

Back to Basics:

Nourishing and Simple Meal Planning

Back to Basics: Nourishing & Simple Meal Planning on a Budget

Weekly **Plant Based Gluten Free & Dairy Free** Family Friendly meals designed with the busy on a budget family in mind.

There are certain staples that if you simply keep them on hand, will make eating well very easy and more affordable! I list these in Pantry Stock. Your first few shopping trips may be more expensive as you develop a stable stocked pantry. There may be many foods you simply do not have yet, but as you accrue them, you'll find it makes weekly shopping way more affordable!

Fridge & Pantry Stock

Grains:	Veggies:	Dairy Like:	Baking Goods:	Seasonings:
Brown Rice Oatmeal Quinoa Soba Noodles GF or sprouted grain wraps GF Bread	Dark Leafy Greens Celery Sweet peppers Garlic Onion Potatoes Beans & Lentils: Black Beans Pinto Beans Cannelini Beans	Almond Milk Coconut Milk Hemp Milk Coconut Yogurt	GF Flour Blend Baking Soda Baking Powder Agave Sesame Seed Oil Nut Butter Coconut Oil Olive Oil Vanilla Balsamic Vinegar	Sea Salt Tamari Garlic Seasoning Dulse Cinnamon Turmeric Honey Maple Syrup
Seeds: Pumpkin, flax, sunflower, sesame				

This weeks' Nourishing & Simple Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lemon & Fruit GF French Toast	Strawberry Bang Smoothie	Happy Tummy Oats	Breakfast Burrito	Fruit Plate w/ Nut butter Toast	Chocolate Smoothie Surprise	Eggs & Toast w/ wilted greens
Chia Potato Salad	Mixed Greens w/ Balsamic Vinegar	leftovers	Crudités & Hummus	Greens Salad w/ boiled egg	leftovers	Mixed Greens w/ remaining fresh veggies
Root Roast with Rice	Roasted Root Wraps	Brown Rice Risotto	Noodles & Vegetables with Sesame Sauce	Simple Soup	Pizza Night	Broccoli Salad

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Snack ideas for the masses:

Often, we reach for snacks for reasons other than physical hunger. I always recommend that you check in to this space before you grab for food. Sometimes, snacks can play the role of blood sugar regulation so having them is beneficial if you need support in this area. I've provided a few healthy snack ideas here, mix and match at will keeping in tune that a snack should be just that, a snack; not a meal.

Gotta sweet tooth?

Healthy PB Cups - 2 Tbsp. Nutbutter, mixed together with 1 Tbsp. dark chocolate or carob chips – eat with a spoon

GF Pretzels (try Mary's Gone) dipped in your favorite nut butter with raw local honey

Spiced Nuts – see recipe at end of recipes!

Savory snacks?

Try a small handful of almonds or walnuts

Breakfasts, nourishing starts for happy and healthy days!

Lemon & Fruit French Toast

- 4 Organic, Free Range Eggs
- 1 Tbsp Vanilla
- ¼ Cup Almond Milk
- 4 – 5 Slices Gluten –Free & Dairy Free Bread
- 1 tsp grated lemon zest (peel)
- 1 Tbsp Fresh Lemon Juice
- 1 tsp Sunflower Oil Spray
- 1 Cup peeled sliced Mango
- 1 Cup Coconut Yogurt
- 1 Tbsp Cinnamon
- 1 Tbsp Almonds

In a 9 x 13 glass baking dish, lay bread flat in a single layer, as best will fit. You can split if need be.

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In a bowl, mix together the eggs, vanilla, almond milk, lemon zest and lemon juice. Pour evenly over the bread in the baking dish. Especially with GF bread, you'll want to let it soak for about five minutes to ensure the mixture is soaked into the bread.

While your bread is soaking, using sunflower oil, spray a skillet and allow to heat to medium high heat.

Carefully place as many pieces of bread as will lay flat in the skillet. Cook bread up to five minutes on each side until golden. Try to turn only once, so you'll want to allow the bread to fully cook on one side before turning it over. *This French toast is great prepared in a cast iron skillet if you have one prepared.

Top with mango slices and coconut yogurt, sprinkle cinnamon and almonds as desired. Serve warm.

Serves 3 - 4

[Tip – double or triple this recipe. Simply cool extra toast and place in a freezer bag for another morning! To reheat, put into toaster as you would toast frozen waffles!](#)

This recipe was inspired by: Clean Eating Magazine, March 2012

Strawberry Bang Smoothie

- 1 Cup Coconut Milk
- 1 Cup Cultured Coconut Milk (found by the kefir in the refrigerated section)
- 1 Cup frozen Strawberries
- 1 Cup Chopped Spinach
- 1 Tbsp Flax

Place all ingredients in a blender and blend until smooth. Enjoy!

Serves 3 -4

Happy Tummy Oats

- 4 Cups Water, bring to a boil
- 2 Cups Steel Cut Oats
- 2 Granny Smith Apple, cored and diced
- 1/2 Cup Raw Walnuts
- 2 Tsp Cinnamon
- 4 Tbsp Maple Syrup

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Add oats and apples to water and reduce heat to simmer, stir occasionally. Cook for fifteen – twenty minutes. Serve warm, topped with cinnamon, syrup, and walnuts.

