

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.

	Breakfast	Lunch	Dinner	Supplements
Sunday	Cereal	Family Favorite	Leftovers	
Monday	Overnight Oats	Hot Ham & Cheese Sandwiches	Spicy Tomato Pork Chops, Green Beans	
Tuesday	Eggs, Toast & Sausage Links	FAST	Chicken Quesadillas	
Wednesday	Overnight Oats	Leftovers	White Bean Parmesan Spinach Soup	
Thursday	Eggs, Toast & Sausage Links	Hot Ham & Cheese Sandwiches	Korean Beef Bowl Cauliflower Rice	
Friday	Overnight Oats	Buttered Noodles	French Bread Pizza Side Salad	
Saturday	Turkey & Egg Breakfast Casserole	Fish Sticks Roasted Vegetables	BBQ Chicken Sandwiches Broccoli Slaw	

Verses of the Week

1 John 4:14-16

Snacks

Yogurt & Fruit

Dessert

Chocolate PB No Bake Cookies

	Breakfast	Lunch	Dinner	Supplements
Sunday	Cinnamon Rolls	BLT Sandwiches	Family Favorite	
Monday	English Muffin with Nut Butter, Banana	Turkey & Havarti Sandwich	Texas Cowboy Stew Bread	
Tuesday	Oatmeal	Tomato Cucumber Salad	Fajitas	
Wednesday	English Muffin with Nut Butter, Banana	Leftovers	Stuffed Shells	
Thursday	FAST	Turkey & Havarti Sandwich, Carrots	Garlic Chicken & Rice Broccoli	
Friday	Oatmeal	Buttered Noodles	Sloppy Joes Corn	
Saturday	Glazed Lemon Loaf	Ranch Chicken Wrap	Meatloaf, Mashed Potatoes, Peas, Rolls	

Verse of the Week

Romans 6:23

Snacks

Cheese & Crackers

Dessert

Pineapple Sunshine Cake

	Breakfast	Lunch	Dinner	Supplements
Sunday	Cereal or Oatmeal	Salad	Leftovers	
Monday	Make Ahead Breakfast Bowls (Potato & Eggs)	Parmesan Buttered Noodles	Roasted Sausage & Potatoes	
Tuesday	Low Carb Savory Breakfast Cookies	Italian Pinwheels	Tacos	
Wednesday	Breakfast Bowls (Potato & Eggs)	FAST	Lazy Lasagna Side Salad	
Thursday	Low Carb Savory Breakfast Cookies	Italian Pinwheels	Easy Vegetable Beef Soup	
Friday	Breakfast Bowls (Potato & Eggs)	Leftovers	Chicken Burgers Fries	
Saturday	Cheesy Mushroom & Spinach Omelet	Family Favorite	One Pan Chicken & Asparagus Bake	

Verse of the Week

John 14:6

Snacks

Pretzels

Dessert

Ice Cream

	Breakfast	Lunch	Dinner	Supplements
Sunday	Cereal	Quesadillas	Leftovers	
Monday	Chia Seed Pudding	Tomato Cucumber Salad	Pesto Ravioli with Spinach & Tomatoes	
Tuesday	Egg & Cheese English Muffins	Tuna Salad Lettuce Wrap	Shrimp Tacos	
Wednesday	Chia Seed Pudding	Leftovers	Salisbury Steak, Mashed Potatoes, Corn	
Thursday	Egg & Cheese English Muffins	Tuna Salad Lettuce Wrap	Spaghetti Garlic Bread	
Friday	FAST	Favorite Lunch	One Pan Ground Beef & Rice Skillet	
Saturday	Muffins	Chicken Pasta Salad with Avocado	Fried Cabbage & Sausage	

Verses of the Week

1 John 1:6-10

Snack

PB or Almond Butter & Apples

Desserts

No Bake Lemon Pie

	Breakfast	Lunch	Dinner	Supplements
Sunday	Biscuits with Chia Jam	Baked Potatoes with Favorite Toppings	Leftovers	
Monday	Cottage Cheese Breakfast Bowl	Chicken Patty Sandwich	Slow Cooker Mississippi Chicken, Mashed Potatoes	
Tuesday	Egg & Cheese Biscuit	Baked Potatoes with Favorite Toppings	Taco Salad	
Wednesday	Cottage Cheese Breakfast Bowl	FAST	Meatball Sandwiches	
Thursday	Egg & Cheese Biscuit	Leftovers	Coconut Chicken Curry & Rice	
Friday	Oatmeal	Chicken Patty Sandwich	Grilled Cheese Tomato Soup	
Saturday	Pancakes, Bacon & Fruit	BLT Sandwiches	Fish Fillets, Broccoli, Rice	

Verses of the Week

Psalm 1:1-6

Snack

Ranch Dressing & Veggies

Desserts

Brownie Trifle

Grocery List

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Menu

Verses of the Week

1 John 4:14-16

And we have seen and do testify that the Father sent the Son to be the Saviour of the world.

Whosoever shall confess that Jesus is the Son of God, God dwelleth in him, and he in God.

And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

Romans 6:23

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

John 14:6

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

1 John 1:6-10

If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth:

But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

If we say that we have no sin, we deceive ourselves, and the truth is not in us.

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

If we say that we have not sinned, we make him a liar, and his word is not in us.

Psalm 1:1-6

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

But his delight is in the law of the LORD; and in his law doth he meditate day and night.

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

The ungodly are not so: but are like the chaff which the wind driveth away.

Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.