4-5 pitted **Green Olives**



Pizza does get a bad rap! But actually, can be an incredibly balanced and nutritious meal.

Yes, pizza is healthy!

Method

1. Heat grill to medium.
2. Spread tortilla base with tomato puree, sprinkle over oregano, rocket & sweetcorn. Top with crumbled, or sliced, goats cheese.
3. Grill for 4-5 minutes. Can be served hot or cold - and makes an easy tasty lunch box filler

Macro info per serving

Protein

9g

Carbs

28g

Fat

12g

Energy

256kcal

Toasted 'vampire away' open sandwiches

Lunch

Shopping & Ingredients List:

2 garlic cloves
1 tbsp olive oil
1 slice Wholemeal bread
100g roasted peppers
30g hard goats cheese
1 tbsp balsamic vinegar



Toasted sandwiches are a simple and easy lunch to put together, and can even be packed into a lunch box and eaten cold on a picnic or at school. Plus the garlic will help to keep those pesky vampires away.

Method

1. Mix the garlic with 1 tablespoon of olive oil
2. toast the bread on one side, turn over and brush un-toasted side with the garlic olive oil
3. arrange roasted peppers over bread and top with goats cheese, place under grill for around 1 minute
4. serve with a drizzle of balsamic vinegar

Macro info per serving

Protein
15g

Carbs
33g

Fat
23g

Energy
399kcal

Shopping & Ingredients List:

750g baking potatoes
1 tbsp olive oil
2 large onions
6 eggs beaten



A quick lunch. be sure to add a portion of fruit or veggies to accompany this simple meal.

Method

1. slice potatoes very thinly.
2. heat the oil in frying pan, and fry potatoes for 10 minutes turning frequently (not browned)
3. add onions and continue to cook for approx 5 mins (not browned)
4. tip the eggs in and cook - once eggs have set place under grill to finish browning
5. cut into triangles and serve (makes 6 servings) This can be used in lunch boxes with some salsa, hummus or guacamole dip as an alternative to sandwiche.

Macro info per serving**Protein****9g****Carbs****26g****Fat****63g****Energy****203kcal**

'Summer reminiscing' with chicken salad Wraps

Lunch

Serves: 2



Shopping & Ingredients List:

1 cooked **Chicken Breast**, diced
2 tbsp 0% **Total Greek Yogurt**
2 tsp **Pesto**
50g **Edam**, shaved
2 **Flour Tortillas**
Mixed **Salad** Vegetables

Summer may be over but we can pretend. Wrap up for autumn while you wrap up a hand held easy lunch that can be popped in a picnic bag or lunch box

Method

1. Mix together the shredded chicken & yogurt with the pesto.
2. Lay the cheese shavings on each wrap, then divide the chicken mixture between them. Add your choice of salad vegetables being careful not to overfill or it will be tricky to contain all the filling. Wrap and roll each one, then pack in a lunchbox (or tightly wrap in foil).

Macro info per serving

Protein

30g

Carbs

25g

Fat

15g

Energy

356kcal

Harvest corn and turkey muffins

Lunch

Serves: 6 (2 per serving)

Shopping & Ingredients List:

6 Turkey bacon rashers
1 small red onion finely chopped
120g sweetcorn (drained)
175g cornmeal
125g wholemeal spelt flour
2 teaspoons baking powder
50g cheddar cheese grated
200ml semi skimmed milk
2 eggs
1tbsp olive oil



These are ideal to make in batches and freeze. Just take out the freezer, the night before and reheat before serving.

Method

1. Use spray oil to grease 12 section muffin tin
 2. finely chop the turkey bacon and dry fry in a pan with the onion for 3-4 minutes
 3. Put the cornmeal flour and baking powder in a bowl and mix together
 4. Add sweetcorn (can use straight from tin) grated cheese, turkey bacon, onions and mix
 5. whisk together milk and eggs and olive oil and add to the dry mix bowl
 6. mix together and then divide among the 12 muffin tins
 7. bake in preheated oven 220c for 15-20mins until golden.
- These can be baked in batches and frozen. They make a great sandwich box filler or even for a any time of day snack

Macro info per serving

Protein

14g

Carbs

42g

Fat

9g

Energy

305kcal

Mini cottage pies

Main Meal

Serves: 8

Shopping & Ingredients List:

2 onions roughly chopped
400g carrots chopped
400g lean lamb mince
500ml lamb stock
1 tablespoon chopped oregano

1kg potatoes
100ml semi skimmed milk



Lamb is a great source of protein, and these mini cottage pies will fill up your mini shepherds with a good mix of vital nutrients.

