

All underlined text in this document are hyperlinks that you can click on to get the recipes.

# The nourishing home whole Food meal plan: January 13-19

	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> & <a href="#">Spiced Hot Cocoa</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 potatoes4Thurs</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>	To make apple sandwiches: Core & slice apples horizontally spread with nut butter & raisins	<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>

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Sunday

# lemon garlic chicken



## Ingredients

- 2 split skin-on chicken breasts with ribs (about 2 lbs)
- 6 garlic cloves, peeled and smashed
- 3 lemons, quartered
- 2 tbsp olive oil
- 1 tbsp fresh-squeezed lemon juice
- 1 tsp dried oregano
- Sea salt and fresh-ground black pepper

Recipe courtesy of  
*the nourishing home*

## Directions

1. Preheat oven to 450 degrees. Cut each chicken breast in half to form four servings. *(Add additional chicken breasts as needed to serve more individuals.)*
2. Squeeze the juice from 3-4 of the lemon quarters to obtain one tablespoon of lemon juice. Place lemon juice into a small bowl along with the olive oil and oregano. Combine well.
3. On a 12x17-inch rimmed baking sheet, place the chicken breasts skin side up and drizzle with the olive oil mixture. Then add the garlic cloves and lemons; toss all ingredients together until well coated with the olive oil mixture. Season with salt and pepper.
4. Roast chicken, skin side up, until golden and cooked through, about 25-30 minutes.

## Serve

Serve with a side of wild rice and your favorite green veggie. Enjoy!

## Recipe Note

For a delicious Lemon-Thyme Roasted Chicken option, simply substitute one teaspoon of dried thyme in place of the dried oregano. Then, follow the rest of the recipe instructions as directed.

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Monday

# grilled pineapple chicken



## Ingredients

- 1 lb. boneless, skinless organic chicken breasts or tenders
- 3 tbsp olive oil
- 1/4 tsp fresh grated organic lime zest (about 1 lime)
- 2 tbsp unsweetened pineapple juice
- 1 tbsp fresh-squeezed lime juice
- 1/2 tsp sea salt
- 1/8 tsp each of dried rosemary, thyme, garlic powder and freshly ground black pepper

## Fresh Pineapple Salsa

- 1 1/2 cups diced fresh pineapple
- 3/4 cup organic tomatoes, seeded and chopped
- 1/4 cup finely chopped red onion
- 2 tbsp unsweetened pineapple juice
- 1 tbsp olive oil
- 1/2 cup finely minced fresh organic cilantro
- 1/2 tsp finely minced fresh flat-leaf organic parsley
- 1 tsp seeded and finely minced jalapeno pepper
- 1 clove garlic, finely minced
- 1/2 tsp sea salt
- 1/8 tsp fresh grated organic lime zest

Recipe courtesy of

the nourishing home

## Directions

### Grilled Pineapple Chicken

1. Cut chicken breasts in half lengthwise, so that you end up with two thinly sliced breasts for each breast you cut in half (*or cut into chicken tenders, if you prefer*).
2. Place chicken in a glass baking dish.
3. In a small bowl, add remaining ingredients and whisk together until well combined.
4. Pour marinade over the chicken. Cover and refrigerate for 30 minutes prior to grilling, but no more than 45 minutes prior to grilling, otherwise the chicken will become mushy due to the acidity of the marinade.
5. Then, preheat grill until hot. Grill chicken about 2-3 minutes per side, until cooked through.
6. Remove chicken from grill, place on plate and cover with aluminum foil. Allow to sit 3-5 minutes before serving.

### Fresh Pineapple Salsa

1. Combine all ingredients in a bowl.
2. Cover and refrigerate at least one hour before serving. Or refrigerate salsa for up to three days.

## Serve

Serve with a side of [crockpot black beans](#) and [baja-style cilantro rice](#)!

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## Tuesday

# easy taco salad



## Ingredients

- 1 pound ground turkey or grassfed ground beef
- 1/2 tsp organic Mexican seasoning
- 1/2 tsp sea salt
- 1 cup fresh salsa (homemade salsa is best)
- 2 tbsp cultured sour cream
- 1 head organic romaine lettuce, cut into pieces (about 8 cups)
- 2 cups cooked soaked [crockpot pinto beans](#) or [crockpot black beans](#)
- 1 avocado, diced
- 1 cup grated raw milk cheddar cheese
- 1/4 cup sliced black olives
- Optional: GF organic tortilla chips

Recipe courtesy of  
*the nourishing home*

## Directions

1. In a large skillet over medium-high heat, add two tablespoons of olive oil, the ground turkey (or beef), Mexican seasoning and salt.
2. Cook, breaking the meat up with a wooden spoon, until no longer pink, about 5-6 minutes.
3. Pour off any excess liquid. Then, stir in 1/2 cup of the salsa and cook until heated through, about one minute.
4. In a small bowl, combine the sour cream and remaining 1/2 cup of salsa to create the taco salad dressing. Add salt and pepper to taste.
5. Place the lettuce, turkey mixture, cooked beans, avocado, cheese and olives into separate bowls. Serve buffet-style so your family can make their own salad.
6. Top with the taco salad dressing.

