



www.creatingwellnesswithin.com.au



THE *Balanced* FAMILY PLATE



A Week at a Glance:
Family-Friendly Dinner Inspiration

Created by Marni Bouman | Certified Women's Health Coach |
Functional Nutrition Consultant | Meal & Menu Planner

***Simple, flexible dinner ideas,
designed to take the stress out of
“what’s for dinner?”***

If you’ve ever stood in front of the fridge at 4pm wondering what to make for dinner, you’re not alone.

This guide was designed to offer a little inspiration. Feel free to mix + match meals, repeat your favourites, and let it spark ideas for your own week.

The meals below are all made gluten-free, and are the kinds of dinners we come back to again and again – meals that feel nourishing, flexible, and are enjoyed by the whole family.

They’re not about perfection or strict rules, just nutritious food that brings everyone to the table, happily.

Enjoy x



1. Family Pan Nachos

A big, share-style pan of beef nachos, loaded with “hidden” vegetables, black beans, fresh tomatoes + herbs. Baked on a bed of organic corn chips with melted organic cheddar, then finished with spring onions and a dollop (or two) of sour cream.

This is a sit-around-the-table, everyone-helps-themselves kind of meal.



2. Creamy Chicken & Veggie Bake

A true one-pan wonder. Chicken baked with a creamy sauce, nitrate-free bacon, onion and plenty of vegetables – the kind the kids don’t even notice (thanks to the delicious sauce). Served with brown rice for a simple, comforting dinner that ticks everyone’s boxes.



3. Mongolian Beef Stir-Fry

A flavour-packed stir-fry with a homemade Mongolian-style sauce, plenty of vegetables + beef mince, served with glass noodles. Quick, satisfying, and always a hit.



4. Savoury Egg & Bread Puddings

Cooked in one pan, then poured into individual ramekins and baked, these savoury puddings are packed with eggs, bread, bacon, spinach, onion + chive cheese. Served with a fresh side salad, they're cosy, filling, and perfect for using what you already have.





5. Homemade Sourdough Pizzas

I often make these using homemade gluten-free sourdough pizza bases, but any base works beautifully. Top with your favourite pizza sauce + a variety of toppings – think Spanish onion, finely sliced baby spinach, mushrooms, pineapple, capsicum, shredded chicken, nitrate-free ham, and your cheese of choice.

Everyone builds their own, which makes this meal as fun as it is delicious – and it's a great option for school or work lunch leftovers too.



6. Chicken Buddha Bowls

A build-your-own bowl with seasoned chicken + a variety of fresh toppings. Easy to customise for each person – extra haloumi for one, no beetroot hummus for another. Perfect for different tastes around the same table.



7. Maple Bacon-Wrapped Meatloaf

A veggie-packed meatloaf wrapped in maple-glazed bacon, served with a simple side salad or steamed veggies. Comforting, hearty, and great for leftovers!



A Gentle Note

The meals shared here are examples of our personal family-friendly dinner ideas, and will likely not appear in personalised meal plans, which are tailored to individual needs, preferences + dietary requirements.

A Few Helpful Points:

- These meals are designed to be flexible – swap proteins, vegetables, or sides as needed.
- Not every meal needs to be new. Repeating favourites is encouraged.
- Portions can be adjusted to suit your household.
- Leftovers are a win! (The meatloaf makes amazing school sandwiches, so I'm told 😊)

If a week of dinner ideas made life feel lighter, personalised meal and menu planning can help take the thinking off your plate – so meals feel simpler, calmer, and more supportive week after week.

I offer 'Personalised Meal & Menu Planning' for individuals and families, grounded in Australian food standards and designed to fit real life.

👉 Explore meal planning services:
Meal & Menu Planning