Serves 4 – 5

Breakfast Burrito

2 tsp olive oil
4 eggs, whisked together
½ yellow onion, diced
1 can roasted green chilis
1 can of black beans, organic.
2 tsp cumin
½ tsp Sea Salt
8 GF tortillas, try Rudi's
Your favorite salsa

In a skillet, heat oil. Sauté onions, green chilies and black beans for five to ten minutes, until onions become soft and translucent. Add eggs, cumin, sea salt and stir constantly to scramble. Cook until eggs are done. Remove from heat promptly. On a plate lay tortilla out flat, place 2 – 4 tbsp of egg mixture, top with salsa, roll up and serve!

Serves 4

Fruit plate w/ nutbutter on toast

This easy peasy breakfast is as simple as slicing up some of the fruits you bought and serving them next to gluten free toast with nutbutter.

Chocolate Smoothie Surprise

2 Bananas, frozen
¼ Cup Walnuts
2 T Flax Seeds
2 Tbsp Raw Cocoa
½ Cup Spinach
1 Cup Almond Milk
½ Cup Water

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Blend all ingredients until smooth. Add more milk or water to make more creamy or liquid.
Serves 2 -3

Eggs & toast with wilted greens

2 eggs, prepared easy over
1 piece gluten free bread
1 cup spinach or chard
2 tbsp water
1 clove garlic, minced

Heat water in small skillet or sauce pan. Add garlic and allow to lightly simmer for a minute or two. Add greens and cook over low heat just until wilted and bright green. Serve next to eggs and toast or make a sandwich using eggs, greens on toast.

Serves 1

Luscious Lunches

Lunchtime can be simple or complex. If you prefer to have a heavier lunch, simply choose one of the dinner meals for this space and have a light and easy salad at dinner time. Using leftovers at lunch time is a great way to provide a nourishing meal mid-day. I will reheat my leftovers using a toaster oven, oven, or by adding a bit of oil or water to a pan. Fresh salads always make a great quick and easy lunch. They are self explanatory in the meal plan matrix provided.

Chia Potato Salad

4 medium new potatoes, or 2 russet potatoes
1 tsp balsamic vinegar
2 tsp Chia Seeds
2/3 cup Vegenaise
1/2 tsp mustard
3 Tbsp fresh parsley
sea salt and pepper

Cube potatoes as close to bite size as possible. Boil until tender but holding their shape. In a medium bowl, blend all remaining ingredients together well with a fork. When potatoes are done, add them stirring well to coat potatoes. Season with salt and pepper to taste. You may

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serve immediately or refrigerate for up to one hour then serve. I always liked my potato salad cold.

Serves 4

Dinner for all to thrive!

Tip: In this week's meal plans, I focus on the cook once eat twice principle I teach in my coaching. Using this principle to highlight how cooking extra or freezing leftovers can help you save time and money.

Root Roast w/ Brown Rice

Inspired by Vegetarian Times, Oct. 2011

1 lb. fingerling potatoes, halved
1 lb. cauliflower, cut into 1 inch florets
2 Medium onions, thickly sliced
8 oz. celery root, diced
6 cloves garlic
2 tsp Garlic herb mix
4 Tbsp Olive oil
1 ½ cups cooked brown rice
3 Tbsp Chopped Fresh Parsley
2 - 3 Tbsp balsamic vinegar
Sunflower or Olive Oil to coat cookie sheets pans

Preheat oven to 400. Evenly coat 2 cookie sheets with oil. You can use a napkin or paper towel to do so.

Toss all vegetables and herbs with the exception of the kale and fresh parsley in 3 Tbsp oil. Spread evenly and in a single layer on cookie sheets. You will need to cook these about an hour, stirring and tossing frequently until largest vegetables are soft. You can test this using a fork.

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While vegetables are in oven, cook brown rice, according to package directions. Drain, transfer to a bowl. Stir in parsley and remaining oil. Season with salt and pepper if desired. Serve orzo with vegetables, and drizzle with balsamic vinegar.

Serves 6

Set aside ½ of vegetables for tomorrow's meal.

Roasted Root Wraps

Roasted Root Vegetables

1 tbsp olive oil

Gluten free wraps

Your favorite dressing, vegenaïse, or avocado

In a skillet heat oil over medium. Add leftover roasted roots. Heat stirring frequently until all vegetables are heated through, being cautious to not burn them. Add warm veggies to wrap, and add dressing.

Serve Immediately.

Serves up to 6, depending on how many vegetables you reheat.

Brown Rice Risotto

2 Tbsp Olive Oil

½ Medium Onion, chopped

1 Medium Bell Pepper, seeded & chopped

1 Cup Brown Rice, short or medium grain

1 clove garlic, minced

½ tsp turmeric

3 ½ Cups vegetable broth (for non-vegetarians, you can use chicken broth)

Preheat oven to 425. Heat the oil in a large oven proof pan with a lid or Dutch oven over medium heat. Add the onion and bell pepper and cook for 3 minutes. Add rice, garlic, turmeric and saute for about 2 minutes. Add the broth and bring to a boil. Cover and place carefully in oven. Bake until all the broth is absorbed and the rice is tender, about 50 minutes.

