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.

September 25 - October 1

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 9-25	I can do all things through Christ	Scrambled Eggs, Toast, Fruit	Homemade Lunchables	Leftovers	
Monday 9-26	I will love others and myself	Oats or Quinoa	Sausage & Zucchini Skillet	One Pot Gnocchi with Spinach & Chicken	
Tuesday 9-27	I am blessed	Smoothie	Leftover Sausage & Zucchini Skillet	Make-Your-Own Sandwich Night	
Wednesday 9-28	I find peace in God	Scrambled Eggs & Toast	Parmesan Buttered Noodles	Slow Cooker Creamy Tuscan Chicken Pasta	
Thursday 9-29	I am loved by God	Smoothie	Homemade Lunchables	Sheet Pan Chicken or Steak Fajitas, Favorite Toppings	
Friday 9-30	I can trust God	**FAST**	**FAST**	Pizza, Breadsticks, Caesar Salad	
Saturday 10-1	I am fearfully and wonderfully made	Sheet Pan Pancakes, Sausage Links, Fruit	Tuna Salad with Crackers & Veggies or Tuna Melt Sliders	Family Favorite	

Verse of the Week

Hebrews 12:28

Snack Idea

Pretzels

Dessert

S'mores

October 2 - October 8

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 10-2	I am never alone	Leftover Pancakes & Sausage or Cereal	Quesadillas	Leftovers	
Monday 10-3	I will speak the truth in love	Veggie Loaded Breakfast Casserole	Slow-Cooked Chicken Caesar Wraps	Meatloaf, Mashed Potatoes, Green Beans, Rolls	
Tuesday 10-4	I have victory in Jesus	Oatmeal with Apples & Cinnamon	Meatloaf Sandwich	Lazy Lasagna, Steamed Broccoli & Garlic Bread	
Wednesday 10-5	I have been uniquely designed for a purpose	Leftover Veggie Loaded Casserole	Slow-Cooked Chicken Caesar Wraps	**FAST**	
Thursday 10-6	I can make good choices	Oatmeal with Apples & Cinnamon	Homemade Lunchables	Fried Cabbage with Sausage, Mashed Potatoes	
Friday 10-7	I am a child of God	Smoothie	Slow-Cooked Chicken Caesar Wraps	Homemade Cheeseburger Macaroni Hamburger Helper, Peas	
Saturday 10-8	I will have a thankful heart	Strawberry Oatmeal Bars	Homemade Lunchables	Whole Roasted Chicken & Your Favorite Sides	

Verse of the Week

Psalm 136:1

Snack Idea

Hummus & Carrots

Dessert

Banana Nut Bread

October 9 - October 15

Is prayer your steering wheel or your spare tire?
Corrie Ten Boom

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 10-9	I can do all things through Christ	Leftover Oatmeal Bars or Cereal	Baked Potatoes & Favorite Toppings	Leftovers	
Monday 10-10	I am blessed	Breakfast Banana Split	Chicken Noodle Soup	Garlicky Chicken & Green Bean Stir Fry, Rice or Cauliflower Rice	
Tuesday 10-11	I am loved by God	Veggie Egg Scramble, Toast, Fruit	Baked Potatoes & Favorite Toppings	Cheesesteak Style Sloppy Joes, Oven Roasted Potatoes	
Wednesday 10-12	I will love others and myself	Yogurt & Granola	Chicken Noodle Soup	Chicken Fried Rice	
Thursday 10-13	I can trust God	Oatmeal with PB or Almond Butter & Bananas	**FAST**	Spaghetti with Meat Sauce, Salad	
Friday 10-14	I am fearfully and wonderfully made	Smoothie	Leftovers	Burgers, Sweet Potato Fries	
Saturday 10-15	I find peace in God	Muffins	Chicken Salad Sandwiches	Chili & Cornbread	

Verse of the Week

Matthew 5:3-7

Snack Idea

Apple Nachos

Desserts

Applesauce Cake

October 16 - October 22

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 10-16	I will speak the truth in love	Muffins or Cereal	Chicken Salad Sandwiches	Leftovers	
Monday 10-17	I will have a thankful heart	Southwest Avocado Toast	Lettuce Wrap with Tomato, Turkey, Mozzarella	Easy Baked Pork Chops, Mashed Potatoes, Applesauce	
Tuesday 10-18	I can make good choices	**FAST**	Tuna Salad with Crackers	Easy Mexican Casserole	
Wednesday 10-19	I am a child of God	Southwest Avocado Toast	Turkey Havarti Bagel Sandwich, Fruit	Creamy Tortellini Soup	
Thursday 10-20	I have victory in Jesus	Smoothie	Lettuce Wrap with Tomato, Turkey, Mozzarella	Korean Roast Chicken Thighs, Rice, Broccoli	
Friday 10-21	I have been uniquely designed for a purpose	Overnight Oats	Tuna Salad with Crackers	Family Favorite	
Saturday 10-22	I am never alone	Veggie Packed Frittata	Nachos	Ground Beef Vegetable Soup, Crusty Bread	

