

# The nourishing home whole Food meal plan: week One

The following **Whole Food Meal Plan**, **Shopping List** and **Prep Day Chart** feature budget-friendly, healthy gluten-free meals that typically feed a family of four. For those not living GF, no worries! I'm a GF girl living in household of grain lovers. So let me assure you, this real food menu can easily be adjusted to meet your needs. In addition, for those following a grain-free diet, this meal plan is especially easy to adjust, since the majority of recipes I develop and share are grain-free. It's a joy to share our meals with you! Many blessings, Kelly



## Shopping List (dinner only)

### Meat, Poultry & Fish

- \_\_\_ Chicken Stock (4 cups)
- \_\_\_ Chicken Breasts; boneless, skinless (1 lb.)
- \_\_\_ 2 Split Chicken Breasts (about 2 lbs)
- \_\_\_ White Fish (1 fillet per person)
- \_\_\_ Ground Turkey or Beef (2 lb)
- \_\_\_ Nitrate-free Bacon (2 slices)
- \_\_\_ Sliced Deli Ham or Turkey

### Dairy, Eggs & Cold Case Items

- \_\_\_ Cheddar cheese (12 oz)
- \_\_\_ Fresh salsa (or homemade)
- \_\_\_ Sliced Swiss (1 package)
- \_\_\_ Sour cream

### Fresh Produce

- \_\_\_ Avocado (1-2)
- \_\_\_ Baby spinach (2 small bunches)
- \_\_\_ Bok choy (optional, 1 head)
- \_\_\_ Broccoli (2 heads)
- \_\_\_ Cherry or grape tomatoes (8oz)
- \_\_\_ Carrots (4 large)
- \_\_\_ Garlic (2 heads)
- \_\_\_ Green onions (1 small bunch)
- \_\_\_ Jalapeno pepper (1)
- \_\_\_ Lemons (4)
- \_\_\_ Lettuce: Romaine (1 bunch)
- \_\_\_ Lime (2)

- \_\_\_ Mushrooms (1 cup)
- \_\_\_ Pineapple (1.5 cups, or 1 can)
- \_\_\_ Russet Potatoes (3-5 lbs)
- \_\_\_ Snap peas (6 oz)
- \_\_\_ Sweet onion (1 small)
- \_\_\_ Tomatoes (2 small)
- \_\_\_ Yellow Onion (2)
- \_\_\_ Zucchini (6-7 large)

### Fresh Herbs

- \_\_\_ Cilantro (1 small bunch)
- \_\_\_ Parsley (1/2 tbsp)

### Frozen Produce

- \_\_\_ Organic Veggie Medley (1 small pack)

### Pantry Items

- \_\_\_ Black olives (1 small cans)
- \_\_\_ Brown (or White) Basmati Rice
- \_\_\_ Cashew Butter (if making GF bread)
- \_\_\_ Diced tomatoes (2 small cans)
- \_\_\_ Dry black beans (or 2 cans)
- \_\_\_ Dry white beans (or 2 cans)
- \_\_\_ Elbow macaroni (GF, if desired)
- \_\_\_ Organic Ketchup
- \_\_\_ Organic soy sauce (or coconut aminos)
- \_\_\_ Organic tomato paste (1 small can)
- \_\_\_ Pineapple Juice (or sub with lime juice)

- \_\_\_ Pure maple syrup (for dessert recipe)
- \_\_\_ Wild rice

### Dry Herbs & Spices

- \_\_\_ Arrowroot powder
- \_\_\_ Cinnamon sticks (for cocoa recipe)
- \_\_\_ Cumin
- \_\_\_ Garlic powder
- \_\_\_ Ginger
- \_\_\_ Ground cinnamon
- \_\_\_ Herb Seasoning Blend
- \_\_\_ Italian Herb Blend
- \_\_\_ Mexican Seasoning Blend
- \_\_\_ Oregano
- \_\_\_ Red pepper flakes
- \_\_\_ Rosemary
- \_\_\_ Thyme
- \_\_\_ Black Pepper
- \_\_\_ Sea Salt

### Staples

- \_\_\_ Blanched almond flour (optional)
- \_\_\_ Butter
- \_\_\_ Olive Oil
- \_\_\_ Vanilla extract (for dessert recipe)
- \_\_\_ Sea Salt
- \_\_\_ Black Pepper

