

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.

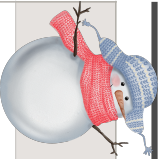
Supplements

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.

January 1 - January 7

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
New Year's Day	God is faithful	Cheesy Potato Breakfast Casserole	Ham & Cheese Roll Ups, Fruit & Veggies	Family New Year's Day Tradition	
Monday 1-2	God is my provider	Smoothie	Zucchini Tomato Italian Sausage Soup	Fried Cabbage with Sausage, Mashed Potatoes	
Tuesday 1-3	I am Kingdom minded	Eggs, Turkey Sausage Links, Toast, Fruit	FAST	Parmesan Crusted Tilapia, Cauliflower Rice, Oven Roasted Brussel Sprouts	
Wednesday 1-4	I live by faith not by sight	Smoothie	Turkey Havarti Bagel Sandwich	Easy Beef Enchiladas	
Thursday 1-5	God comforts me	Scrambled Egg Sandwich	Zucchini Tomato Italian Sausage Soup	Korean Roast Chicken Thighs, Rice, Broccoli	
Friday 1-6	God is my helper	FAST	Turkey Havarti Bagel Sandwich	Tacos	
Saturday 1-7	I have victory in Jesus	Waffles, Sausage, Fruit	Grilled Cheese	Whole Roasted Chicken & Your Favorite Sides	

Verses of the Week

Ephesians 4:22-24

Snacks

Energy Bites & Guacamole w/Chips

Dessert

Hot Chocolate

January 8 - January 14

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 1-8	I am not a mistake	Oatmeal or Cereal	Baked Potatoes with Favorite Toppings	Leftovers	
Monday 1-9	God heals my wounds	Breakfast Burrito	Egg Roll in a Bowl	Chili Mac, Corn on the Cob	
Tuesday 1-10	God forgives me	Smoothie	Stuffed Pepper Soup	Honey Garlic Baked Pork Chops, Broccoli & Rice	
Wednesday 1-11	God is my refuge and strength	FAST	Egg Roll in a Bowl	One Pan Pesto Chicken with Vegetables	
Thursday 1-12	I am chosen	Breakfast Burrito	Leftovers	Slow Cooker Creamy Tuscan Chicken Pasta	
Friday 1-13	I will have a thankful heart	Oatmeal	Stuffed Pepper Soup	Chicken Philly Cheesesteaks	
Saturday 1-14	I will be a peacemaker	Huevos Rancheros	Easy Cheesy Pizza Pockets	One Pot Gnocchi with Spinach & Chicken	

Verses of the Week

Lamentations 3:22-23

Snacks

Stuffed Celery & Applesauce

Dessert

Brownies

January 15 - January 21

Worry does not empty tomorrow of its sorrows; it empties today of its strength. ---Corrie Ten Boom

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 1-15	God comforts me	Smoothie	Broccoli & Cheddar Quiche	Leftovers	
MLK, Jr. Day	I am Kingdom minded	Bagel Sandwich	Chicken Noodle Soup	Burgers, Sweet Potato Fries	
Tuesday 1-17	God is my helper	FAST	Baked Potatoes & Favorite Toppings	Garlic-Yogurt Baked Chicken, Roasted Carrots	
Wednesday 1-18	I live by faith not by sight	Cottage Cheese with Fruit, Toast	Chicken Noodle Soup	BBQ Chicken Sliders	
Thursday 1-19	God is faithful	Bagel Sandwich	Baked Potatoes & Favorite Toppings	FAST	
Friday 1-20	I have victory in Jesus	Cottage Cheese with Honey & Fruit	Chicken Noodle Soup	Cabbage Roll Skillet	
Saturday 1-21	God is my provider	Baked Oatmeal	Homemade Lunchables	Chili & Cornbread	

Verses of the Week

Isaiah 43:18-19

Snacks

Chia Pudding & Popcorn

Dessert

Ooey Gooney Bars

January 22 - January 28

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 1-22	God heals my wounds	Leftover Baked Oatmeal	Broccoli Mac & Cheese	Leftovers	
Monday 1-23	I am chosen	Smoothie	Turkey & Havarti Bagel Sandwich	Garlic & Olive Oil Spaghetti	
Tuesday 1-24	God forgives me	FAST	Cauliflower Soup	Sausage & Zucchini Skillet	
Wednesday 1-25	I will have a thankful heart	Eggs, Turkey Sausage Links, Toast, Fruit	Turkey & Havarti Bagel Sandwich	Hamburger Hash	
Thursday 1-26	I am not a mistake	Breakfast Burrito	Cauliflower Soup	Sheet Pan Greek Chicken	
Friday 1-27	God is my refuge and strength	Cottage Cheese with Honey & Fruit	Favorite Lunch	Pizza, Side Salad	
Saturday 1-28	I will be a peacemaker	Sausage, Egg & Cheese Breakfast Sliders	Tuna Salad Sandwich	Slow Cooker Open Faced Roast Beef Sandwich & Green Beans	