Method

1. Steam chopped potatoes until soft then mash with the milk
2. place onions, carrots and mince in a pan and brown
3. add the stock and oregano and simmer for 5 mins
4. separate the meaty mixture between 8 mini casserole dishes (or place in one large dish)
5. Top each mini dish with a dollop of mashed potato
6. Place in the oven at 180c for 30-40 minutes until the mash is golden

The mini versions should cook quicker than the whole version

Macro info per serving

Protein

12g

Carbs

30g

Fat

8g

Energy

240kcal

Vampire Turkey Stew

Main Meal

Serves: 6



Shopping & Ingredients List:

1 onion roughly chopped
1 crushed garlic clove
500g bite-sized turkey pieces
250ml stock

Turkey is naturally lower in fat than other meats. This can be popped in a slow cooker in the morning ready for a warming meal as soon as you walk in. You could even add diced potatoes to the mix for a carbohydrate source all in one!

Method

1. Add spray oil to the bottom of a pan and heat.
2. Add the onion and garlic and gently fry
3. Add the turkey pieces and fry until browned
4. Pour in vegetable stock
5. Bring to boil then cover and simmer for 40 minutes

Serve with veggies and mash for a hearty family meal

Macro info per serving

Protein

20g

Carbs

3g

Fat

3g

Energy

119kcal

Monster brain, Chicken kiev

Main Meal

Serves: 2



Shopping & Ingredients List:

- 1 large chicken breast
- 1 crushed garlic clove
- 4 x frozen spinach balls
- 50g grated cheese
- egg white
- 2 tablespoons breadcrumbs

A great way to encourage kids to be more open to the colour green in their food. These monster brains are quite a favorite with my boys, who love to suck up the gooey insides!

Method

1. Cut the chicken breast in half to provide two equal sized pieces
2. Slice open a pocket on the top of each piece
3. Defrost the spinach in the microwave and slightly warm
4. Mix the spinach with the grated cheese, crushed garlic and stuff inside the pocket on each piece
5. Brush the outside of the chicken pieces with the egg white and sprinkle over the breadcrumbs
6. Place in the oven at 200c for 25-35 minutes until the chicken is thoroughly cooked.

Macro info per serving

Protein

25g

Carbs

11g

Fat

12g

Energy

252kcal

Ginger Salmon Skewers

Main Meal

Serves: 4

Shopping & Ingredients List:

500g **Salmon Fillets**, cut into chunks

Marinade

50g fresh **Root Ginger**, cut into small chunks

1 tbsp **Olive Oil**

1 **Lemon**, Juice only

1 **Chilli**, finely diced



Let the kids make their own before popping into the oven. Children are more likely to eat food that they've been involved in preparing.

Method

1. To make marinade, first press this ginger, through a garlic press & capture the juice into a bowl. Mix with remaining ingredients.
2. Place salmon in a non-metallic dish, pour over marinade & chill in fridge for 30 mins.
3. Soak wooden skewers in cold water, or use metal ones. Thread on salmon & cook on bbq, or under a hot grill, for 3-4 mins on each side. serve with roasted veggies

Macro info per serving

Protein

25g

Carbs

1g

Fat

9g

Energy

185kcal

One Tray Salmon

Main Meal

Serves: 8

Shopping & Ingredients List:

4x140g **Salmon Fillets**
750g **Baby New Potatoes**
1 tsp **Mustard**
2 **Peppers**, cut into strips
2 **Garlic Cloves**, crushed
250g **Sugar Snap Peas**
2 tbsp **Olive Oil**
1 small **Orange**, juice only
2 tsp **Honey**



Oily fish is an absolute must for growing kids - and will help to build clever brains.

A simple family meal that everyone can enjoy together.

Method

1. Preheat the oven to 200c (180 fan), 400f, gas 6.
2. Boil the potatoes for 10 minutes until tender.
3. Meanwhile, whisk the mustard, orange juice, garlic & honey together in a bowl to make a marinade. Turn the salmon fillets in the marinade until evenly coated, then set aside.
4. Drain the potatoes and tip into a shallow ovenproof dish with the peppers and sugar snap peas. Drizzle over the oil, then toss everything together.
5. Put the salmon fillets on top of the vegetables and pour over the marinade. 6. Bake for 20-25 minutes until the salmon is cooked and just starting to brown.