## Time-Saving Tip

Having precooked ground meat on hand for quick dinners is the perfect example of putting the [Cook Once, Eat Twice](#) strategy to work for you. I recommend browning 2-3 pounds of ground meat during one cooking season (or on a prep day). Then divide the meat into 1- to-2 cup portions and place into the freezer. Then, you'll have a convenient supply of ready to go browned-ground on hand to create quick and healthy meals like this easy, delicious taco salad, [chili](#), [shepherd's pie](#) and more!

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## Wednesday veggie stirfry



### Ingredients

- 2 tbsp sesame oil (or extra virgin olive oil)
- 5 green onions, diced
- 2 cloves garlic, finely minced
- 2 medium organic carrots, cut into matchsticks
- 6 oz. organic snap peas
- 1 medium head of bok choy (chop and divide stem from leaves)
- 1 large organic zucchini, cut into matchsticks
- 1 cup organic broccoli florets
- 1 cup sliced mushrooms
- 1/8 tsp ground ginger
- Coconut Secret soy-free sauce (or organic soy sauce)
- Sea salt and freshly ground pepper to taste
- Cooked soaked brown rice (or white basmati rice)
- Optional: Leftover grilled chicken or steak, cut into chunks

Recipe courtesy of  
the nourishing home

### Directions

1. Heat a large skillet or wok over medium-high heat.
2. Add oil, green onion and garlic. Cook until garlic becomes fragrant, about one minute.
3. Then, add carrots, snap peas and bok choy stems. Sauté about 2 minutes (stirring constantly) and then cover for about 2 minutes until veggies begin to slightly soften.
4. Next, add zucchini and broccoli. Sauté uncovered until broccoli begins to slightly soften.
5. If using leftover grilled chicken or steak, add to the wok, along with the bok choy leaves and mushrooms. Cover pan to allow veggies to finish cooking to desired consistency. (We prefer ours al dente.)
6. Then season with ground ginger, 1-2 tablespoons of soy sauce (or soy-free sauce) and salt and pepper to taste. Toss well to combine.

### Serve

Serve over cooked or steamed white or brown rice.

### Recipe Note

You can easily customize this recipe using your family's favorite veggies.

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# Thursday shepherd's pie

Recipe courtesy of  
the nourishing home



## Ingredients

- 1 tbsp olive oil
- 1 cup diced fresh organic carrots
- 1/3 cup finely chopped yellow onion
- 1 garlic clove, minced
- 1 lb ground grassfed beef, or ground turkey
- 1/4 tsp dried thyme
- 2 tbsp organic ketchup
- 1 tbsp arrowroot powder
- 1 cup of your favorite frozen organic veggies (such as peas or green beans or a combo)
- 1/2 cup diced tomatoes, drained
- Sea salt and fresh-ground black pepper
- 3-4 cups leftover mashed potatoes (seasoned w/salt and pepper to taste)
- Optional: 1/2 cup shredded raw or grassfed cheddar cheese

## Directions

1. Preheat oven to 425 degrees. Heat a large skillet over medium-high heat. Add oil and sauté carrots, onion and garlic until onion begins to soften (about 2-3 minutes).
2. Add ground beef (or turkey), breaking up meat with a wooden spoon; cook until no longer pink, about 4-5 minutes.
3. Next, add thyme, ketchup, and arrowroot powder; stir until combined. Add frozen veggies and diced tomatoes. Cook until vegetables are warmed through and liquid has thickened, about 3-4 minutes. Season with salt and pepper to taste.
4. Spoon mixture into a two-quart baking dish.
5. Spread mashed potatoes evenly over top of beef mixture. Sprinkle with shredded cheddar, if desired.
6. Place dish on a rimmed baking sheet, and bake until potatoes are lightly browned, approximately 15 minutes.

## Serve

Serve with a garden or spinach salad with your favorite [homemade vinaigrette dressing](#).

## Recipe Note

Use mashed sweet potatoes instead for a deliciously sweet and savory combination with an even bigger boost of nutrition. Another great option – mashed cauliflower (mock-potatoes).

