Nourishing Spirit, Soul & Body
Nourishing Plan Introduction

Meal Plan

It is my hope that there are enough ideas here that will work well for your family and help make your life just a little bit easier with one less thing to worry about. You don't have to make every meal listed; feel free to pick and choose the ones that work for your family.

Finding certain foods these days can be a challenge, and what items you can find change from one week to the next. If you can't find certain ingredients, just do the best with what you have. Consider stocking up on some of your most used items when you find them. About 15 years ago, I started keeping our pantry and refrigerator/freezer stocked--it's nice not having to go to the store so often. I save more money this way, and it's comforting to have everything we need on hand in case of an emergency (sickness, loss of job, shortages, storms). Make sure to rotate any stock so that it doesn't go bad or donate it if you see you won't be able to use it before the expiration date. *Side note: Most foods are good beyond the expiration date but I'm not certain if all food banks will accept foods past the best by date.*

With rising food prices, I've tried to only include meal ideas that are generally lower priced. You can substitute ingredients. If a recipe calls for onions but your store was sold out or you just don't have any on hand, use onion powder instead. Couldn't find fresh veggies? Use frozen or canned.

If a recipe calls for a vegetable or meat you don't like, can't find or it's too expensive, substitute it for one you do like, can find or is better on your budget. I've tried to include as many recipes as I can to make foods from scratch but we're all in different seasons in our lives and sometimes, myself included, we have to buy the easier packaged foods. You do what works best for your family.

Knowing what you'll be making for the entire month means that you can be on the lookout for sales. For example, if you know you'll be making recipes with chicken 5 times that month then hopefully you can get enough chicken while it's on sale to take you through the month.

I wanted to make Sunday an easier day for you (mostly eating leftovers from the week), but if you find you still have too much left, you can use the leftovers for lunch during the week.

If a day says Family Favorite, that is a day you make whatever meal your family really enjoys or eat out at your family's favorite restaurant.

Pinterest Board

I have created a Pinterest board for the recipes of meals suggested in the plan. You will find the recipes under the meal that they are listed under on the plan. For example, if meatloaf is a dinner suggestion, then you'll find meatloaf on my Pinterest board under dinner then beef because beef is the most common meat used to make meatloaf.

https://www.pinterest.com/nourishingspiritsoulbody/

Fasting

Matthew 6:16-18 (ERV)

“When you fast, don’t make yourselves look sad like the hypocrites. They put a look of suffering on their faces so that people will see they are fasting. The truth is, that’s all the reward they will get. So when you fast, wash your face and make yourself look nice. Then no one will know you are fasting, except your Father, who is with you even in private. He can see what is done in private, and he will reward you.

Everyone is going to have a different idea of the proper way to fast. I'm not going to go into that side of it. I know that taking the step into fasting can be difficult, it can feel overwhelming and daunting; it is a crucifixion of the flesh, after all, and that's never easy :) By putting fasting days into this plan, it's my hope that it can alleviate some of that for you. I am giving you suggestions for the days to fast and meals. The fasting I've presented in this plan is intermittent fasting. It is abstaining from food or some other sacrifice on a regular basis for a short amount of time. Personally I think intermittent fasting is a great way to start fasting if you've never fasted before or if you want to be disciplined on a regular basis. After intermittent fasting for a while you may feel more comfortable doing longer fasts.

I want to encourage you to use the time you'd be eating to read the Bible and pray. Truly give that time to the Lord. You are replacing natural food with spiritual food.

If you have health problems or are on medication you may want to discuss fasting with your doctor. If fasting from food isn't something you should be doing, there are other things you can fast from. Some would say that if you aren't fasting from food for a long period of time then you aren't really fasting. I disagree, God knows where we're at and He knows our body's limitations. If you really enjoy watching TV, then fasting from TV for a day or two isn't going to be easy. If it's not recommended you fast from food then you could still follow along on the fast days; instead fasting from something else at those times. You know what would be hard for you to fast from, be honest with yourself and fast from whatever that may be.

Why fast? Here are just a few examples:
Develop a deeper relationship with the Lord
Makes us more sensitive to the Holy Spirit
Overcoming temptation
Guidance for decisions
Health/Healing

Some things to consider before starting your fast:
Why am I fasting?
What specific time will I start and when will I break my fast?

