

Back to Basics:

Nourishing and Simple Meal Planning

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 Seeds: Pumpkin, flax, sunflower, sesame	Dark Leafy Greens Celery Sweet peppers Garlic Onion Potatoes Beans & Lentils: Black Beans Pinto Beans Cannellini 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

This weeks' Nourishing & Simple Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Baked Apples	Scrambled Eggs with Chard & chia	Strawberry Banana Smoothie	Coco-Yogurt Parfait	Amaranth Hot Cereal	Banana Oatmeal	Egg in a Butterfly hole
Mixed Greens w/ Sweet Peppers	Leftovers	Crudités & Hummus	Leftovers	Egg Salad Sandwich	Leftovers	Mixed Greens w/ Boiled Eggs & Peppers
Shells & Veggies	Rotisserie Chicken & Potato Salad	Burritos	Tri color Peppers & Steak	Rainbow Soup	PIZZA NIGHT!	Leftovers

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**** For Meat Eating Families:** Simply add your favorite meats as small serving to any of these dishes to complete your meal. Try to center the meal around the suggested menu, and add a small portion of meat as a compliment, not the center, to your dish.

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?

Dark Chocolate Bar

Savory snacks?

Flax crackers with roasted red pepper hummus

Breakfasts, nourishing starts for happy and healthy days!

Baked Apples

2 -4 Fuji Apples, cored and cut in ½
2 – 4 Tbsp Earth Balance Organic Coconut Spread
1 Tbsp Cinnamon
2 Tbsp Maple Syrup
Chopped or sliced Almonds

Preheat oven to 350. Lay apples with insides up in a foil lined glass or ceramic baking dish. Drizzle with syrup and sprinkle cinnamon. Bake for 45 to 50 minutes until soft. Top with Almonds and Coconut Spread just before serving. Serve warm.

Scrambled Eggs with Chard & Chia

4 Organic free range Eggs
1/2 cup unsweetened almond milk
1 large Swiss chard leaf, torn into tiny pieces
onion garlic pepper (or use garlic pepper)

In a medium sized skillet, heat pan over medium heat. In a bowl mix together all ingredients. Add to skillet and using a wooden spatula, stir constantly, until all eggs are cooked through. Serve warm.

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Strawberry Banana Smoothie

2 Cups frozen Strawberries & Bananas
½ Cup Swiss Chard
1 Cup coconut yogurt
1 Cup vanilla almond milk
2 Tbsp Flax Seeds

Blend all ingredients until smooth. If you like your smoothie thicker, add more frozen fruit, for creamier, add more milk.

Amaranth hot cereal

1 cup whole grain amaranth
2 cups almond milk
1/2 cup toasted chopped walnuts
1 tablespoon maple syrup
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg

Place amaranth, milk and 1 cup water in a medium saucepot. Bring to a boil. Reduce heat to medium-low and simmer, stirring frequently, until most liquid is absorbed and amaranth is cooked through and tender, about 25 minutes. Stir in walnuts, maple syrup, cinnamon and nutmeg until combined. Serve hot.

North Shore Nutrition tip: dress up ordinary oatmeal with maple syrup, organic butter, cinnamon, walnuts, or flax seed.

Banana Oatmeal

1cup quick oats
1 banana
1 tsp flax seeds
½ - ¾ cup boiling water
Cinnamon
Honey

This is for one serving, increase according to your needs.

While water is heating, place oats, bananas, honey, and cinnamon in a bowl. Pour boiling water over oats and allow to sit for 3 or 4 minutes. Top with flax seeds.

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Egg in a Butterfly Hole

GF multi grain bread, one slice per person
Eggs, one per person
Earth Balance Organic Coconut Spread
Swiss Chard, hand torn into smaller pieces
Butterfly cookie cutter (or heart, or circle), use to cut shape in center of bread.

On a griddle or in a skillet, melt about 1/4 tsp of Earth Balance Organic Coconut Spread
Lay toast in melted spread, pour one egg into the center of each piece of bread.
Allow to cook for at least 5 minutes over medium heat. When you can see the egg is cooked on the one side and 1/2 way through, it's safe to flip. (slowly)
Allow to cook on this side for a few minutes until egg is cooked to desired doneness. My son loves dippy eggs so I try to not overcook the yolk. Add pepper, top with greens before removing from heat allowing to lightly wilt. (or place fresh greens on top of egg after removed from heat, serving them raw.)
Serve warm.

Coco-yogurt parfait

1 Cup Coconut Yogurt (I find this at Whole Foods or Sunflower Market)
¼ Cup Homemade Granola or favorite brand
½ Cup Mixed Berries
½ tsp Flax Seed

Layer yogurt, granola and fruit, sprinkle with flax seed

This recipe makes a single serving.

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.

What are Crudités?

Crudités are the official term of those little pre-cut vegetables that you find with dips at special events and parties! My mom always just called the veggie trays, so I never knew either! Ideas of great vegetables to serve this way are:

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Jicama (Mexican Veggie) – peel and cut into straws

Celery

Tomatoes

Broccoli

Cauliflower

Endive

Carrots

Great dips include your favorite organic and natural dressing or hummus.

Dinner for all to thrive!

