

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.



nourishingspiritoulandbody.com

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday	I will love myself and others	Cereal or Oatmeal	Grilled Chicken & Avocado Melt	Leftovers	
Monday	I find peace in God	Smoothie	FAST	Baked Ziti Garlic Bread	
Tuesday	Nothing is impossible with God	Breakfast Quesadillas	Garlic Parmesan Creamy Zoodles	Chicken Bacon Ranch Casserole with Potatoes, Side Salad	
Wednesday	I will not be shaken	Smoothie	Grilled Chicken & Avocado Melt	Ground Beef Stroganoff, Noodles, Peas	
Thursday	God will guide me and establish my plans	Breakfast Quesadillas	FAST	Turkey Burgers & Sweet Potato Fries	
Friday	I am loved by God	Breakfast Banana Splits	Cucumber Ranch Turkey Wraps	Easy Baked Meatless Tostadas	
Saturday	I will have a thankful heart	Blueberry Buttermilk Breakfast Cake	Bell Pepper Nachos	Family Favorite	

Verse of the Week

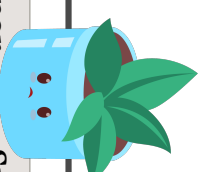
Ephesians 4:29

Snacks

Hummus & Veggies

Dessert

Chocolate Mousse or Pudding



	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday	In God, I am strong and courageous	Cereal or Pancakes	Baked Spinach Mushroom Quesadilla	Leftovers	
Monday	God is my provider	Healthier Oatmeal PB Chocolate Chip Breakfast Bars	Salad	Honey Garlic Butter Shrimp and Broccoli, Rice	
Tuesday	I do not need to worry	FAST	Turkey Ranch Wraps	Easy Cheesy Taco Pasta	
Wednesday	My identity is in Christ	Healthier Oatmeal PB Chocolate Chip Breakfast Bars	Leftovers	Creamy Ground Beef Gnocchi	
Thursday	The devil is a liar	Veggie Omelette	Salad	Tex Mex Chicken and Zucchini	
Friday	I am chosen, holy and dearly loved	Breakfast Banana Splits	Turkey Ranch Wraps	Easy Cauliflower Pizza Casserole	
Saturday	I will show my family love and care	Healthy Crustless Quiche	Homemade Lunchable	Philly Cheesesteak Sandwiches	

Verse of the Week

1 Peter 3:10

Snacks

Seven Layer Dip, Chips or Veggie

Dessert

Easy Oreo Poke Cake

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday	I am loved by God	Tomato and Spinach Egg Sandwiches	Baked Potatoes & Favorite Toppings	Leftovers	
Monday	Nothing is impossible with God	FAST	Homemade Lunchable	Green Chile Chicken and Rice Casserole	
Tuesday	I will have a thankful heart	Smoothie	Garlic Parmesan Creamy Zoodles	One Pan Beef and Broccoli Stir Fry	
Wednesday	I find peace in God	Tomato and Spinach Egg Sandwiches	Baked Potatoes & Favorite Toppings	Spinach Artichoke Chicken Bake, Side Salad	
Thursday	I will not be shaken	Veggie Omelette	Leftovers	FAST	
Friday	I will love myself and others	Smoothie	Corn Beef Sliders	Shepherd's Pie	
Saturday	God will guide me and establish my plans	Waffles & Fruit	Mac & Cheese	Pork Chops in Garlic Mushroom Sauce, Honey Gazed Carrots, Rolls	

Verse of the Week

Proverbs 4:4

Snacks

Turkey Sticks & Cheese

Dessert

Watergate Salad

	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday	I do not need to worry	Cereal or Waffles, Fruit	Tzatziki Rotisserie Chicken Salad with Crackers	Leftovers	
Monday	My identity is in Christ	Breakfast Quinoa with Blueberries & Bananas	Tuna Stuffed Avocados	Chicken and Mushrooms Skillet, Salad	
Tuesday	I am chosen, holy and dearly loved	Carrot Cake Breakfast Cookies	Tzatziki Rotisserie Chicken Salad Sandwich	Easy Stuffed Shells, Garlic Bread	
Wednesday	God is my provider	Breakfast Quinoa with Blueberries & Bananas	Tuna Stuffed Avocados	Ground Turkey Sweet Potato Casserole	
Thursday	I will show my family love and care	Carrot Cake Breakfast Cookies	Leftovers	Sour Cream Chicken Enchiladas	
Friday	The devil is a liar	FAST	Favorite Lunch	Pizza	
Saturday	In God, I am strong and courageous	Sausage, Egg and Cheese Muffins	Grilled Cheese Sandwich & Soup	Cabbage Roll Skillet	