Verse of the Week

Ecclesiastes 3:1

Snack

Vegetable Cream Cheese Roll Ups

Desserts

Rice Krispy Treats

January 29 - February 4

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday 1-29	God is faithful	Leftover Sliders or Cereal, Toast & Fruit	Tuna Melt	Leftovers	
Monday 1-30	I have victory in Jesus	Oatmeal	FAST	Spaghetti with Meat Sauce, Salad	
Tuesday 1-31	God is my provider	Smoothie	Taco Salad	New England Style Clam Chowder	
Wednesday 2-1	I am loved by God	Chia Pudding	Leftovers	Impossible Easy Vegetable Pie	
Thursday 2-2	I will love others and myself	Veggie Scrambled Eggs & Toast	FAST	Quinoa Chicken Fried Rice	
Friday 2-3	I will speak the truth in love	Chia Pudding	Taco Salad	One-Pot French Onion Soup Rice Skillet	
Saturday 2-4	I am blessed	Cinnamon Rolls & Fruit	Chicken Tenders, Veggie	Sloppy Joes & Coleslaw	

Verse of the Week

Psaln 27:1

Snack

Crackers & Cheese

Dessert

Strawberry Oatmeal Bars

Grocery List

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Menu



January Verses

January 1-January 7

Ephesians 4:22-24 (KJV)

That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;
and be renewed in the spirit of your mind;
and that ye put on the new man, which after God is created in righteousness and true holiness.

January 8-January 14

Lamentations 3:22-23 (KJV)

It is of the LORD's mercies that we are not consumed, Because his compassions fail not.

They are new every morning: Great is thy faithfulness.

January 15-January 21

Isaiah 43:18-19 (KJV)

Remember ye not the former things, neither consider the things of old.
Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, *and* rivers in the desert.

January 22-January 28

Ecclesiastes 3:1 (KJV)

To every *thing there is* a season, and a time to every purpose under the heaven:

January 29-February 4

Psalms 27:1 (KJV)

The LORD *is* my light and my salvation; whom shall I fear?
The LORD *is* the strength of my life; of whom shall I be afraid?

Affirmations & Verses

Affirmation: God is faithful

Verse: Philippians 1:6 (KJV)

Being confident of this very thing, that he which hath begun a good work in you will perform *it* until the day of Jesus Christ:

Affirmation: God is my provider

Verse: Luke 12:24 (KJV)

Consider the ravens: for they neither sow nor reap; which neither have storehouse nor barn; and God feedeth them: how much more are ye better than the fowls?

Affirmation: I am Kingdom minded

Verse: 1 John 2:15 (KJV)

Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

Affirmation: I live by faith, not by sight

Verse: 2 Corinthians 5:7 Romans 10:17 (KJV)

(For we walk by faith, not by sight:)

Romans 10:17

So then faith *cometh* by hearing, and hearing by the word of God.

Affirmation: God comforts me

Verse: 2 Corinthians 1:3-4 (KJV)

Blessed *be* God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;

who comforteth us in all our tribulation, that we may be able to comfort them

which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

Affirmation: God is my helper

Verse: Psalm 121:1-2 (KJV)

I will lift up mine eyes unto the hills, From whence cometh my help.

My help *cometh* from the LORD, Which made heaven and earth.

Affirmation: I have victory in Jesus

Verse: 1 Corinthians 15:57 (KJV)

But thanks *be* to God, which giveth us the victory through our Lord Jesus Christ.

Affirmation: I am not a mistake

Verse: Psalm 139:14 (KJV)

I will praise thee; for I am fearfully *and* wonderfully made: Marvellous *are* thy works; And *that* my soul knoweth right well.

Affirmation: God heals my wounds

Verse: Psalm 147:3 (KJV)

He healeth the broken in heart, And bindeth up their wounds.

Affirmation: God forgives me

Verse: 1 John 1:9 (KJV)

If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness.

Affirmation: God is my refuge and strength

Verse: Psalm 46:1 (KJV)

God *is* our refuge and strength, A very present help in trouble.

Affirmation: I am chosen

Verse: John 15:16 (KJV)

Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and *that* your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.

Affirmation: I will have a thankful heart

Verse: 1 Thessalonians 5:16-18

Rejoice evermore.

Pray without ceasing.

In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Affirmation: I will be a peacemaker

Verse: Matthew 5:9

Blessed *are* the peacemakers: for they shall be called the children of God.