Verse of the Week

Matthew 5:8-12

Snack Idea

Veggies & Ranch Dip

Dessert

Oatmeal Cookies

October 23 - October 29

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 10-23	I am loved by God	Leftover Frittata or Cereal	Turkey Havarti Bagel Sandwich, Fruit	Leftovers	
Monday 10-24	I can trust God	Egg Sandwich	**FAST**	Ground Beef Stroganoff	
Tuesday 10-25	I find peace in God	Overnight Oats	Turkey Havarti Bagel Sandwich	Parmesan Spinach Mushroom Pasta Skillet	
Wednesday 10-26	I am blessed	Yogurt Parfait	Baked Potatoes & Favorite Toppings	Meatball Subs, Side Salad	
Thursday 10-27	I will love others and myself	**FAST**	Quesadillas, Fruit	Impossibly Easy Vegetable Pie	
Friday 10-28	I am fearfully and wonderfully made	Smoothie	Favorite Lunch	Pizza	
Saturday 10-29	I can do all things through Christ	French Toast Casserole	Homemade Lunchables	Easy French Dip Sandwiches	

Verse of the Week

1 Chronicles 16:34

Snack Idea

Hummus & Carrots

Dessert

Apple Crisp

October 30 - November 5

	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 Egg Scramble	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	Slow Cooker Swiss Steak, Mashed Potatoes	

Verse of the Week

Psalm 100:4

Snack Idea

Salsa & Tortilla Chips

Dessert

Double Layer Pumpkin Cheesecake

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October Verses

September 25-October 1

Hebrews 12:28 (KJV)
Wherefore we receiving a kingdom which cannot be moved, let us have grace, whereby we may serve God acceptably with reverence and godly fear:

Hebrews 12:28 (NIV)
Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe,

October 2-October 8

Psalm 136:1 (KJV)
O give thanks unto the LORD; for he is good: for his mercy endureth for ever.

Psalm 136:1 (NIV)
Give thanks to the Lord, for he is good.
His love endures forever.

October 9-October 15

Matthew 5:3-7 (KJV)
3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.
4 Blessed are they that mourn: for they shall be comforted.
5 Blessed are the meek: for they shall inherit the earth.
6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
7 Blessed are the merciful: for they shall obtain mercy.

Matthew 5:3-7 (NIV)
3 “Blessed are the poor in spirit, for theirs is the kingdom of heaven.
4 Blessed are those who mourn, for they will be comforted.
5 Blessed are the meek, for they will inherit the earth.
6 Blessed are those who hunger and thirst for righteousness, for they will be filled.
7 Blessed are the merciful, for they will be shown mercy.

October 16-October 22

Matthew 5:8-12 (KJV)
8 Blessed are the pure in heart: for they shall see God.
9 Blessed are the peacemakers: for they shall be called the children of God.
10 Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.
11 Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.
12 Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

Matthew 5:8-12 (NIV)
8 Blessed are the pure in heart, for they will see God.
9 Blessed are the peacemakers, for they will be called the children of God.
10 Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.
11 "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.
12 Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

October 23-October 29

1 Chronicles 16:34 (KJV)
O give thanks unto the LORD; for he is good; for his mercy endureth forever.

1 Chronicles 16:34 (NIV)
Give thanks to the Lord, for he is good; his love endures forever.

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.

Affirmation Verses

Affirmation: I can do all things through Christ
Verse: Philippians 4:13 (NKJV)
I can do all things through Christ who strengthens me.

Affirmation: I will love others and myself
Verse: Galatians 5:14 (NKJV)
For all the law is fulfilled in one word, *even* in this: "You shall love your neighbor as yourself."

Affirmation: I am blessed
Verse: Ephesians 1:3 (NKJV)
Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ,

Affirmation: I find peace in God
Verse: John 16:33 (NKJV)
These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

Affirmation: I am loved by God
Verse: Romans 5:8 (NKJV)
But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

Affirmation: I can trust God
Verse: Jeremiah 29:11 (KJV)
For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

Affirmation: I am fearfully and wonderfully made
Verse: Psalm 139:14 (NKJV)
I will praise You, for I am fearfully *and* wonderfully made; Marvelous are Your works, And *that* my soul knows very well.

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 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 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 can make good choices
Verse: 1 Corinthians 10:13 (NLT)
The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

Affirmation: I am a child of God
Verse: John 1:12 (NKJV)
But as many as received Him, to them He gave the right to become children of God, to those who believe in His name:

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.