

**5 DAY  
MEAL PLAN  
&  
RECIPES**



**Fiona Stock**



## Recipes

5-Day Meal Plan	3
Muesli Biscuits	5
Egg & Soldiers	6
Banana Pancakes	7
Breakfast Smoothie	8
French Toast	9
Banana Cookies	10
Raspberry & Coconut Bliss Balls	11
Muesli Bars	12
Creamy Mango Popsicles	13
Strawberry Gummies	14
Chocolate & Banana Chia Pudding	15
Roast Chicken & Vegetables	16
Chicken Nuggets	17
Zucchini Fritters	18
Chicken Satays	19
Zucchini Noodles	20
Fibre-rich Bolognese Sauce	21
Cottage Pies	22
Sweet Corn Fritters	23
Vegetable Frittata	24
Children's Health Masterclass	25
Meet Fiona Stock	26



## 5 - Day Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Muesli Biscuits	Banana Cookies	Chicken Nuggets (F)	Creamy Mango Popsicles	Roast Chicken & Veggies

	Breakfast	Snack	Lunch	Snack	Dinner
Day 2	Egg & Soldiers	Raspberry Bliss Balls (F)	Chicken & Veggie Wrap (using leftovers from night before)	Strawberry Gummies (F)	Cottage Pies (mash leftover vegies from night before)

	Breakfast	Snack	Lunch	Snack	Dinner
Day 3	Banana Pancakes	Muesli Bar	Chicken Nuggets (F)	Chia Banana Pudding Pots	Vegetable Frittata

	Breakfast	Snack	Lunch	Snack	Dinner
Day 4	Breakfast on the run Smoothie	Muesli Bar	Frittata & Salad (use leftovers from last night)	Banana Cookies	Zucchini noodles & Fibre rich Bolognasie sauce

	Breakfast	Snack	Lunch	Snack	Dinner
Day 5	French Toast	Raspberry Bliss Balls (F)	Sweet Corn Fritters (F)	Strawberry Gummies (F)	Chicken Satays

F = freezer friendly



## Kitchen Power Hour

We suggest you spend an hour in the kitchen on a day of the week that suits your schedule. Use this time to make a couple of recipes that can be stored in the freezer. These can be used as protein portions to fill a lunchbox or as a quick family dinner, especially if you arrive home late. The Fibre-rich bolognaise sauce is perfect for this occasion to make delicious cottage pies

In this time prepare food in bulk ready for the freezer. When cooking these recipes we also suggest you cook double batches so you have enough to keep you going for a few weeks.

### Recipes to consider freezing include:

- ✓ Chicken Nuggets
- ✓ Fibre-rich bolognaise sauce
- ✓ Sweet corn fritters
- ✓ Bliss balls
- ✓ Strawberry gummies
- ✓ Museli cookies

## Extra Guidelines & Tips

- Also, you don't have to serve each of these suggestions for breakfast, but we have included enough suggestions to find your family favourites. Once found, alternate between your selections either daily or weekly.
- Instead of making lunches from scratch in the mornings, re-purpose dinner. If you use a bento box, pack the sections while cooking dinner. Starting with the protein portion plus cubed vegies and fruit.
- These meals are protein rich which will keep your child fuller and help to avoid junk food. Protein is also important for their growth and development and is often missing from a child's diet throughout the day.



## Muesli Biscuits

Who says you can't have biscuits for breakfast!

These nutritious gut friendly ingredients are a bowl of goodness made into delicious biscuits the whole family will love.

### Ingredients

- 3 cups rolled oats
- 1 cup ripe bananas, mashed
- 1 cup almond meal
- ½ cup coconut, shredded or desiccated
- 2/3 cup good quality honey or maple syrup
- 2 teaspoons ground cinnamon
- 2 teaspoons vanilla extract
- 1/3 cup dried fruit (sultanas, currents, apricots or gogi berries)
- 1/3 cup seeds (pumpkin, sesame or sunflower)
- ½ cup coconut oil or olive oil, lightly flavoured

### Method

1. Preheat oven to 180°C (350°F) and line 2 baking trays with baking paper.
2. Add all the ingredients together in a large bowl and mix together thoroughly.
3. Scoop up a portion using a tablespoon and using your hands roll into balls. Place the balls onto the baking trays and slightly flatten each biscuit.
4. Bake for 20 minutes or until they are golden brown. Allow to slightly warm on baking trays before gently moving to a cooling rack.
5. Store in an airtight container for up to 7 days for freeze for up to 3 months.