All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

# The nourishing home whole Food meal plan: week One

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	<a href="#">Lemon-Garlic Chicken</a> , Mashed Potatoes and Steamed Broccoli	<a href="#">Grilled Pineapple Chicken</a> with <a href="#">Pineapple Salsa</a> , <a href="#">Crockpot Black Beans</a> & Rice	<a href="#">Taco Salad</a> w/Leftover Black Beans & Rice	<a href="#">Veggie Stirfry</a> w/Leftover Grilled Chicken	<a href="#">Shepherd's Pie</a> and Spinach Salad w/ <a href="#">Raspberry Vinaigrette</a>	<a href="#">Minestrone Soup</a> with Grilled Ham & Swiss Sandwiches on <a href="#">GF Brown Bread</a>	<a href="#">Grilled Fish Provençal</a> over Wild Rice <b>Dessert:</b> <a href="#">Snickerdoodles</a>
Lunch	<a href="#">Veggie Mini Omelets</a> with Garden Salad	<a href="#">Fruit &amp; Cheese Kebobs</a> with <a href="#">Multiseed Crackers</a>	<a href="#">Grilled Chicken Salad</a> Sandwiches on <a href="#">Sweet Brown Bread</a> and Fresh Fruit	Raw Veggie Kebobs with <a href="#">Greek Hummus Dip</a> and <a href="#">Multiseed Crackers</a>	Nut Butter Apple Slice Sandwiches (see note below) and Vanilla Yogurt	<a href="#">Greek Hummus</a> Veggie Wraps and <a href="#">Fruit &amp; Nut Bar</a>	Leftover <a href="#">Minestrone Soup</a> with Garden Salad
Breakfast	<a href="#">Cinnamon Apple Oatmeal Bake</a> and Boiled Eggs	Leftover <a href="#">Cinnamon Apple Oatmeal Bake</a> and Scrambled Eggs	Leftover <a href="#">Veggie Mini Omelets</a> and <a href="#">Gingerbread Smoothie</a>	<a href="#">Pineapple Coconut Muffins</a> and Eggs Over Easy	Leftover <a href="#">Pineapple Coconut Muffins</a> and Vanilla Yogurt w/ <a href="#">Homemade Granola</a>	<a href="#">Homemade Granola</a> w/Berries and Almond Milk	<a href="#">Savory Baked Eggs</a> and <a href="#">Sweet Brown Bread</a> Toast w/Butter
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Prep	<ul style="list-style-type: none"> <li>• Bake bread and crackers</li> <li>• Soak beans</li> <li>• Save leftover oatmeal &amp; mini omelets</li> <li>• Make extra potatoes 4 Thurs</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled extra chicken for lunch Tues and dinner Wed</li> <li>• Save extra beans &amp; rice for Tues' dinner</li> </ul>	<ul style="list-style-type: none"> <li>• Brown extra ground meat and save for Thurs' dinner</li> </ul>	<ul style="list-style-type: none"> <li>• Save leftover muffins for breakfast tomorrow</li> <li>• Make extra hummus and save for Fri</li> </ul>	<ul style="list-style-type: none"> <li>To make apple sandwiches: Core &amp; slice apples horizontally spread with nut butter &amp; raisins</li> </ul>	<ul style="list-style-type: none"> <li>• Save leftover soup for lunch tomorrow</li> <li>• Defrost fish fillets in fridge overnight</li> </ul>	<ul style="list-style-type: none"> <li>• Make meal plan, go to market and prep for next week's meal plan</li> </ul>

Subscribe to [The Nourishing Home Newsletter](#) and receive a Weekly Meal Plan Shopping List, Prep Day Chart, recipes and more!

# The nourishing home Prep Day TIPS

As you can see from my meal plans, I schedule daily prep-ahead tasks that keep me organized in getting homecooked meals on the table. But I also schedule a 1-2 hour block of time each weekend for simple prep-ahead tasks that make putting meals together a snap during busy weekdays.