Things to do during your fast:
Read the Bible
Pray
Remind yourself of why you're fasting
Listen to worship music

I have just lightly touched on fasting, there is an abundance of information online. Be careful though because you're going to find a lot of opinions on this subject. I think sometimes we make things too difficult on ourselves, we overthink things and become overwhelmed and give up before we ever get started. But if we just start where we are, do the best we can and trust the Lord to help us in our journey we will be better off than if we never started at all. If we go before the Lord with a humble heart and a desire to know more he will most surely help us. :)

I didn't give a meal/snack suggestion on fast days, but if you're the one who makes the meals for others and they are not participating in the fast, you can let that be a YOYO (You're On Your Own) day, use leftovers, or just pick

something from another day that week and make that for them. Everyone is different when fasting: some can be around food and be fine and others can't, so just do what will work best for you.

Biblical Affirmations

Positive affirmations are based on our own strength and don't always align with the truth of God's word. Biblical affirmations, however, are based on biblical truths, about what God can do in our lives and help us better understand who we are in Him. Unfortunately, many of us don't truly understand our identity in Christ and we often take what others, even strangers, say about us as more fact than what God says. Having a negative mindset and not understanding our worth in Christ can make us miserable.

Biblical affirmations are meant to help us grow in our faith and relationship with God. They are to help us replace the negative thoughts and lies with encouragement and truth. It's not going to happen overnight but by choosing each day to not hold on to the negativity and to believe the never changing truth of God's word it will transform the way you think. You will be able to more easily identify the negative/discouraging thoughts as lies and remind yourself that you are a child of God, you are forgiven, you are loved unconditionally. Don't let the world define who you are, let God.

I've also included biblical affirmations to remind you of the power, peace, and joy that comes with a deeper relationship with our Lord and Savior, Jesus Christ. I have included a page that will give you a verse that goes with each affirmation. I encourage you to look up the verse in the Bible and read it before and/or after you say the affirmation.

Verse of the Week

Having a verse(s) of the week instead of a new one each day gives us a chance to really learn the verse(s) and meditate on it all week. Memorizing scripture will help us grow in our knowledge of God and is an important tool we can use when Satan comes against us.

Bibles are readily available whether it's a physical Bible or Bible app and we can take for granted that the Bible will always be there. But what if it wasn't? What if you couldn't easily look up that verse that you need in a time of

trouble? But if you've hidden the word in your heart it will be there when you need it.

Psalm 119:11 (NKJV)
Your word I have hidden in my heart,
That I might not sin against You.

Supplements

A place to write in what vitamins/meds you need to take that day and mark them off as you take them.

A lot of work has gone into the Nourishing Plan. This is for personal use only; please do not redistribute, sell, or reproduce any aspect of the plan. If you know someone who would like a copy, direct them to the Nourishing Spirit Soul & Body website where they can get one for themselves.

October 30 - November 5

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 10-30	I can make good choices	Leftover French Toast Casserole or Cereal	Broccoli & Cheddar Twice Baked Potatoes	Leftovers	
Monday 10-31	I am a child of God	Oatmeal	**FAST**	Slow Cooker Chicken Tacos	
Tuesday 11-1	I have victory in Jesus	Egg & Cheese English Muffin	Southwest Chicken Wraps	Meatless Quinoa Stuffed Peppers	
Wednesday 11-2	I am never alone	Veggie Scrambled Eggs	Leftovers	Smoked Sausage & Zucchini Skillet	
Thursday 11-3	I will speak the truth in love	**FAST**	Southwest Chicken Wraps	Chicken Broccoli Tortellini	
Friday 11-4	I have been uniquely designed for a purpose	Chia Pudding	Favorite Lunch	Pizza, Side Salad	
Saturday 11-5	I will have a thankful heart	Pumpkin Baked Oatmeal	Chicken Patty Sandwich with Favorite Toppings	Slow Cooker Swiss Steak, Mashed Potatoes	

Verse of the Week

Psalm 100:4

Snack

Salsa & Tortilla Chips

Dessert

Double Layer Pumpkin Cheesecake

November 6 - November 12

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 11-6	I have been delivered	Oatmeal or Cereal	Chicken Quesadilla	Leftovers	
Monday 11-7	I have hope and a future in the Lord	Veggie Scrambled Eggs	Tuna Salad Sandwich	Harvest Chicken Casserole	
Tuesday 11-8	I have been made new in Christ	Breakfast Oatmeal Cupcakes	20 Minute Skillet Sausage & Zucchini	**FAST**	
Wednesday 11-9	I will be a peacemaker	Breakfast Burrito	Tuna Salad Sandwich	Chicken Parmesan & Side Salad	
Thursday 11-10	God is my provider	Breakfast Oatmeal Cupcakes	20 Minute Skillet Sausage & Zucchini	Teriyaki Chicken, Rice, Broccoli	
Friday 11-11	I want to please God not people	Breakfast Burrito	Leftover Teriyaki Chicken Lettuce Wrap	Turkey Burgers & Sweet Potato Fries	
Saturday 11-12	I am forgiven	Pancakes, Sausage, Fruit	Turkey-Vegetable Pita	Pinto Beans, Roasted Potatoes & Cornbread	

