

HEALTHIER HOMEMADE



SEPTEMBER MEAL PLAN

Healthy, Make Ahead Recipes for
Busy Families (*with a few treats
tossed in*)

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MONTHLY *Guide*

HOW TO HAVE A SUCCESSFUL MONTH

September is here! This is hands-down my favorite month—brisk mornings, cool evenings, and those perfectly crisp days (YES please!). I'm especially excited because I finally landed on a meal plan format that really works—not just for me, but for busy families like yours. I kept coming back to the idea that not all brains work the same way (mine definitely doesn't with ADD), and not all weeks look the same for families either. So this new approach is built with flexibility in mind.

Here's what you can expect moving forward:

- Monthly Overview – All recipes plus a full month ingredient list. This way, you can stock up on sales or buy meat in bulk.
- Batch Prep Tips – Each month I'll share what makes sense to prep ahead, especially when a recipe gets used in multiple ways (like biscuits).
- Weekly Breakdown – Recipes organized by week so that you can tackle things in smaller chunks.
- Staples List – A recurring list of items I always keep on hand for quick meals.
- Weekly Email Plan – Every week, I'll send you the plan plus extra tips and tricks to make life easier. You will get exactly how to prep that week in an email.

I'm so excited about this change, and I hope it makes meal planning feel lighter, easier, and more doable for you, too!

XOXO.

Anna



Grocery List

Dairy & Eggs

- Butter 18 tbsp
- Buttermilk 2 cups
- Organic Eggs 6 count
- Organic Egg Whites 3 count
- Monterrey Jack Cheese 0.5 cups
- Sharp Cheddar Cheese 1.25 cups
- Small Curd Cottage Cheese 0.5 cups
- Monterey Jack Cheese 1.5 cups
- Shredded Mozzarella Cheese 1.5 cups
- Cottage Cheese 8 oz
- Ricotta Cheese 8 oz
- Shredded Mozzarella 8 oz
- Shredded Monterey Jack 8 oz
- Grated Parmesan 1 cup
- Organic Whole Milk 3.75 cups
- Organic Greek Yogurt 1 cups
- Melted Organic Butter 0.33 cups
- Eggs 6 large
- Organic Butter Sliced 0.25 cups
- Organic Cream of Mushroom Soup 10.5 oz
- Sharp Cheddar Cheese 1.5 cups
- Cream Cheese 12 oz
- Milk 2 cups
- Cream Cheese 4 oz
- Organic Heavy Cream 1.5 cups

Pantry

- All-purpose einkorn flour 8 cups
- Baking Powder 4 tsp
- Extra Virgin Olive Oil 4 tbsp
- Organic Pizza Sauce 1 cups
- Canned Tomato Sauce 28 oz
- Chicken Broth 32 oz
- Tomato Paste 7 oz
- Kidney Beans 1 can
- Cooked Ditalini 1 cup
- Organic Marinara Sauce 36 oz
- Salt 4 tsp
- Baking Soda 1.5 tsp
- Organic Maple Syrup 2.25 tbsp
- Organic Raw Honey 1.5 tsp
- Organic Cane Sugar 0.25 cups
- Panko 0.5 cups
- Organic Chicken Broth 1 cup
- Italian Bread Crumbs 0.33 cup
- Long Grain Wild Rice 1.5 cups
- Einkorn Flour 3 tbsp
- Chicken Stock 64 oz

Spices & Seasonings

<input type="checkbox"/> Pink Himalayan Salt	5.25 tsp
<input type="checkbox"/> Organic Black Pepper	0.75 tsp
<input type="checkbox"/> Organic Garlic Powder	2.625 tsp
<input type="checkbox"/> Garlic Powder	2.5 tsp
<input type="checkbox"/> Onion Powder	2.5 tsp
<input type="checkbox"/> Italian Seasoning	2 tbsp
<input type="checkbox"/> Vanilla	2 tsp
<input type="checkbox"/> Cinnamon	2 tsp
<input type="checkbox"/> Pepper	0.125 tsp
<input type="checkbox"/> Dried Thyme	1 tsp
<input type="checkbox"/> Dried Oregano	1 tsp
<input type="checkbox"/> Rosemary	0.5 tsp
<input type="checkbox"/> Sage	0.25 tsp
<input type="checkbox"/> Black Pepper	0.5 tsp
<input type="checkbox"/> Ground Mustard	0.5 tsp
<input type="checkbox"/> Dried Thyme	1 tsp