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## Friday minestone soup

Recipe courtesy of  
the nourishing home



### Ingredients

- 3 1/4 cups of soaked & cooked white beans (or two 15oz cans, drained and rinsed)
- 1 1/2 cups fresh organic baby spinach leaves
- 1 tbsp olive oil
- 1 cup finely chopped yellow onion
- 2 cloves of garlic, finely minced
- 1 1/2 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 2 tbsp organic tomato paste
- 1 14.5oz can of organic diced tomatoes with Italian herbs
- 4 cups filtered water
- 1/2 tsp dried thyme
- Pinch of red pepper flakes
- 1 cup of thinly sliced organic zucchini
- Optional: 1/2 cup your favorite elbow pasta (if grain-free, omit)

### Directions

1. In a small bowl, add 1/4 cup of beans and mash well with a fork, set aside. (This will help to thicken the soup.) Remove stems from spinach and rough chop; set aside.
2. Heat a large stockpot over medium-high heat. Add olive oil, onion and garlic. Sauté, stirring occasionally, until onion softens and becomes translucent. Add salt, pepper, tomato paste, whole beans and mashed beans.
3. Cook, stirring until beans are well coated with tomato paste.
4. Add diced tomatoes with juice, water, thyme, red pepper flakes, sliced zucchini and pasta (if using). Bring soup to a boil, then cover and reduce heat to a simmer. Allow soup to simmer for 10-12 minutes, or until pasta is cooked.
5. Turn off heat. Add chopped spinach leaves, stir and cover. Allow soup to sit about 5 minutes before serving. (Soup will thicken as it rests.)

### Serve

Serve with a garden or spinach salad with your favorite [homemade vinaigrette dressing](#) and warm [sweet brown rolls](#).

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# Saturday grilled fish provencal



## Ingredients

- 2 tsp finely grated lemon zest
- 1 tsp dried Italian herb seasoning
- Pinch of red-pepper flakes
- 1/2 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 1/8 tsp garlic powder
- 1 small sweet onion, thinly sliced
- 6 small organic zucchini, thinly sliced
- 4 wild-caught white fish fillets (6oz each)
- 10oz organic sweet grape or cherry tomatoes, halved
- 4 tbsp extra-virgin olive oil

Recipe courtesy of  
the nourishing home

## Directions

1. Heat grill to medium. In a small bowl, add lemon zest, Italian seasoning, red-pepper flakes, salt pepper and garlic powder. Toss well to combine; set aside.
2. If using fresh fish, pat dry and set aside. If using frozen fish, place fish fillets on a clean kitchen towel (or paper towels) and cover with another clean kitchen towel (or paper towels) and gently press to remove any excess water; set aside.
3. Place side-by-side on kitchen counter, four 14-inch squares of heavy-duty aluminum foil. Leaving a two-inch border around the foil, divide the sliced onion and zucchini evenly among the four sheets of foil. Season veggies with salt and pepper.
4. Top veggies with the fish fillets. Sprinkle fish generously with the spice mixture. Then, top each fillet with a handful of tomato halves and one tablespoon of olive oil. Fold the foil over ingredients, crimping the edges to form a sealed pouch.
5. Place packets on grill. Cover and grill until fish is just cooked through (about 10-12 minutes). Remove packets from grill. Open carefully, as the packets will release some steam, and transfer to serving plates.

## Serve

Serve over wild rice with warm [sweet brown rolls](#).



Dessert (yum!)

# grain-free snickerdoodles



## Ingredients

- 2 1/2 cups blanched almond flour
- 1/2 cup arrowroot powder
- 1 tsp baking soda
- 1/4 tsp sea salt
- 5 tbsp butter, melted
- 1/2 cup pure maple syrup
- 2 tbsp pure vanilla extract
- 1/2 tsp ground cinnamon

Recipe courtesy of  
the nourishing home

## Directions

1. In a large bowl, combine the blanched almond flour, arrowroot powder, baking soda and salt.
2. In a small bowl, whisk together melted butter, maple syrup, vanilla and cinnamon, until well blended.
3. Add wet ingredients to the dry, using a fork to blend until thoroughly combined.
4. Chill dough in refrigerator for a half-hour (or up to 24-hours).
5. When ready to bake, preheat oven to 350 degrees. Scoop dough, one tablespoon at a time, and roll into a ball using your hands. Place dough balls on a parchment-lined baking sheet and gently flatten them slightly using the palm of your hand.
6. Then, lightly sprinkle tops with additional ground cinnamon.
7. Bake for 8-9 minutes, until lightly golden around edges. Allow to cool on baking sheet for five minutes, then transfer to a wire rack to finish cooling. *(Recipe adapted from The Gluten-Free Almond Flour Cookbook.)*

## Serve

Serve with a delicious warm mug of [healthier hot cocoa](#). Yum!