Verses of the Week

Titus 3:1-2

Snack

Trail Mix

Desserts

Chocolate Chip Cookies



	Biblical Affirmations	Breakfast	Lunch	Dinner	Supplements
Sunday	I find peace in God	Banana Oatmeal Bowls	Club Sandwich with Pickles	Leftovers	
Monday	Nothing is impossible with God	Zucchini Eggs Muffins	Pizza Bagels	Slow Cooker Creamy Chicken Chili	
Tuesday	I will have a thankful heart	Bagel Fruit Pizza	Club Sandwich with Pickles	Tacos	
Wednesday	My identity is in Christ	Banana Oatmeal Bowls	FAST	Dump & Bake Chicken Alfredo	
Thursday	I will love myself and others	Zucchini Eggs Muffins	Pizza Bagels	Jalapeno Popper Chicken Casserole, Rice	
Friday	I am loved by God	Bagel Fruit Pizza	Leftovers	Garlic Parmesan Chicken Mini Meatloaf, Mashed Potatoes	
Saturday	I do not need to worry	Sweet Potato Breakfast Hash	Baked Spinach Mushroom Quesadilla	Pinto Beans, Roasted Potatoes & Cornbread	

Verses of the Week

Matthew 12:36-37

Snack

Popcorn

Desserts

Banana Cream Pie

Grocery List

Produce
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Bread & Cereal
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Meat & Seafood
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Condiments
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Pasta & Grains
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Frozen
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Canned Goods
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Dairy & Deli
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Misc.
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Grocery List

Produce
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Bread & Cereal
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Meat & Seafood
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Baking & Spices
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Pasta & Grains
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Frozen
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Canned Goods
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Dairy & Deli
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Beverages
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Misc.
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Menu

Verses of the Week

Ephesians 4:29

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

1 Peter 3:10

For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:

Proverbs 4:4

He taught me also, and said unto me, Let thine heart retain my words: keep my commandments, and live.

Titus 3:1-2

1 Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work,

2 To speak evil of no man, to be no brawlers, but gentle, shewing all meekness unto all men.

Matthew 12:36-37

36 But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment.

37 For by thy words thou shalt be justified, and by thy words thou shalt be condemned.

Affirmations & Verses

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 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: Nothing is impossible with God

Verse: Luke 1:37 (KJV)

For with God nothing shall be impossible.

Affirmation: I will not be shaken

Verse: Psalm 16:8 (NLT)

I know the Lord is always with me. I will not be shaken, for he is right beside me.

Affirmation: God will guide me and establish my plans

Verses: Psalm 32:8 Proverbs 16:3

Psalm 32:8 (NKJV)

I will instruct you and teach you in the way you should go; I will guide you with My eye.

Proverbs 16:3 (ESV)

Commit your work to the Lord, and your plans will be established.

Affirmation: I am loved by God

Verse: John 3:16 (NKJV)

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

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: In God, I am strong and courageous

Verse: Deuteronomy 31:6 (NKJV)

Be strong and of good courage, do not fear nor be afraid of them, for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.”

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 do not need to worry

Verse: Luke 12:22 (NKJV)

Then He said to His disciples, “Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on.

Affirmation: My identity is in Christ

Verse: 2 Corinthians 5:17 (NKJV) Ephesians 2:19 (NKJV)

Therefore, if anyone *is* in Christ, *he is* a new creation, old things have passed away; behold, all things have become new.

Ephesians 2:19

Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God,

Affirmation: The devil is a liar

Verse: John 8:44 (ESV)

You are of your father the devil, and your will is to do your father's desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.

Affirmation: I am chosen, holy and dearly loved

Verse: Colossians 3:12 (NIV)

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Affirmation: I will show my family love and care

Verse: 1 Timothy 5:8 (ESV) 1 Peter 4:8 (ESV)

But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.

1 Peter 4:8

Above all, keep loving one another earnestly, since love covers a multitude of sins.