Meat & Seafood

<input type="checkbox"/> Natural Breakfast Sausage	4 oz
<input type="checkbox"/> Uncured Bacon	8 strips
<input type="checkbox"/> Ham	2 cups
<input type="checkbox"/> Organic Chicken Breast	6 pounds
<input type="checkbox"/> Organic Ground Beef	3.5 pounds

Other

<input type="checkbox"/> Uncured Pepperoni	1 count
<input type="checkbox"/> Wonton Wrapper	20 each
<input type="checkbox"/> Mini Gnocchi	1 pounds

Produce

<input type="checkbox"/> Fire Roasted Tomatoes	14.5 oz
<input type="checkbox"/> Onion	3 count
<input type="checkbox"/> Zucchini	3 count
<input type="checkbox"/> Carrot	5 count
<input type="checkbox"/> Celery Sticks	2 count
<input type="checkbox"/> Whole Garlic Cloves	3 count
<input type="checkbox"/> Spinach	1 cup
<input type="checkbox"/> Carrots	3 count
<input type="checkbox"/> Broccoli	2 heads
<input type="checkbox"/> Lemon	1.5 count
<input type="checkbox"/> Small Yellow Potatoes	24 oz
<input type="checkbox"/> Honey Crisp Apple Peeled and Chopped	1 each
<input type="checkbox"/> Finely Chopped Green Onion	0.5 cups

Frozen Foods

<input type="checkbox"/> Organic Tater Tots	24 count
<input type="checkbox"/> Green Beans	16 oz
<input type="checkbox"/> Organic Frozen Ravioli	20 oz
<input type="checkbox"/> Organic Frozen Broccoli	16 oz

Bakery

<input type="checkbox"/> Wholly Wholesome Premade Pie Crust	2 pie crusts
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Grocery List Snack/Meal Staples

Refrigerated Items

- Once Upon A Farm Pouches
- Babybel
- Good Culture Cottage Cheese
- Regeneratively Farmed Apple Sauce
- Vital Farms Pasture Raised Hard Boiled Eggs
- Uncured Pepperoni
- Uncured Ham
- Kalona Super Natural French Onion Dip or Daisy Brand
- Organic Greek Yogurt (Alexandre Family Farms or The Greek Gods)
- Organic Hummus
- Strawberries
- Organic Blueberries
- Organic oranges
- Bananas
- Mini Cucumbers
- Whole carrots

Freezer Meal Staples

- Great Lakes Pot Pies
- Rao's Lasagna
- KidFresh Chicken Nuggets
- Jesse and Ben's Tallow Fries
- Force of Nature Meatballs
- Julian's Garlic Bread
- Myles Comfort Food Macaroni and Cheese
- Woodstock Organic Vegetables

Pantry

- Boulder Canyon Chips
- Quinn Pretzels
- The Good Crisp Chips
- Lesser Evil Popcorn
- Lesser Evil Moonions
- Unique Snacks Pretzels
- Yum Earth Fruit Snacks
- Yum Earth Suckers
- Muddy Bites
- Chocolove Chocolate
- Undercover Chocolate Crisps
- Simple Mills Pop Ems
- The Good Crisp Cheese balls
- Late July Nacho Cheese and Ranch Chips
- Chomps or Archer Farms Beef Sticks
- Kooshy Croutons
- Izzio Bread
- Smash Foods Jelly
- Barney Butter Peanut Butter



MONTHLY OVERVIEW SEPTEMBER

8 BREAKFAST

Quiche Cups
Greek Yogurt Waffles
Einkorn Flour Biscuits
Einkorn Flour Apple Sticky
Buns
Hash Brown Crust Sausage
Egg Cups
Cheddar Garlic Zucchini
Muffins
Biscuits and Gravy
Bacon Breakfast Wrap

BONUS RECIPES

*not included in grocery list

Peanut Butter Bombs

12 DINNER

Cast Iron Skillet Pizza
Cheese and Bacon Stuffed Chicken
Jalapeño Pepper Jelly Pasta
One Pan Broccoli and Chicken
Gnocchi
Slow Cooker Chili
Layered Ravioli Lasagna
Ground Beef Stroganoff
Chicken Cordon Bleu Casserole
Fire Roasted Minestrone Soup
Chicken and Wild Rice Soup
Sheet Pan Lemon Chicken
Beef and Noodle Soup

MONTHLY

Guide

PREP AHEAD GUIDE FOR THE MONTH

- Prep the biscuits ahead at the beginning of the month. Make a triple Batch but freeze 2 batches before you bake. You will use them later for the Apple Sweet Rolls and Biscuits and Gravy.
- Prep the Gravy for biscuits and Gravy when you prep the Hash Brown Crust Sausage Egg Cups. Simply freeze in a Souper Cube or large ice cube tray. If you really want to be on it, choose the large ice cube tray for storage. I will share later why!

