

Back to Basics:

Nourishing and Simple Meal Planning

Back2Basic Nutrition’s 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:
<i>Brown Rice Oatmeal Quinoa Millet Soba Noodles GF or sprouted grain wraps GF Bread Seeds: Pumpkin, flax, sunflower, sesame, Chia</i>	<i>Dark Leafy Greens Celery Sweet peppers Garlic Onion Mushrooms Potatoes Lentils: Black Beans Pinto Beans Cannellini Beans</i>	<i>Almond Milk Coconut Milk Coconut Yogurt Coconut Spread Eggs</i>	<i>GF Flour Blend Baking Soda Baking Powder Agave Sesame Seed Oil Nut Butter Coconut Oil Extra Virgin Olive Oil Vanilla Vegetable Broth Balsamic Vinegar Red Wine Vinegar</i>	<i>Sea Salt Peppercorns - Grinder Tamari Garlic Seasoning Dulse Cinnamon Turmeric Honey Maple Syrup Salsa</i>

This weeks’ Nourishing & Simple Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruit Meusli w/ coconut milk	Boiled Egg, Toast, Peach Smoothie	Coco-Yogurt Parfait	Fruit Meusli w/ coconut milk	Green & Blue Smoothie	Spanish Tortilla	Amaranth cereal
Mixed Greens Salad	leftovers	Mixed Greens Salad	Avocado Salad	Mixed Greens Salad	leftovers	Mixed Greens Salad
Portabella Pasta	Sweet Pepper Wrap	Quinoa Skillet	Simple Vegetable Soup	leftovers	Pizza Night!	Turkey Loaf & Avocado slaw

Time & Budget Tip – Before you plan to cook all the above meals, check your calendar. Set a goal to cook at least 4 of these meals and then highlight the corresponding ingredients. Should you stray from the meal plan, you won’t waste and giving space for other things allows you to be creative!

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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.

1 slice banana bread, recipe included – for full recipe see below
grapes, keep in freezer and add frozen grapes to your water for a cold body cooling treat!
Sliced tomatoes with sea salt & dulse

Breakfasts, nourishing starts for happy and healthy days!

B2B tip: Boiling eggs on Sunday night will give you a few quick grabs over the next few mornings. You can boil as many as a dozen, then add them to salads or enjoy them as a breakfast option

Peach Smoothie

2 cups frozen organic peaches
1 cup unsweetened coconut milk
1 cup vanilla coconut yogurt or Water – if you use water, you may want to sweeten with honey or figs.
8 – 10 Raw Almonds

Blend until smooth, enjoy! Serve with gluten free toast and a boiled egg.

Coco-Yogurt Parfait

1 Cup Coconut Yogurt, vanilla flavored
¼ Cup Homemade Granola or favorite brand
½ Cup Mixed Berries
½ tsp Flax Seed

Layer yogurt, granola and fruit, sprinkle with flax seed.

Fruit Muesli

2 cups rolled oats
½ cup almonds, sliced (you can buy them in thin slices)
½ cup maple syrup
1 tsp vanilla extract
pinch of sea salt

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Fresh seasonal fruit – bananas, apples, berries (no citrus)

In a large bowl, mix all dry ingredients together. Add vanilla, maple syrup, salt and stir. Serve like cereal. Top with Almond or Coconut milk. Store any leftovers in your refrigerator.

Green & Blue Smoothie

1 cup frozen blueberries
2 pieces cubed watermelon
2 pieces cubed honey dew
2 tbsp celery
1 tbsp organic heritage tomatoes
1 tbsp red pepper
2/3 cup coconut yogurt
1 cup mixed spring greens
1 ½ cups filtered water

Blend all ingredients until smooth. Enjoy while cool.

Amaranth Cereal

1 cup whole grain amaranth
2 cups almond or coconut milk
1/2 cup dried cherries
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 cherries, walnuts, maple syrup, cinnamon and nutmeg until combined. Serve hot.