Makes 30

**Healthy Child Tip:** These nutritious biscuits can be enjoyed at any time of the day.



## Egg & Soldiers

This recipe is an oldie but a goody because eggs are one of the most nutritious fast foods around and most kids love to eat them. Eggs are high in protein to boost energy levels, sharpens brain functions, build strong muscles, support a robust immune system and maintain a healthy weight.

### Ingredients

1 free-range egg, at room temperature  
Wholemeal gluten-free bread

### Method

1. Use eggs at room temperature, this helps cook the egg yolk and also stops the egg cracking in the cooking process.
2. Place egg in a saucepan. Cover with cold water and bring to the boil over high heat. Reduce heat to medium. Simmer gently for 3 minutes.
3. Gently keep the egg moving in a clockwise direction, this helps keep the yolk in the middle.
4. Cook for 5 minutes for semi firm yolk or 6 minutes for a firm yolk.
5. Remove pan from heat. Using a slotted spoon, transfer an egg cup, carefully remove the top of egg and serve with toast, cut into strips for easy dipping.

Serves 1

**Healthy Child Tip:** Egg yolks are the most concentrated source of choline, which plays a crucial role in neurological health and is particularly important for brain and memory development.



## Banana Pancakes

Most kids love pancakes and these pancakes are a super healthy and easy to cook making them a delicious choice for breakfast. The egg makes ensures they are high in protein to build strong muscles and keep your child feeling full. The also contain lots of fibre to support gut health and a robust immune system.

### Ingredients

- 1 ripe banana
- 1 free-range egg
- 2 tablespoons flour of choice

### Method

1. Mash the banana in a bowl until smooth.
2. Add the egg and mix into to the banana until well combine then add the flour and whisk until smooth and set aside for 5 minutes.
3. Lightly spray a frying pan with olive oil and add spoonfuls of the batter, spreading the mixture with the back of a spoon.
4. Cook for 1 to 2 minutes until golden and flip the pancake and cook for another minute to two until golden and cooked through.
5. Serve with fresh fruit and a drizzle of good quality honey.

Serves 1

**Healthy Child Tip:** For a fluffy pancake add a pinch of bicarb of soda.



## Breakfast On The Run Smoothie

This is the perfect breakfast smoothie for when you are on the run, especially if your child is a slow starter in the morning. Breakfast smoothies are filled with goodness and rich in vitamins and minerals plus they are easy to digest. For extra crunch and colour sprinkle muesli and berries on top.

### Ingredients

- 1 cup milk of choice (coconut, almond or soy)
- ¼ cup gluten-free traditional oats
- ½ cup frozen berries
- ½ tablespoon pure maple syrup
- 1 tablespoon seeds (LSA, chia or sunflower)
- 1 tablespoon grass-fed gelatin powder (optional)

### Method

1. Blend ingredients until smooth and creamy.

Serves: 1-2

**Healthy Child Tip:** Freeze leftover smoothies in an ice-cube tray or make into popsicles for their afternoon snack. Make colourful layers by adding fresh fruit into the mix.



## French Toast

French toast is a great way to disguise eggs if your child doesn't like eating them on their own. Eggs are high in vitamin D which supports a robust immune system making them an excellent choice to include in your child's meals. Buy organic or free-range eggs if possible.

### Ingredients

- 1 slice of gluten-free wholemeal bread
- 1 free-range egg, beaten
- 1/3 cup milk of choice
- ½ teaspoon cinnamon, optional

### Method

1. Heat a small amount of butter in a frying pan.
2. Beat the egg in a shallow dish.
3. Dip the bread into the mixture and cover both sides thoroughly with the mixture.
4. Let the excess mixture drip off the bread.
5. Place the bread in the frying pan for a few minutes on each side until golden.