Verse of the Week

1 Thessalonians 5:16-18

Snack

Seven Layer Dip

Dessert

Maple Glazed Apple Blondies

November 13 - November 19

Integrity is doing the right thing, even when no one is watching —— C.S. Lewis

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 11-13	I am complete in Christ	Leftover Pancakes, Sausage, Fruit	Easy Cheesy Pizza Pockets	Leftovers	
Monday 11-14	I am safe in God's care	Chia Pudding	Baked Potatoes & Favorite Toppings	Slow Cooker Mississippi Chicken & Mashed Potatoes	
Tuesday 11-15	I have been redeemed	Egg & Cheese English Muffin Sandwich	Tomato Soup & Ham Sandwich	Tacos	
Wednesday 11-16	I will worship the Lord my God and serve only Him	**FAST**	Baked Potatoes & Favorite Toppings	Easy Slow Cooker Chicken & Dumplings	
Thursday 11-17	I have faith in God	Egg & Cheese English Muffin Sandwich	Turkey-Vegetable Pita	Egg Roll in a Bowl	
Friday 11-18	I will lift others up not tear down	Chia Pudding	Tomato Soup & Ham Sandwich	Spaghetti with Meat Sauce & Salad	
Saturday 11-19	God meets all my needs	Overnight Tex Mex Egg Bake	Easy Parmesan Buttered Noodles	Chicken Pot Pie	

Verse of the Week

Philippians 4:6-7

Snack

Broccoli Cheese Cups

Desserts

Pumpkin Chocolate Chip Cookies

November 20 - November 26

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 11-20	I have been made new in Christ	Leftover Tex Mex Bake or Cereal	Baked Spinach Mushroom Quesadilla	Leftovers	
Monday 11-21	I have hope and a future in the Lord	Veggie Scrambled Eggs & Toast	**FAST**	Slow Cooker Poor Man's Stew & French Bread	
Tuesday 11-22	I want to please God not people	Oatmeal with Apples & Cinnamon	Chicken Patty Sandwich with Favorite Toppings	One Pot Cheesy Chicken Rice & Broccoli	
Wednesday 11-23	God is my provider	Scrambled Egg, Toast & Apples	Easy Parmesan Buttered Noodles	Leftovers or Pizza	
	I will have a thankful heart	Cheesy Potato Breakfast Casserole	Charcuterie Board	Family Thanksgiving Favorites	
Friday 11-25	I will be a peacemaker	Oatmeal with Apples & Cinnamon	Turkey Sandwich	Turkey & Dressing Casserole	
Saturday 11-26	I have been delivered	Huevos Rancheros	Family Favorite	Baked Ham & Cheese Sliders	

Verse of the Week

Psalm 95:2

Snack

No Bake Energy Bites

Dessert

Pecan Pie Bars

November 27 - December 3

_____Days Until Christmas

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 11-27	I will lift others up not tear down	Oatmeal or Cereal	Mac & Cheese	Leftovers	
Monday 11-28	I will worship the Lord my God and serve only Him	Egg & Cheese English Muffin Sandwich	**FAST**	Chicken or Steak Fajitas, Spanish Rice	
Tuesday 11-29	I am safe in God's care	Chia Pudding	Chicken Patty Sandwich with Favorite Toppings	Taco Soup	
Wednesday 11-30	I am complete in Christ	Oatmeal & Banana	Leftovers	Honey Garlic Chicken Stir Fry	
Thursday 12-1	God meets all my needs	**FAST**	Spicy Buffalo Honey Mustard Ham & Cheese Croissants	Swedish Meatballs	
Friday 12-2	I have faith in God	Bagel with Cream Cheese	Sesame Garlic Ramen	White Chicken Enchildas	
Saturday 12-3	I have been redeemed	Cinnamon Rolls, Sausage & Fruit	Vegetable Soup	Copycat Chick Fil A Sandwich & Fries	

Verse of the Week

Isaiah 7:14

Snack

Veggies & Ranch Dip

Dessert

Chewy Chocolate Crinkle Cookies

Grocery List

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Bread & Cereal

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Meat & Seafood

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Thanksgiving Grocery List

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Menu

Thanksgiving Week Planner

Saturday

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Notes

Thanksgiving

Meal Plan

Appetizers

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Main Dish

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Sides

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Desserts

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Beverages

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Thanksgiving Day

Cooking Schedule

Meal time: _____

5 AM _____

6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 PM _____

1 PM _____

2 PM _____

3 PM _____

4 PM _____

5 PM _____

6 PM _____

7 PM _____

Notes

Reminder:
Just breathe
Enjoy the day

November Verses

October 30-November 5

Psalm 100:4 (KJV)
Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

Psalm 100:4 (NIV)
Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

November 6-November 12

1 Thessalonians 5:16-18 (KJV)
Rejoice evermore.
Pray without ceasing.
In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

1 Thessalonians 5:16-18 (NIV)
Rejoice always,
Pray continually,
give thanks in all circumstances; for this is God's will for you in Christ Jesus.