XOXO.

Anna



WEEK 1

2 BREAKFAST

Einkorn Flour Biscuits
Hash Brown Crust Sausage Egg Cups

3 DINNER

Cast Iron Skillet Pizza
Fire Roasted Minestrone Soup
Layered Ravioli Lasagna



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Einkorn Flour Biscuits

Ingredients:

- 8 tbsp Butter
- 3 cup All-purpose einkorn flour
- 1 cup Buttermilk
- 3 tsp Baking powder
- 1 1/2 tsp Pink himalayan salt

Recipe:

1. Grate the 8 tbsp Butter into a bowl and freeze in the freezer for 20 minutes.
2. Remove the butter and immediately cut in the 3 cups All-purpose einkorn flour, 1 1/2 tsp Pink Himalayan salt, and 3 tsp Baking powder with a pastry cutter. You can also use your hands.
3. Mix in the 1 cup Buttermilk until combined.
4. Pop in the refrigerator while you do the next steps.
5. Flour your work surface and preheat the oven to 450°F.
6. Pull the bowl out and roll the dough until 1/2 inch thick. Fold over and do this 5 times to get the “layers.” Roll out the final time to 3/4 inch thick. Use a biscuit cutter and cut straight down. If you don’t have one, a glass will do, but try not to twist too much. Cut into circles (this makes about 12). Place the biscuits on lined parchment paper. Pop in the freezer for 5 minutes before placing in the hot oven. Bake in the oven for 15 minutes. Remove, let cool, and enjoy!

NOTES

Buttermilk Substitute

If you don't have buttermilk, you can add 1 tablespoon of white vinegar to a cup of milk. Let it sit together for 5 minutes and then stir. Add it in just like you would the buttermilk.

Reheat

Preheat an oven to 350°F. Place the item in the oven for 10 minutes to warm or microwave at 30-second intervals.



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Hash Brown Crust Sausage Egg Cups

Ingredients:

- extra virgin olive oil
- 24 organic tater tots I like
Roots Organic or
Cascadian Farms
- 3 organic eggs
- 3 organic egg whites
- ½ tsp pink Himalayan salt
- ¼ tsp organic black
pepper
- 4 oz natural breakfast
sausage
- ½ cup Monterrey Jack
Cheese
- ½ cup Sharp Cheddar
Cheese
- 1 cup small curd cottage
cheese I like Good
Culture

Recipe:

1. Preheat the oven to 400°F
2. Grease the muffin tins with extra virgin olive oil. Be sure to grease well- even the sides so the eggs don't stick.
3. Place 2 hash browns in each tin and place in the oven for 10 minutes.
4. Heat a skillet over medium heat. Place the 4 oz natural breakfast sausage in the skillet. Chop it up as it cooks into small pieces. Cook all the way through
5. Remove the hash browns from the oven and reduce the heat to 350°F and with a spoon, smash the tots down to create a crust.
6. In a medium bowl whisk together 3 organic eggs, 3 organic egg whites, ½ tsp pink Himalayan salt, ¼ tsp organic black pepper, ½ cup Monterrey Jack Cheese, ½ cup Sharp Cheddar Cheese and 1 cup small curd cottage cheese.
7. Add in the sausage and give a good stir.
8. Use a large cookie scoop and scoop on top of the smashed tots. It is about 1/4 cup for each one. Fill just below the top.
9. Bake for 20-25 minutes at 350°F until the eggs are cooked through.
10. Remove from the oven and let rest 10-15 minutes before serving.

NOTES

These are one of my favorite freezer breakfasts. They reheat so easy. To freeze, line a baking sheet with parchment paper. After you have let the egg cups cool, remove them and place on the parchment lined baking sheet.

Freeze for 2 hours and then place in a freezer-safe Ziploc bag or storage container.

To reheat- either use your microwave in 30 second intervals or use an air fryer at 350f. for about 8-10 minutes.