Serves 1

**Healthy Child Tip:** *This is a recipe is best using slightly stale bread because it drinks up more of the egg mixture. Leave the bread soaking in the egg mix for 5 to 10 minutes for best results.*



## Banana Cookies

No child could resist these little bikkies they are brimming with deliciousness.

### Ingredients

- 1 banana, mashed
- $\frac{3}{4}$  cup rolled oats
- 3 tablespoons peanut butter (or nut butter of choice)
- 1 tablespoon good quality honey

### Method

1. Preheat oven to 180°C (350°F) and line a baking tray with baking paper.
2. In a medium bowl, combine all the ingredients and mix together.
3. Scoop tablespoons of mixture and form into balls and place on the baking tray and flatten slightly.
4. Bake for 10 to 15 minutes and allow to cool on the baking tray and then move to a wire rack to cool completely.
5. Store in an air tight tin.

Makes 10 cookies

**Healthy Child Tip:** A good quality peanut butter is a wonderful addition to your child's diet because it's nutritious and full of healthy fats to satisfy hungry tummies.



## Raspberry & Coconut Bliss Balls

These gorgeous raspberry bliss balls are deliciously quick to make and the perfect snack for the fussiest of eaters. Raspberries are an excellent source of Vitamin C, antioxidants and dietary fibre and other essential nutrients. They freeze well so double up the mix because they won't last long.

### Ingredients

- ½ cup frozen raspberries
- 1 cup almonds (nut-free option use GF rolled oats)
- 1 cup desiccated coconut plus extra for rolling
- 1 tablespoon cold-pressed coconut oil
- 2 tablespoon maple syrup or raw honey

### Method

1. Grind the nuts (or oats) in a food processed until smooth.
2. Add the remainder of the ingredients and mix until combined.
3. Roll into balls and then roll in the extra coconut.
4. Store in the freezer and defrost to serve.
5. Can be stored in the refrigerator for up to 7 days.

Makes 12 balls

**Healthy Child Tip:** Bliss balls are a great snack that you can prepare in advance and store in the freezer making them the ultimate snack.



## Muesli Bars

These crunchy slices of goodness are the perfect healthy snack and incredibly easy to make. The addition of the hint of cinnamon alongside the nuttiness offered by the muesli makes these irresistible.

### Ingredients

- 3 cups muesli
- ½ cup desiccated coconut
- 3 free-range eggs
- 1 teaspoon vanilla essence
- 1 teaspoon ground cinnamon
- ¼ cup olive oil
- ¼ cup honey

### Method

1. Preheat oven to 160°C (325°F).
2. In a bowl combine all the ingredients until mixed through.
3. Spoon into a baking tin lined with baking paper.
4. Bake for 25 to 30 minutes until golden.
5. Cool on a wire rack and cut into bars.

Makes 14 bars

**Healthy Child Tip:** This recipe can be adapted to suite your child's tastes buds by using their favourite muesli breakfast cereal.



## Creamy Mango Popsicles

When the weather warms up, cool down with these delicious healthy fruit-filled icy treats. Not only are mangos deliciously sweet and succulent, but they may well be the unsung king of fruit because they are power packed with more than 20 different vitamins and minerals.

### Ingredients

- 2 large mangos, chopped
- 2 cups coconut milk
- 1 teaspoon vanilla extract
- 1 tablespoon grass-fed gelatin powder (optional)

### Method

1. Blend ingredients for about 1 minute or until smooth and creamy.
2. Pour into popsicle moulds and freeze until frozen.

Serves 4

**Healthy Child Tip:** There are many amazing benefits that come with eating Grass-fed gelatin including improving gut integrity and digestive strength. This helps to support a robust immune system and optimal brain function.



## Strawberry Gummies

These fruity delights are awesome for gut health to support happy moods, healthy immunity and energy levels.