Serves 4

Cook twice as much and use rice in your breakfast burritos the next morning!

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Noodles & Vegetables with Sesame Dipping Sauce

Inspired by Vegetarian Times, Oct. 2011

4 Baby Bok Choy
2 Large Carrots
8 oz snow peas, trimmed
8 oz rice noodles (thin)
3 green onions, thinly sliced
1 ½ tsp toasted sesame seeds

Sesame Dipping Sauce (to save time and money, you may opt to buy your dipping sauce)

¼ cup low sodium tamari
2 Tbsp lime juice
2 Tbsp fresh grated ginger
2 Tbsp rice vinegar
4 cloves garlic
1 Tbsp agave nectar
1 Tbsp toasted sesame oil

For sauce: blend all ingredients in a blender. Drizzle over noodles and veggies before serving.

To make noodles and veggies: Set steam rack in large pot and bring 1 cup of water to a boil. Arrange bok choy in rack, reduce heat to medium-low, cover and steam 1 minute. Add carrots and snow peas, and steam 2 minutes.

In a saucepan, cook rice noodles according to package directions. Remove noodles from cooking water with fork and split between bowls. Add desired veggies and sauce. Serve warm.

Serves 6.

You'll want to make extra or set aside ½ of the noodles and veggies for tomorrow's dinner

Simple Soup

Inspired by Vegetarian Times, Oct. 2011

8 cups vegetable or chicken broth
1 whole star anise
4 - 6 cups steamed vegetables
2 cups cooked rice noodles
1/8 cup sesame dipping sauce

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From the evening before, I actually just combined my vegetables, sauce and noodles in one plastic storage container and set it in the fridge overnight.

Simply heat broth with the anise to a boil. Reduce to simmer, then added the leftovers and allowed it to simmer for about ten minutes. Remove the anise star before serving.

Serves 6.

Broccoli Salad

¼ cup balsamic vinegar
2 Tbsp Dijon mustard
2 Tbsp honey
¼ tsp salt
¼ pepper
4 tbsp olive oil
2 heads broccoli
1 small red onion
½ cup whole almonds, raw
½ cup dried cranberries

In a large bowl mix together vinegar, mustard, honey, salt and pepper. Whisk in oil until well blended. Set aside.

Remove broccoli florets from stalk and add to vinaigrette. Add onion, almonds, and cranberries to the bowl. Toss and serve.

Pizza Night

Gluten Free Pizza Crust (or regular if you wish)
Olive Oil
Minced Garlic
¼ onion cut into strips
Spinach
*optional cheese

Bake Crust according to directions. Layer vegetables as you desire. Toast in oven until all toppings are warmed through and edges have turned lightly brown. I love using olive oil in

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place of tomato sauce. And use cheese sparingly (I know, it's hard) but it's high in calories and sodium.

Nourishing Lovely Desserts & snacks-

Spiced Nuts

1 medium egg white
2 cups mixed nuts
½ cup pumpkin seeds
1 Tbsp honey
2 tsp ground ginger
½ tsp cinnamon
½ cup dried cranberries

Preheat oven to 350. In a large bowl whisk egg white and honey, add nuts and seeds. Toss together to coat evenly. Add ginger, cinnamon, and cranberries. Spread on ungreased cookie sheets. Bake until browned – about 20 minutes.

Serve alone or sprinkle on salads and yogurts!

GROCERY LIST:

Produce

1 lemon	3 yellow onion
1 lime	1 red onion
2 Granny Smith Apple	1 bell pepper
1 Mango	2 large carrots
4 baby bok choy	1 bag fingerling potatoes
2 heads broccoli	2 – 4 new potatoes
8 oz snow peas	1 celery root
1 bunch green onions	1 cauliflower
Romaine lettuce	Cilantro
1 bunch fresh parsley	Garlic
1 bunch Bananas	ginger
1 Bunch Baby Spinach	frozen strawberries
	1 pkg dried cranberries

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Walnuts

Almonds

toasted sesame seeds

pumpkin seeds

Canned Goods

1 can roasted green chilies

1 can diced tomatoes, Muir Glenn

1 can black beans

Dairy

organic, free range eggs

Almond Milk

Coconut Milk

Coconut Yogurt

Cultured Coconut Milk

Grain

Gluten Free Bread – Canyon Bakehouse 7

grain

Gluten Free tortillas

GF Pizza Crust

Flax Seed

Chia Seeds

Steel Cut Oats

Brown Rice

thin rice noodles

Lentils & Beans

Cooking goods

Real Vanilla Extract – not flavoring

Vegetable Broth – 3 boxes

Sunflower Oil Spray

Olive Oil

Cinnamon

Star Anise

Cumin

Sea Salt

Pepper

Turmeric

Maple Syrup

honey

mustard

vegenaise

garlic herb blend

Tamari

Raw Cocoa

Agave Nectar

Toasted sesame oil

rice vinegar

balsamic vinegar