

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.



	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday	I can do all things through Christ	Scrambled Eggs & Toast	Tuna Melt	Leftovers	
Monday	I am blessed	Yogurt & Granola	FAST	Tacos	
Tuesday	I find peace in God	Oatmeal	Taco Salad	Creamy Chicken Enchiladas & Rice	
Wednesday	I can trust God	Yogurt & Granola	Leftovers	Impossible Easy Vegetable Pie	
Thursday	I am never alone	Oatmeal	FAST	Quinoa Chicken Fried Rice	
Friday	I have victory in Jesus	Yogurt & Granola	Taco Salad	One-Pot French Onion Soup Rice Skillet	
Saturday	I can make good choices	Cinnamon Rolls & Fruit	Chicken Tenders, Veggie	Sloppy Joes & Coleslaw	

Verse of the Week

Romans 12:14

Snacks

Broccoli Cheese Cups

Dessert

Chocolate Chip Cookie Layered Pudding

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday	I have hope and a future in the Lord	Chia Pudding	Pizza Bagels	Leftovers	
Monday	I will be a peacemaker	Avocado Toast	Almond Butter & Jelly Sandwich, Banana	Spinach Stuffed Chicken Breast, Veggies	
Tuesday	I want to please God not people	FAST	Garlic Parmesan Creamy Zoodles	Stuffed Peppers, Garlic Cheese Biscuits	
Wednesday	I am complete in Christ	Chia Pudding	Almond Butter & Jelly Sandwich, Banana	Broccoli Chicken Casserole	
Thursday	I have faith in God	Avocado Toast	Leftovers	Easy Baked Pork Chops, Mashed Potatoes, Fried Apples	
Friday	I will lift others up not tear down	Overnight Oats	Garlic Parmesan Creamy Zoodles	BBQ Chicken Tostadas	
Saturday	I will worship the Lord my God and serve only Him	Breakfast Pizza	Mac & Cheese	Baked Salmon, Rice, Brussel Sprouts	

Verse of the Week

1 Peter 3:9

Snacks

Applesauce & Granola Bars

Dessert

No Bake Peanut Butter Pie

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday	I am blessed	Breakfast Bagel Sandwich	Burrito Bowl	Leftovers	
Monday	I am never alone	FAST	BLT Ranch Wraps	Spicy Thai Noodles	
Tuesday	I have victory in Jesus	Yogurt & Granola	Burrito Bowl	Baked Honey Mustard Chicken, Mashed Potatoes, Green Beans	
Wednesday	I can do all things through Christ	Oatmeal	BLT Ranch Wraps	Salisbury steak	
Thursday	I can trust God	Breakfast Bagel Sandwich	Favorite Lunch	FAST	
Friday	I can make good choices	Yogurt Parfait	Burrito Bowl	Spaghetti (or Zoodles) w//Meat Sauce	
Saturday	I find peace in God	French Toast & Bacon	Pizza Bagels	Arroz con Pollo	

Verse of the Week

James 1:12

No Bake Chocolate Almond Butter Oatmeal Cups

Snacks

Dessert

Snickerdoodle Cheesecake Bites

Be a Blessing to Others

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	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday	I will be a peacemaker	Baked Oatmeal	Chicken Tenders, Mac & Cheese	Leftovers	
Monday	I am complete in Christ	Chia Pudding	Easy Parmesan Buttered Noodles	Meatloaf, Mashed Potatoes, Green Beans, Rolls	
Tuesday	I have faith in God	Baked Oatmeal	Meatloaf Sandwich	Cheesy Taco Stuffed Pasta Shells, Side Salad	
Wednesday	I have hope and a future in the Lord	Chia Pudding	Spinach and Turkey Pinwheels	French Onion Smothered Pork Chops	
Thursday	I will lift others up not tear down	Baked Oatmeal	Easy Parmesan Buttered Noodles	Parmesan Spinach Mushroom Pasta Skillet	
Friday	I will worship the Lord my God and serve only Him	FAST	Spinach and Turkey Pinwheels	Pizza and Side Salad	
Saturday	I want to please God not people	Hashbrown Casserole	Nachos	Sheet Pan Roasted Sausage & Potatoes	

Verse of the Week

Colossians 4:6

Snack

Cheese & Crackers

Desserts

No Bake Eclair Cake

Grocery List

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Grocery List

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Menu

Weekly Bible Verses

KJV

Romans 12:14

Bless them which persecute you: bless, and curse not.

1 Peter 3:9

Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

James 1:12

Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

Colossians 4:6

Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.

Biblical Affirmations & 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 am blessed

Verse: Ephesians 1:3 (NKJV)

Blessed *be* the God and Father of our Lord Jesus Christ, who had 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 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 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 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 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 have hope & 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 will be a peacemaker

Verse: Matthew 5:9 (NKJV)

**Blessed *are* the peacemakers,
For they shall be called sons of God.**

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 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 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: 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.'**”