### Ingredients

- 4 tablespoons grass-fed gelatin
- 1/3 cup water
- 1 punnet strawberries
- ¾ cup coconut milk
- 1 teaspoon vanilla extract
- 4 tablespoons rice malt syrup
- 3 capsules of probiotics (broken open)

### Method

1. Puree the strawberries using either a stick/immersion blender or small food processor and set aside.
2. In a medium sized bowl, add the water and gelatin and whisk until dissolved.
3. Mix the pureed strawberries, vanilla extract, rice malt syrup and coconut milk together in a saucepan and bring the mix to nearly boiling point (don't boil).
4. The gelatin mix may have begun to set, if so, mix it with a fork to break it up so it dissolves when the hot mix is added.
5. Pour the strawberry puree mix over the gelatin and combine until there are no lumps. (If you notice clumping, gently reheat the mixture again and keep whisking until smooth).
6. Pour into either your gummy mould, ice-cube tray or flat dish (no need to grease).
7. If adding probiotic powder, leave the gummies to cool for 10 minutes and sprinkle with probiotic powder from the capsules and then refrigerate for 3 hours until set.
8. Pop the gummies from their moulds and store in an airtight container in the fridge for up to 10 days.

Makes 15

**Healthy Child Tip:** Natural gelatin made from grass-fed animals has the ability to heal and seal the gut wall. The natural kind of gelatin (NOT the standard supermarket jelly or jell-0)! Contains a protein called collagen which has the restorative powers to heal the gut wall.



## Chocolate & Banana Chia Pudding

Chia seeds are amongst the healthiest foods on the planet. They are loaded with nutrients that support brain health and general wellbeing. Only 2 teaspoons will deliver high amounts of fibre, good quality protein and health fats plus an impressive line-up of vitamins, minerals and antioxidants.

### Ingredients

6 tablespoons chia seeds  
3 tablespoons cacao powder  
2 ripe bananas, mashed  
2 cups milk of choice  
Honey (optional)

### Method

1. Add the mashed bananas to a bowl and stir through the chia seeds, cacao powder and milk until well combined and put aside. Taste the mix and see if sweet enough, this will depend on the ripeness of the bananas. Add a teaspoon or two of honey if required).
2. After 30 minutes, stir the ingredients again (this step stops the mixture from becoming soupy).
3. Cover the bowl and refrigerate overnight or for at least 6 hours.
4. Serve with sliced bananas, toasted coconut flakes or berries.

Serves 6

**Healthy Child Tip:** Don't be fooled by these seeds size, they pack a powerful punch nutritionally. They are high in protein to keep little tummies full for longer and fibre to support optimal gut health.



## Roast Chicken & Vegetables

Few foods are as versatile and rich as chicken meat. It can be cooked in an infinite number of ways and is appealing at any time of the year. Serve with roasted vegetables.

### Ingredients

- 1 whole chicken
- 1 lemon, halved
- 2 teaspoons olive oil
- Sea salt and pepper

### Method

1. Preheat oven to 220°C and lightly grease a roasting dish. Place a wire rack into the roasting dish.
2. Under cold running water, rinse out the cavity of the chicken and dry the outside using paper towels. Season the cavity with sea salt and pepper.
3. Squeeze the juice from ½ the lemon over the chicken and rub it into the skin. Place both halves of the lemon into the cavity.
4. Brush the entire chicken skin in olive oil and season with salt and pepper and place on the wire rack, breast side facing up.
5. Roast for 1 hour or until juices are clear when the thigh is pierced with a skewer. Allow to rest for 10 minutes covered before carving.

**Serves 4**

**Healthy Child Tip:** Freeze leftover chicken carcass to make gut restoring bone broths.



## Chicken Nuggets

These delicious juicy chicken nuggets are packed protein and vegies to support optimal growth and development. They are quick and easy to make and a winner for dinner and lunch too. They are so popular with kids, cook double at the weekend and freeze them for a rainy day.