Spanish Egg Tortilla

Olive oil
1 medium potato, peeled and cut into 1/2-inch cubes
Salt and pepper to taste
4 eggs, lightly beaten
1 red pepper, finely chopped
½ cup chopped spinach
Chopped parsley

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Heat 3 tablespoons oil over medium heat in an 8-inch skillet. Add potatoes, salt and pepper and cook until tender, about 15 minutes. Remove potatoes from skillet, drain on paper towels, and then stir them together with the eggs in a large bowl. Cook peppers and spinach until tender then remove from skillet, drain on paper towels and add to egg and potato mixture. Leave about 2 tablespoons oil in the skillet, or add more if necessary so that 2 tablespoons remain. Heat over medium high heat until very hot. Pour in egg mixture, rotating the skillet until it's evenly distributed. Lower the heat to medium and cook, moving the skillet constantly, until the tortilla is light golden underneath.

Slide the tortilla onto a plate and heat 1 more tablespoon oil in skillet. Flip tortilla over and return it to the skillet, golden side up. Continue cooking until browned underneath but still just moist inside. Transfer to a cutting board and set aside to let cool slightly. Cut into wedges and serve warm top with parsley.

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 salad at dinner time.

Healthy Salad Dressings

Vinegar & Oil

1 tsp balsamic vinegar
½ tsp extra virgin olive oil
dash salt and pepper

Avocado Dressing

½ avocado
2 tsp fresh squeezed lemon juice
dash salt and pepper

Faux Caesar

2/3 cup firm silken tofu
1/4 cup water
1/4 cup lemon juice
2 tablespoons light soy or chickpea miso –watch for gluten!
1 tablespoon white wine vinegar
1 teaspoon Dijon mustard
2 cloves garlic
Ground black pepper, to taste

Put all ingredients into a blender and purée until smooth.

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Avocado Salad

1 Avocado per person
1/8 cup dandelion greens, cut into small strips
¼ cup yellow heirloom tomatoes, diced
1 small radish, sliced into thin coins
1 Tbsp Moosewood Salsa (or your favorite)
small handful seasoned corn chips or a gluten free pretzels

Scoop out avocado and cut into chunks on plate. Top with greens and veggies. Serve with chips on the side or crumbled on top.

Dinner for all to thrive!

Portobello Pasta

Cook 1 box quinoa pasta according to box directions.

While quinoa pasta is boiling; chop:

2 large portabello mushrooms
2 cloves garlic
1 yellow summer squash
3 stalks kale
2 tbs fresh parsley

Heat cast iron skillet over medium heat with **1 tbsp sunflower oil**. Add all chopped ingredients. Sauté until mushrooms begin to soften and release juices. Turn heat off, stirring occasionally to allow flavors to blend.

When noodles are done, top with sauté, stir, season with salt.

Sweet Pepper Wrap

1 pkg gluten free tortillas
1 tsp Thousand Island dressing per wrap
1 cup diced red peppers
½ cup diced yellow peppers
1 cup organic tomatoes, diced
¼ cup celery, diced

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- 1 large clove garlic, minced
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp chili powder

Heat oil in a skillet over medium heat. Add garlic and toss in oil. Allow to cook 1 minute. Add rest of veggies. Stir frequently and cook until just turning soft. Season with paprika and chili powder. Serve on a tortilla with organic thousand island dressing.

Simple Vegetable Soup

- 4 cups chicken broth (organic, low sodium)
- 1 stalk celery, sliced thinly
- 5 – 10 baby kale leaves, cut into thin strips
- Fresh Parsley, diced into tiny fragments
- 1 dandelion leaf, diced into tiny fragments
- ½ tsp dulse
- ½ cup quinoa, precooked
- sea salt and pepper to taste

Heat broth and over low to medium heat in a soup pan. Add all vegetables and allow mix to cook 10 minutes, stirring frequently.