Macro info per serving

Protein

17g

Carbs

20g

Fat

11g

Energy

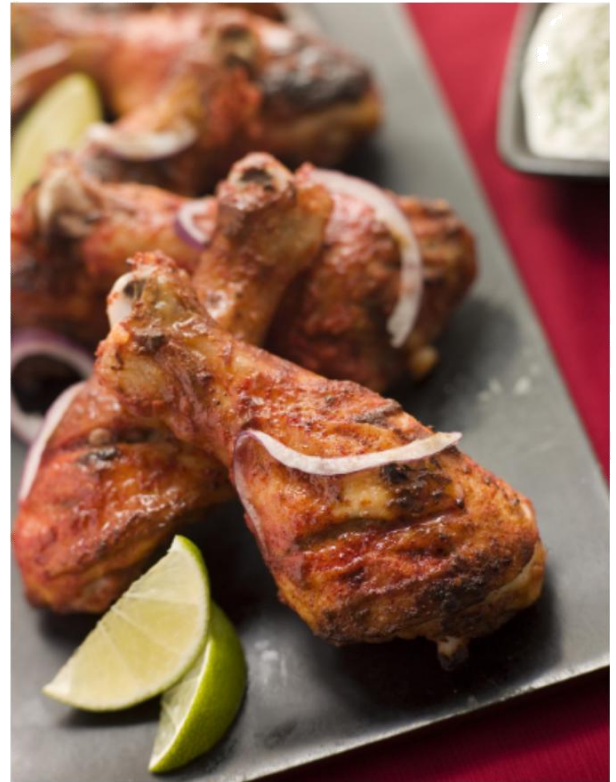
247kcal

Sticky Finger drumsticks

Main Meal Serves: 16 drumsticks

Shopping & Ingredients List:

16 chicken drumsticks
4 tablespoons of honey
finely grated rind and juice of 1 lemon
3 Tbsp of Henderson's relish (or
Worcestershire sauce)
4 Tbsp tomato ketchup



Method

1. Make several diagonal cuts through the fleshy part of each drumstick and arrange in an oven proof dish
2. Mix together the remaining ingredients and spoon over the chicken
3. Cover and chill overnight or through the day - the longer this is left the tastier it is
4. Cook in the oven at 180c turning and basting frequently until cooked through.

Great served with oven chips

Macro info per serving

Protein

15g

Carbs

7g

Fat

5g

Energy

133kcal

Family Chicken Traybake

Main Meal

Serves: 12

Shopping & Ingredients List:

- 12 **Chicken Thighs**, skinned with bone in
- 3 **Red Peppers**, cut in wedges
- 2 **Red Onions**, cut in wedges
- 1.2kg **New Potatoes**, halved
- 1 tbsp **Coconut Oil**, melted
- 4 tbsp **Marmalade**
- 1 tsp **Harissa Paste**
- 3 tbsp **Lime Juice**
- 1 **Orange**, zest & juice only



Method

1. Preheat oven to 200c (180 fan), 400f, gas mark 6. Divide vegetables between two shallow baking trays. Drizzle over the oil. Toss veg & then place chicken thighs on top of them.
2. In a bowl mix marmalade, harissa, lemon juice & orange juice & zest. Dizzle over the chicken & veg.
3. Roast for 45 mins giving everything a stir halfway through the cooking time. Serve as it comes.

Macro info per serving

Protein

18g

Carbs

25g

Fat

4g

Energy

208kcal

Lemon Broccoli

Side

Serves: 1

Shopping & Ingredients List:

100g Broccoli
2 tbsp Lemon Juice
20g Toasted Almonds
pinch Chilli Flakes



Method

1. Sprinkle broccoli with half the lemon juice & sprinkle over chilli flakes. Steam for 5+ minutes depending on your taste.
2. Serve with remaining lemon juice sprinkled over & almonds scattered.

Macro info per serving

Protein

7g

Carbs

13g

Fat

11g

Energy

179kcal

Hasselback Sweet Potatoes

Side

Serves: 4



Shopping & Ingredients List:

4 Sweet Potatoes
1 tbsp Chipotle Paste
2 tbsp Olive Oil
1 Lime, zest & juice only
Parsley to garnish

Method

1. Heat oven to 200c (180C fan), 400f, gas mark 6.
2. Slice the potatoes to about three-quarters of the way through at 1cm intervals.
3. Brush with $\frac{1}{2}$ tbsp of the olive oil, place on a baking tray & bake for 35-40 mins.
4. Meanwhile, mix together the remaining oil, the chipotle, lime zest & juice.
5. Remove the potatoes from the oven and brush all over, & down into the slits, with the chipotle mixture.
6. Return to the oven for another 15-20 mins. Scatter with the parsley just before serving

Macro info per serving

Protein

3g

Carbs

40g

Fat

6g

Energy

226kcal

Carrot & Sweet Potato Mash

Side

Serves: 4



Shopping & Ingredients List:

500g **Carrots**, chopped
500g **Sweet Potatoes**, chopped
3 **Garlic Cloves**, bashed
1 tsp **Cumin Seeds**, toasted
25g **Butter**

Method

1. To toast seeds, cook in non-stick frying pan, over a low heat for 1-2 mins.
2. Put the carrots, sweet potatoes & garlic in a large pan of salted water, bring to the boil, cook for 12 mins.
3. Add cumin seeds, butter & seasoning, roughly mash, serve immediately.

Macro info per serving

Protein

3g

Carbs

37g

Fat

6g

Energy

206kcal

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Discretion and common sense should be used.

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