### Ingredients

½ cup rice breadcrumbs or almond meal  
500gm chicken breast mince  
2 free-range eggs, lightly beaten  
1 carrot, finely grated  
1 zucchini, finely grated  
270gm can corn kernels, drained and rinsed  
1 clove garlic, crushed  
2 to 3 tablespoons coconut oil for shallow frying  
Pinch of sea salt

### Method

1. Preheat oven to 180°C (375°F).
2. Using your hands squeeze grated zucchini to remove excess liquid.
3. In a bowl, combine the chicken mince, egg, zucchini and carrot and mix together.
4. Shape tablespoons of the mix into nuggets and coat in rice crumbs.
5. Cook nuggets in a baking dish for 20 to 30 minutes until golden turning over half way through cooking.
6. Serve with mashed vegies or dip of choice.
7. Store leftovers in the fridge for up to 3 days or freeze for up to 3 months.

Serves 8

**Healthy Child Tip:** Perfect for either a bento box with or equally as delicious mashed and served in a wrap or sandwich. Serve with a dollop of creamy Greek-style or coconut yoghurt.



## Zucchini Fritters

If you are struggling to get vegies into your child's diet, this recipe is a great way to sneak them in. Even fussy kids will enjoy these tasty fritters.

### Ingredients

2 zucchinis (courgettes), grated  
2 carrots, grated  
1 leek, white part only finely sliced  
150gm feta, crumbled  
3 free-range eggs, beaten  
½ cup almond meal or wholemeal flour  
½ teaspoon baking powder  
Olive oil or Coconut oil for shallow frying  
Freshly cracked pepper and sea salt, to taste

### Method

1. In a saucepan, sauté the leek for 5 minutes until cooked.
2. Using a clean tea towel, squeeze the liquid from the zucchini, this helps the fritters to hold together.
3. Combine the leek, zucchini, carrot and add the beaten eggs and mix thoroughly. Add the almond meal/flour, baking powder, salt and pepper and stir together.
4. Heat the oil in a frying pan over medium heat. Add ¼ cup or spoonfuls of mixture into the pan and flatten with a spatula to form the fritter, cook 3 or 4 at once for until golden, turning the fritter to cook the other side. Repeat with the remaining mixture.

Makes 4 fritters

**Healthy Child Tip:** Leeks are mild tasting members of the onion family and very beneficial to gut health by supporting the friendly bacteria.



## Chicken Satays

These delicious and creamy satays use coconut milk which is high in a beneficial fat called lauric acid that is easily absorbed and used by the body as energy. Coconut milk is also a good source of vitamins and minerals plus it contains important antiviral and antimicrobial properties to support the immune system.

### Ingredients

- 1 ½ tablespoon GF red curry paste
- 3 tablespoons crunchy peanut butter
- 400gm coconut milk
- 500gm chicken thigh fillets, chopped
- 1 onion, finely sliced
- 2 carrots, grated
- 2 zucchinis, grated

### Method

1. Heat oil in large saucepan; cook onion until soft. Add red curry paste and cook for 1 to 2 minutes.
2. Add finely sliced chicken and grated vegetables and stir to coat with curry paste mix.
3. Add peanut butter, coconut milk, stirring to combine.
4. Simmer for 15 minutes.

Serves 4

**Healthy Child Tip:** Most kids love this tasty peanut sauce and it can also be served over vegetables and rice, salads or used as a dipping sauce with carrot sticks.



## Zucchini Noodles

Zucchini noodles are long and delicate and will help to curb the craving for traditional wheat pasta, especially when paired with your sauce of choice and the options are endless.

Zucchini is packed with nutrients including the B vitamins to support energy metabolism, Vitamins C and A, potassium, folate, and fibre.

### Ingredients

4 zucchini  
1 tablespoon olive oil  
4 tablespoons water  
Squeeze of lemon juice  
Pinch of sea salt and pepper to taste  
Olive oil, for frying

### Method

1. Use a spiralizer to make the spaghetti or cut slices lengthways using a vegetable peeler or mandoline, stopping when you reach the seeds. Turn the zucchini over and continue to peel discarding the seeds.
2. Slice the zucchini into thin strips to look like spaghetti.
3. In a pan over a medium heat, add olive oil and sauté zucchini for 1 or 2 minutes.
4. Add water and cook until zucchini has softened and season with sea salt, pepper and lemon juice.
5. Serve with basil pesto, Bolognese or favourite sauce.