November 13-November 19

Philippians 4:6-7 (KJV)
Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.
And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:6-7 (NIV)
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

November 20-November 26

Psalm 95:2 (KJV)
Let us come before his presence
with thanksgiving,
And make a joyful noise unto him
with psalms.

Psalm 95:2 (NIV)
Let us come before him with
thanksgiving
and extol him with music and
song.

November 27-December 3

Isaiah 7:14 (KJV)
Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.

Isaiah 7:14 (NIV)
Therefore the Lord himself will give you a sign:
The virgin will conceive and give birth to a son, and will call him Immanuel.

Affirmation & Verses

Affirmation: I have victory in Jesus
Verse: 1 Corinthians 15:57 (NKJV)
But thanks *be* to God, who gives us the victory through our Lord Jesus Christ.

Affirmation: I am never alone
Verse: Hebrews 13:5 (KJV)
Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

Affirmation: I will speak the truth in love
Verse: Ephesians 4:15 (NLT)
Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.

Affirmation: I have been uniquely designed for a purpose
Verse: Ephesians 2:10 (NLT)
For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Affirmation: I will have a thankful heart
Verse: 1 Thessalonians 5:16-18 (NKJV)
16 Rejoice always, 17 pray without ceasing, 18 in everything give thanks; for this is the will of God in Christ Jesus for you.

Affirmation: I have been delivered
Verse: Psalm 34:17 (NKJV)
The righteous cry out, and the Lord hears,
And delivers them out of all their troubles.

Affirmation: I have hope and a future in the Lord
Verse: Jeremiah 29:11 (NKJV)
For I know the thoughts that I think toward you,
says the Lord, thoughts of peace and not of evil, to
give you a future and a hope.

Affirmation: I have been made new in Christ
Verse: 2 Corinthians 5:17 (NKJV)
Therefore, if anyone *is* in Christ, *he is* a new
creation; old things have passed away;
behold, all things have become new.

Affirmation: I will be a peacemaker
Verse: Matthew 5:9 (NKJV)
Blessed *are* the peacemakers,
For they shall be called sons of God.

Affirmation: God is my provider
Verse: Matthew 6:26 (NKJV)
Look at the birds of the air, for they neither sow
nor reap nor gather into barns; yet your heavenly
Father feeds them. Are you not of more value
than they?

Affirmation: I want to please God not people
Verse: Galatians 1:10 (ERV)
Now do you think I am trying to make people accept me?
No, God is the one I am trying to please. Am I
trying to please people? If I wanted to please people,
I would not be a servant of Christ

Affirmation: I am forgiven
Verse: 1 John 2:12 (ERV)
I write to you, dear children,
because your sins are forgiven through Christ.

Affirmation: I am complete in Christ
Verse: Colossians 2:10 (NLT)
So you also are complete through your union with Christ,
who is the head over every ruler and authority.

Affirmation: I am safe in God's care
Verse: Psalm 91:2 (NLT)
This I declare about the Lord:
He alone is my refuge, my place of safety;
he is my God, and I trust him.

Affirmation: I have been redeemed
Verse: Galatians 3:13 (NKJV)
Christ has redeemed us from the curse of the law,
having become a curse for us (for it is written, “Cursed is
everyone who hangs on a tree”),

Affirmation: I will worship the Lord my God and serve only Him
Verse: Luke 4:8 (NKJV)
And Jesus answered and said to him, “Get behind Me, Satan!
For it is written, 'You shall worship the Lord your God,
and Him only you shall serve.’ ”

Affirmation: I have faith in God
Verse: Mark 11:22 (NKJV)
So Jesus answered and said to them, “Have faith in God.

Affirmation: I will lift others up not tear down
Verse: 1 Thessalonians 5:11 (NLT)
So encourage each other and build each other up,
just as you are already doing.

Affirmation: God meets all my needs
Verse: Philippians 4:19 (NKJV)
And my God shall supply all your need
according to His riches in glory by Christ Jesus.