GF Pasta & Veggies

8 ounces gluten free shell shaped pasta

1/4 cup chopped onion

1/4 cup low-sodium vegetable broth

1/4 cup chopped carrots

1/4 cup chopped celery

3 cloves garlic, minced

1 cup finely chopped Swiss chard or kale

1 (14.5-ounce) can no-salt-added diced tomatoes

1/4 teaspoon dried basil

1/4 teaspoon dried thyme

1/4 teaspoon crushed red pepper flakes

Cook pasta according to package directions.

Heat a large skillet over medium heat until hot. Add onion and cook, stirring frequently, about 3 minutes or until beginning to stick to pan. Add water, carrots, celery, garlic and Swiss chard and cook 5 minutes or vegetables are tender. Stir in tomatoes, basil, thyme and red pepper. Bring to a boil.

Reduce heat to low and simmer 5 to 7 minutes or until vegetables are very tender and sauce is thickened. Stir in pasta.

Rotisserie chicken and potato salad

1 Rotisserie chicken

1 Recipe Potato Salad

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Chia Potato Salad

4 medium new potatoes, or 2 russet potatoes
1 Tbsp balsamic vinegar
2 tsp flax Seeds
2/3 cup Vegenaise
1 Tbsp 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 serve immediately or refrigerate for up to one hour then serve.

Serve chicken alongside potato salad for an easy summer favorite.

TriColor Peppers & Steak

1 Pkg Frozen Peppers – Tricolored
2 Beef Filets
¼ White Onion
2 cloves garlic minced
Olive Oil
Sea Salt

Remove steaks from fridge and set out in plastic or glass container. Drizzle with olive oil and top with sea salt. Allow to come to room temperature. Heat skillet over medium heat. Saute garlic, onion and peppers until just before soft. Remove from pan and set aside. While peppers are cooking, slice steak into thin strips, against the grain. Cook in same skillet as peppers, until cooked through – about 5 -10 minutes. Serve over peppers. May opt to serve with rice or quinoa.

Burritos

GF Tortillas
1 Can Pinto Beans, rinse & drain
¼ Yellow onion, diced
1 ripe avocado
1 sweet red pepper
2 cups chopped mixed greens
Favorite Salsa, Amy's is a good brand

Lay 1 tortilla flat on each plate and layer ingredients as desired.

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Beautiful Rainbow Vegetable Soup

Bob's red mill vegetable soup
vegetable broth
olive oil
zucchini squash
1 Red pepper
½ diced onion
yellow squash
garlic
Salt, Pepper, Turmeric

Start with a Bob's Red Mill Vegetable Soup Base.

Soak for at least 2 hours and strain water, add fresh water when you are ready to begin cooking.

I added about 2 cups of water and 2 cups of vegetable broth.

Allow soup base to cook for 45 minutes before adding sautéed vegetables.

Heat a skillet over medium heat with 1 t olive oil. Chop all vegetables coarsely and add to skillet. Saute until tender. Remove from heat.

Pizza Night

Gluten Free Pizza Crust (I use bob's mill)
Pesto or Olive Oil
Minced Garlic
Spinach
mushrooms
2 Red Peppers

[North Shore Nutrition Tip: You could also use leftover grilled vegetables for this, or grill these up before you make the pizza](#)

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 or pesto in place of tomato sauce, and we may do a dairy free cheese, but we haven't found one that melts very good.

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Nourishing Lovely Desserts & snacks-

Blueberry "Ice Cream"

2 Cups frozen blueberries
3 Tbsp honey
½ - ¾ cup vanilla almond milk

Blend. This takes patience. Stop every couple of seconds to scrape down sides. You might also try a food processor. It can take up to ten minutes to get all blueberries blended. My whole family loves this frozen treat and I can feel great about offering it to them.

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GROCERY LIST:

Produce

2 -4 Fuji Apples
1 bunch banana
1 Box Raspberries or Blueberries
1 Box Strawberries
Sliced Almonds
Walnuts
Swiss chard
Fresh parsley
1 box organic mixed greens
new potatoes
small bag carrots
1 avocado
celery hearts
1 bulb garlic
zucchini squash
3 Red peppers
yellow squash
2 onions, one white, one yellow
frozen Strawberries & Bananas
Frozen blueberries
Frozen Peppers – Tricolored
Flax Seeds

Dairy & Meat

Earth Balance Organic Coconut Spread
Organic free range Eggs
Vanilla Almond milk
Coconut yogurt

Rotisserie Chicken – Organic, Free Range

2 Beef Filets – Free Range, Organic, Grass Fed

Grain

Granola
quick oats

Amaranth – found at most health food stores
GF Multi Grain Bread

GF Tortilla
GF Pizza crust
gluten free shell shaped pasta
Bob's red mill vegetable soup

Canned Goods

no-salt-added diced tomatoes, I like Muir Glen
1 Can Pinto Beans
Favorite Salsa, like Amy's

Cooking goods

Cinnamon
Nutmeg
Honey
Maple Syrup
onion garlic pepper
dried basil
dried thyme
Turmeric
Sea Salt
crushed red pepper flakes
2 boxes low-sodium vegetable broth
Olive Oil
balsamic vinegar
Vegenaise/Mayonnaise
Mustard