Serves 4

**Healthy Child Tip:** It's worthwhile investing in a spiralizer. Kids are more likely to eat food they prepare and making vegi noodles is great fun.



## Fibre-Rich Bolognese Sauce

This bolognese sauce is full of goodness and flavour and a firm family favourite in most households. Kids can enjoy this on their morning gluten-free toast for a protein-rich breakfast to keep them full or serve over mashed vegies or vegetable spaghetti for lunch or dinner.

### Ingredients

- 1kg minced beef
- 1 400g tin borlotti beans, drained and rinsed
- 1 400g tin cannellini beans, drained and rinsed
- 2 onions, finely chopped
- 1 leek, white part only, finely chopped
- 2 carrots, peeled & grated
- 2 zucchinis, peeled & grated
- 3 garlic cloves, crushed
- 1 400g (14 oz) can chopped tomatoes
- 1 cup/250ml gluten free vegetable stock or Gut Healing Bone Broth
- Pinch of sea salt
- Pepper to taste

### Method

1. Heat oil in large pan and add the onion and leek. Sauté until translucent and add the remaining grated vegetables and garlic. Sauté for another 10 minutes or until soft.
2. Meanwhile, in a big saucepan brown the beef, breaking it up with a wooden spoon. When cooked, add the canned tomato and beans to the meat and stir through.
3. Add the tomato mix to the meat and combine together in one pot. Add the vegetable stock and bring to the boil, turn down the heat and simmer for at least 40 minutes until the sauce has thickened.
4. If you want to completely hide the vegetables and beans, use a stick blender to breakdown the beans while it's still in the pot.
5. Season with salt and pepper.

Serves 4

**Healthy Child Tip:** *This sauce is perfect for cottage pies, lasagne or beef tacos.*



## Cottage Pies

This cottage pie recipe is such a great way to get additional veggies into your child's diet. You can use whatever veggies you have at hand.

### Ingredients

Quantity of Fibre rich bolognaise sauce (see our recipe page 20)

### Veggie Mash

- ½ cauliflower
- 1 medium sweet potato
- 2 potatoes or carrots
- 2 tablespoons butter
- Milk of choice

### Method

1. Heat oven to 180°C (350°F).
2. Cut your vegetables of choice into chunks or florets.
3. Using a pot of boiling water or a steamer, cook veggies until well cooked. (Cauliflower 10-15 minutes, sweet potato and potato 20-30 minutes).
4. Allow to cool slightly.
5. Either mash the veggies by hand or in a food processor. Add butter and enough milk to make the mash smooth and creamy.
6. Season with sea salt and pepper.
7. In either a family size dish or individual ramekins, fill the bottom with bolognaise sauce and top with the mashed vegetables.
8. Bake in the oven until heated through and light brown.

**Healthy Child Tip:** Fussy kids often don't like vegetables and this dish is a great alternative to traditional roasted to steamed veggies.



## Sweet Corn Fritters

Tender and sweet, these colourful fritters can be prepared in advance for an easy meal and are lunchbox friendly too. They marry well with smashed avocado.

### Ingredients

500gm corn kernels (if using frozen, defrost first)  
4 free-range eggs  
1 bunch flat-leaf parsley (Italian), chopped  
1 red capsicum, finely chopped  
2 spring onions, finely sliced  
3 tablespoons rice flour or gluten-free flour  
Pinch of sea salt  
Coconut oil, for frying

### Method

1. In a food processor, combine the eggs and  $\frac{1}{2}$  the corn kernels, salt and blend until a smooth batter.
2. In a bowl, combine the corn puree and the remaining ingredients and mix until it forms a batter.
3. Heat the oil in a pan over a low heat and cook spoonfuls of the corn fritter mixture until golden brown on each side.

Makes 8-10 fritters

**Healthy Child Tip:** Freeze for up to 2 months. Remove from the freezer in the morning. Place frozen fritters in lunchbox and they will thaw by lunchtime.



## Vegetable Frittata

This delicious meat free meal is easy to make and a great way to get extra veggies into your child's diet. It's also high in protein to support your child's growth and development.

