

# 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.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Supplements</b>
<b>Sunday</b>	Bacon & Eggs	Family Favorite	Leftovers	
<b>Monday</b>	Strawberry Cheesecake Smoothie	Lettuce Wrap with Tomato, Turkey, Mozzarella	Juicy Baked Pork Tenderloin, Sautéed Spinach & Mushrooms	
<b>Tuesday</b>	Ham & Swiss Omelet	Deli Meat, Veggies & Ranch Dip	Greek Sheet Pan Chicken & Veggies	
<b>Wednesday</b>	Strawberry Cheesecake Smoothie	Leftovers	Egg Roll in a Bowl	
<b>Thursday</b>	Ham & Swiss Omelet	Lettuce Wrap with Tomato, Turkey, Mozzarella	Broccoli & Cheese Casserole	
<b>Friday</b>	<b>FAST</b>	<b>FAST</b>	Grilled Chicken Kabobs, Creamy Cucumber Salad	
<b>Saturday</b>	Veggie Packed Frittata	Italian Sub Salad	Whole Roasted Chicken, Steamed Cauliflower, Salad	

**Verse of the Week**

Psalm 33:18

**Snacks**

Nuts (Pistachio, Walnuts, Macadamia)

**Dessert**

Low Carb Berry Cheesecake Salad

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Supplements</b>
<b>Sunday</b>	Sheet Pan Breakfast Bake	BLT Lettuce Wrap	Leftovers	
<b>Monday</b>	Breakfast Bowl	<b>FAST</b>	One Skillet Chicken Bacon Mushroom Gravy	
<b>Tuesday</b>	Peanut Butter Smoothie	Chicken Salad Lettuce Wraps	Keto Cheeseburger Casserole	
<b>Wednesday</b>	Breakfast Bowl	Leftovers	Air Fryer Chicken Thighs, Roasted Veggies	
<b>Thursday</b>	<b>FAST</b>	Chicken Salad Lettuce Wraps	Lazy Day Keto Mexican Skillet	
<b>Friday</b>	Peanut Butter Smoothie	Favorite Lunch	Grilled Chicken Salad	
<b>Saturday</b>	Bacon & Eggs	Easy Cauliflower Nachos	Slow Cooker Parmesan Meatballs, Zucchini Noodles	

**Verse of the Week**

John 6:35

**Snacks**

Snack Platter (Deli Meat, Veggies, Cheese)

**Dessert**

Keto Lemon Bread

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Supplements</b>
<b>Sunday</b>	Crustless Zucchini Quiche	Burrito Bowl	Leftovers	
<b>Monday</b>	<b>FAST</b>	Bacon, Cucumber & Tomato Salad	Keto Lasagna & Steamed Broccoli	
<b>Tuesday</b>	Cottage Cheese, Walnuts & Cinnamon	Burrito Bowl	Chicken Bacon Ranch Casserole	
<b>Wednesday</b>	<b>FAST</b>	Leftovers	Shrimp Avocado Salad	
<b>Thursday</b>	Cottage Cheese, Walnuts & Cinnamon	Bacon, Cucumber & Tomato Salad	Cream Cheese Pesto Baked Chicken	
<b>Friday</b>	<b>FAST</b>	<b>FAST</b>	Beef & Broccoli Stir Fry	
<b>Saturday</b>	Sausage, Egg & Cheese Casserole	Family Favorite	Eggplant Parmesan, Green Salad	

**Verse of the Week**

John 1:12

**Snacks**

Pepperoni Chips

**Dessert**

Keto Cheesecake



	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Supplements</b>
<b>Sunday</b>	Baked Frittata	Air Fryer Sausage & Peppers	Leftovers	
<b>Monday</b>	Bacon & Spinach Egg Muffins	Taco Salad	Philly Cheesesteak Casserole	
<b>Tuesday</b>	Creamy Keto Cinnamon Smoothie	Broccoli & Bacon Chicken Salad	<b>FAST</b>	
<b>Wednesday</b>	Bacon & Spinach Egg Muffins	Taco Salad	Buffalo Chicken Zucchini Boats	
<b>Thursday</b>	Creamy Keto Cinnamon Smoothie	Broccoli & Bacon Chicken Salad	Big Mac Salad	
<b>Friday</b>	Bacon & Spinach Egg Muffins	Favorite Lunch	Grilled Shrimp Kabobs	
<b>Saturday</b>	Veggie Loaded Breakfast Casserole	Chicken Burrito Bowls	Green Chile Cauliflower Casserole, Green Salad	

**Verse of the Week**

John 20:29

**Snack**

Cheese & Olives

**Dessert**

Low Carb Chocolate Mousse

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Supplements</b>
<b>Sunday</b>	Smoothie	Tuna Salad	Leftovers	
<b>Monday</b>	Southwest Egg Muffin Cups	<b>FAST</b>	Sausage, Peppers & Mushrooms Cheesy Bake	
<b>Tuesday</b>	Savory Keto Breakfast Cookies	Tuna Salad	Cauliflower Pizza Bake, Green Salad	
<b>Wednesday</b>	Southwest Egg Muffin Cups	Turkey Club Lettuce Wrap	Unstuffed Cabbage Casserole	
<b>Thursday</b>	Savory Keto Breakfast Cookies	Leftovers	<b>FAST</b>	
<b>Friday</b>	Southwest Egg Muffin Cups	Turkey Club Lettuce Wrap	BBQ Chicken Bowl, Green Salad	
<b>Saturday</b>	Sausage & Cabbage Hash Browns	Cauliflower Fried Rice	Meatloaf & Asparagus	

**Verse of the Week**

Mark 9:23

**Snack**

Mini Sweet Peppers & Cream Cheese

**Dessert**

Keto Peach Cobbler

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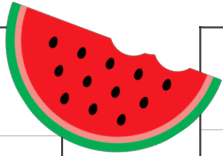
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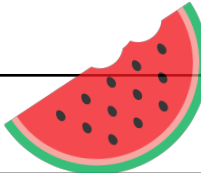
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## Verses of the Week

### Psalm 33:18

Behold, the eye of the LORD is upon them that fear him, upon them that hope in his mercy;

### John 6:35

And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

### John 1:12

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:

### John 20:29

Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed.

### Mark 9:23

Jesus said unto him, If thou canst believe, all things are possible to him that believeth.