## Why schedule a Prep Day? Investing Time Now = Less Time Later!

Scheduling a meal plan prep-session, whenever possible, allows you to get prepared for the week ahead. By prepping ahead, you'll save time and you'll be less stressed in getting healthy, homemade meals on the table during busy weeknights. Want to see a step-by-step prep session, [click here](#).

## A few easy ideas on the types of tasks you can accomplish in a 1-2 hour Prep Session:

- Make marinades and salad dressings
- Cut meats, poultry and seafood (*if appropriate, you can also place them into marinades*)
- Pre-brown ground beef and meats for stews
- Bake cookies, crackers and snacks for lunchboxes and treats
- Pre-chop fruits and veggies that hold-up well, such as carrots, and onions (*just be sure to store chopped onion in airtight containers – whew!*)

## Now, let's get down to business!

### Here are some specific ideas on what you can do to prep ahead for this week's meal plan ...

- **Make the Fresh Pineapple Salsa** only if you're planning to serve the salsa within 1-2 days of making it.
- **Make the Pineapple Chicken Marinade**, but don't add the chicken until your ready to grilled, as per recipe instructions.
- **Brown the ground turkey or beef** for the Taco Salad and Shepherd's Pie. Place in fridge (if using within 4-5 days) or place in freezer. (*Time-saving tip: Brown 2-3 pounds of ground meat and store in freezer in 2-cup-size containers. Then, high five yourself for saving even more time in putting together future meals.*)
- **Make the Crockpot Black Beans**. If you opt to cook the beans during your prep session, just remember to soak them the night before. Once their done cooking, measure out what you'll need for the Grilled Pineapple Chicken and for Taco Salad. If you've got any leftovers, mash them up and repurpose them as a [yummy bean dip](#) for lunch.
- **Soak and cook dry beans**. If you don't plan to cook the black beans during your prep session, you may want to prep the white beans ahead of time for the Minestrone Soup. ( I'll most likely be making the white beans since Fridays are busy.)
- **Prepare salad fixings and dressings**. Chop lettuce and store in an airtight container with a paper towel (*or dish cloth*) to help keep the lettuce crisp. You can also pre-chop most salad fixings like cucumbers, peppers, carrot, radishes, etc. and store in airtight containers in fridge. And if you make your own salad dressings, prepare those as well.



## Prep Day TIPS continued

- **Pre-chop and slice the veggies for one or two of the following meals** (*depending on the time you have available*). Be sure to place the veggies in their own individual airtight containers per meal and store in fridge.

- Veggie Stirfry: Chop the green onions, carrots, bok choy, zucchini, broccoli and mushrooms
- Shepherd's Pie: Chop the carrots and onion
- Minestrone Soup: Chop the onion and zucchini
- Grilled Fish Provencal

### Other prep ahead ideas:

- If you're planning to make the GF Brown Bread, make it on you prep day. Allow it to cool, slice it, place in an airtight container and store in fridge. Then pull out what you need and warm in toaster oven throughout the week ahead. If you like it make 2-3 loaves and slice and freeze them.
- Consider what you'll be making for lunch and breakfast during the week ahead, use whatever time you have to prep ahead items that keep well. Such as boiled eggs, which can be peeled and stored in an airtight container in the fridge for up to 3-4 days. Another example is homemade crackers, cookies or snacks.

### Some final words of wisdom ...

- If this is your first time prepping ahead, **start SLOW**. Please! It always takes more time when you're learning the ropes, which is why I don't provide exact prep times for each step here as they truly vary by person. So don't overwhelm yourself by taking on the world. Just pick 1-2 tasks and get comfortable with those. Then pace yourself to keep adding more tasks as time permits.
- **Enlist some help!** If you've got wee ones, ask your hubby to help keep junior happy while you prep. The promise of delicious home-cooked meals should be all the incentive he needs. At the same time, consider how practical and rewarding it is to get your Kids in the Kitchen with you. You'll find [my tips and recommendations here](#) for making your kitchen time together productive and fun!
- And last but not least, **enjoy yourself!** It's a blessing to be able to provide healthy homecooked meals to your family and with a little time and practice, you'll be amazed at how much easier and enjoyable it will become.

Let's get together again soon! Of course, you're always welcome to pop over for a visit anytime at [The Nourishing Home](#).



Blessings,

Kelly