### Ingredients

- 1 onion, finely chopped
- 1 capsicum, finely chopped
- 2 carrots, grated
- 1 ½ cups peas (can be frozen)
- 6 eggs
- 1 handful spinach leaves, chopped
- 2 tablespoons milk of choice
- ½ cup good quality cheddar cheese, grated
- 2 cloves garlic, minced
- Sea salt and pepper
- 1 lemon, rind
- 1 teaspoon ground cumin

### Method

1. Preheat oven to 220°C.
2. In a mixing bowl, whisk together the egg, milk, cheese, cumin and seasoning.
3. Heat oil in a cast iron or heavy based frying pan, add the onion and garlic and cook for approximately 5 minutes. Add the capsicum and carrot and cook for a further minute. Add the spinach leaves and cook for a further minute. Stir in the peas.
4. Whisk up the eggs again before pouring the mixture over the vegetables while still in the frying pan. Stir briefly to distribute the mixture evenly across the pan.
5. Cook on the stove top for 2 minutes. Just until the edge of the frittata has turned lighter in colour.
6. Transfer to the oven and bake for 8 to 10 minutes, ideally, you should take the frittata out of the oven when the middle still slightly jiggles.
7. Cool in the pan for 5 mins and then slice and serve.

# Children's Health

## MASTERCLASS

Every mother's desire is for their child to be the healthiest and happiest version of themselves possible. Our Masterclass will help you achieve this goal by providing a treasure trove of valuable information founded on naturopathic principles coupled with the latest scientific research.

In the comfort of your own home, learn how to heal the gut wall. This will benefit your child if they are suffering from an illness you are having trouble managing or you wish to defend your child from developing a condition in the first place. Armed with this information you will feel empowered to confidently nurture and restore your child's health so they can enjoy the good health they deserve.

### **Masterclass at a glance – Learn how to:**

- ✓ Understand the underlying cause of poor immunity, eczema, asthma, poor focus and concentration, behavioural problems, ADHD, food allergies, food intolerances, constipation, diarrhoea plus many others
- ✓ Safeguard your child's immunity
- ✓ Support optimal brain function
- ✓ Know which influences support and nurture your child's health
- ✓ Avoid substances that undermine your child's health
- ✓ Healthy Eating Plan – takes away all the guess work and provides you with the serving sizes for the main food groups to suit your child's age group.
- ✓ Natural medicine to the rescue – learn which are the best supplements to underpin your child's health
- ✓ Masterclass Workbook
  - Class notes - Plus our top gut healing recipes

Plus much more...

## Meet Fiona Stock

### *Paediatric Naturopath & Nutritionist*

Fiona is a respected Naturopath and Nutritionist with 20+ years of extensive clinical experience. She has successfully treated thousands of clients for a wide-range of conditions focused on gut health utilising evidence-based naturopathic philosophy alongside integrative nutrition. After nearly two decades of owning and directing Melbourne's largest natural medicine clinic, she understood it was time to begin empowering families to transform their children's health through education.



For the past 3 years she has been wholeheartedly committed to researching and writing about the crisis facing children's health. During this time Fiona gained specialised training with the Medical Academy of Paediatric Special Needs (MAPS) and Gut and Psychology Syndrome (GAPS) and also became a Jamie Oliver Food Revolution Ambassador. She created a unique on-line learning program dedicated to teaching parents the underlying cause of their child's health condition. Upon reading the program her mentor, Dr Jeffrey Bland, author of *The Disease Delusion* and known worldwide as the "Father of Functional Medicine" recognised the value of her work and encouraged her to write a soon to be released book and get the information out into the public arena.

Rob Knight, Professor of Paediatrics at the University of California, a leading researcher and co-founder of the American Gut Project, mapping gut health across America has edited Fiona's work to date.

Her enthusiasm on the subject has led her to present talks on the critical importance of gut health and its relationship to optimal brain and immune functions. Fiona has always been fascinated in the concept of food is medicine and prior to becoming a naturopathic practitioner gained extensive experience in the food industry, running her wholefoods catering business and teaching people how to cook delicious healthy meals over a 10 year period.