Season with salt, pepper, and dulse. Serve warm with flax crackers.

Avocado Slaw

- 5 Cups shredded cabbage
- 1 medium carrot, shredded
- ½ red pepper, sliced thinly
- 3 ripe avocados
- 2 T. Olive oil
- 2 T. Lime Juice
- 2 T. Orange Juice
- 1 ½ tsp sea salt
- 1tsp. pepper

Scoop the avocado out of shells with a spoon. Smash avocado and mix with seasonings and juices. Mix with shredded cabbage, red pepper and carrot until well coated.

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Turkey Loaf

- 1 ½ lbs ground turkey (free range organic)
- 1 egg
- ¼ cup diced celery (may use food processor to get very fine)
- ¼ cup diced kale (see above)
- ¼ cup diced yellow onion (see above)
- ¼ cup green pepper
- ¼ cup organic all natural ketchup like Muir Glenn
- 1 tsp sea salt
- 2 tsp black pepper

Lightly coat a loaf pan with coconut or olive oil. Preheat oven to 350°F. In a large bowl, add all ingredients and mash together well with your hands. Press into loaf pan. Bake for 1 hour or until turkey is cooked through.

Allow to rest 5 minutes before serving. Serve with avocado slaw.

Pizza Night

- Gluten Free Pizza Crust (I use bob's mill)
- Fresh Tomato
- Fresh Basil
- Olive Oil
- Minced Garlic
- Thin strips of zucchini
- Red sweet peppers

Bake Crust according to directions. Layer tomato, basil, spinach, olives, etc.; 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.

Nourishing Lovely Desserts & snacks-

Nourishing Banana Bread

- ½ cup honey
- ½ cup coconut spread
- 2 organic, free range eggs
- 2 medium organic bananas
- 1/3 cup unsweetened coconut milk

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1 ½ tsp vanilla extract

2 cups gluten free all purpose flour (Try Bob's Red Mill)

1 tsp aluminum free baking soda

½ tsp salt

¼ cup Chia seeds

Preheat oven to 350° F. In a medium sized mixing bowl, smash the bananas with a fork until all clumps are gone. Add coconut spread and eggs and mix well. Add remaining ingredients and mix. Pour into a pre-greased loaf pan. Bake for 50 – 55 minutes until you can insert a toothpick and not have the bread stick to it.

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GROCERY LIST:

Tip – highlight the things you need with a highlighter – buy organic whenever available

Produce

1 grapes
2 Mixed Berries
Bananas
1 blueberries
1 watermelon
1 honey dew
lemon juice
Lime Juice
1 yellow summer squash
1 zucchini
celery hearts
small bunch carrot
1 Orange
1 cabbage
2 yellow onions
1 bunch kale
1 bunch radish
3 – 4 heirloom tomatoes
2 red, 1 green, 1 yellow peppers
1 small bunch spinach
1 bunch fresh parsley
4 – 6 avocado
1 small bag potatoes
cloves garlic
1 pkg portabella mushrooms
1 large tub Mixed spring greens
1 small bunch dandelion greens

frozen peaches
dried cherries

Dairy & Meat

Eggs
unsweetened coconut milk
Coconut spread
2 large containers vanilla coconut yogurt
firm silken tofu
ground turkey

Grain

Granola
quinoa
whole grain amaranth
quinoa pasta
gluten free tortillas
Flax Seeds
Chia Seeds
rolled oats

Lentils

Raw Almonds, sliced
chopped walnuts

Canned & Boxed Goods

Salsa
Corn Chips or Gluten Free Pretzels

Baking/Cooking Needs

maple syrup
Honey
vanilla extract
Himalayan sea salt
GF Pizza Crust
GF Flour
pepper
paprika

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Dulse

Olive oil

Dijon mustard

balsamic vinegar

white wine vinegar

chicken broth

cinnamon

chili powder

ground nutmeg

light soy or chickpea miso

Thousand Island dressing

natural ketchup