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Cast Iron Grill Pizza

Recipe:

Ingredients:

- Pizza Dough
- 2 cup all purpose einkorn flour
- 1 tbsp extra virgin olive oil
- 1 tbsp organic honey
- 1 cup warm water between 100-110 f
- ¾ tsp pink Himalayan salt
- 1½ tsp dry yeast
- ¼ all purpose einkorn flour (for rolling out the dough)
- Toppings
- 1½ cup Monterey Jack Cheese shredded from the block
- 1½ cup Mozzarella cheese shredded from the block
- 1 cup organic pizza sauce
- Favorite toppings uncured pepperoni, ham, bacon etc.
- Seasoning
- ½ tsp organic garlic powder
- ½ tsp pink Himalayan salt or sea salt

NOTES

Einkorn flour is more delicate in pizza dough than normal flour. The trick is to not over knead the dough. You don't want to work the flour all the way through when kneading.

You can stick a knife along the edge of the cast iron between the pizza and the cast iron and gently pry up to check and see how done the crust is. You don't want to be black, but you want it a nice golden brown with the cheese along the edges darker and a little burnt.

If you don't like your crust caramelized, skip the 2 tbsp. of cheese.

Always shred the cheese from the block- pre shredded has anti caking agents and it doesn't melt as well.

1. In a large mixing bowl, combine 1 tbsp extra virgin olive oil, 1 tbsp organic honey, 1 cup warm water, 1½ tsp dry yeast. Whisk and let rest 5-10 minutes until it starts to bubble. Be sure the water is between 100-110 f. This is what helps activate the yeast.
2. Once bubbly, add in the 2 cup all purpose einkorn flour and ¾ tsp pink Himalayan salt. Stir with a wooden spoon just until combined. You don't want to overmix einkorn flour.
3. Cover with a tea towel in a warm area about an hour until dough has almost doubled.
4. Flour the countertop surface and pour the dough onto the floured surface. Sprinkle with ¼ all purpose einkorn flour. Cover your hands in flour before working with the dough.
5. Knead a few times- adding flour to your hands as needed. Don't overwork the dough. You don't want to knead like you do a normal pizza dough.
6. Preheat the grill to 425 °F
7. Heavily grease a cast iron (about ½ to ¾ cup of olive oil).
8. Sprinkle about 2 tbsp of the shredded cheese around the edges.
9. Sprinkle the ½ tsp organic garlic powder and ½ tsp pink Himalayan salt around the bottom of the cast iron. You can skip this step if you aren't big into salt.
10. Place the ball of dough in the center of the cast iron and press the dough out. The oil should ooze over the edge a little bit.
11. Evenly spread 1 cup organic pizza sauce onto the dough.
12. Sprinkle 1½ cup Monterey Jack Cheese and 1½ cup Mozzarella cheese evenly on top.
13. Add your Favorite toppings.
14. Place in the center of the grill and bake about 10-15 minutes. The crust should caramelize and the center cooked through with the cheese fully melted.
15. Remove and let rest about 5 minutes. Cut and serve



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Fire Roasted Minestrone Soup

Ingredients:

- 1 can Fire roasted tomatoes (14.5 oz.)
- 1 can Canned tomato sauce (28 oz.)
- 32 oz Chicken broth (we like Kettle and Fire)
- 6 oz Tomato paste (organic)
- 1 Onion (Chopped)
- 1 Zucchini (Chopped)
- 2 Carrot (Chopped)
- 16 oz Green beans (frozen cut green beans)
- 1 can Kidney beans
- 1 tsp Pink himalayan salt
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 tbsp Italian seasoning
- 2 Celery sticks (peeled and chopped)
- 3 Whole garlic cloves (Pressed)
- 1 cup Spinach
- 1 cup Cooked ditalini

Recipe:

1. In a slow cooker add in 1 can Fire roasted tomatoes, 1 can Canned tomato sauce, 32 oz Chicken broth, 6 oz Tomato paste, 1 Onion chopped, 1 Zucchini sliced, 2 Carrot chopped, 16 oz Green beans, 1 can Kidney beans, 1 tsp Pink himalayan salt, 1 tsp Garlic powder, 1 tsp Onion powder, 1 tbsp Italian seasoning, 2 Celery sticks chopped, 3 Whole garlic cloves minced and 1 cup Spinach.
2. Turn on high and cook for 3 hours 30 minutes.
3. Add in the ditalini pasta and cook approx. 30 more minutes.
4. When the pasta is cooked through serve and enjoy!

NOTES

Storage/Reheat

To make in advance and store, make soup and allow to cool. Store and/or portion into freezer safe container. Freeze for up to 2 months. Set in fridge overnight to defrost then use saucepan to reheat



WEEK 2

2 BREAKFAST

Greek Yogurt Waffles
Bacon Breakfast Wrap

3 DINNER

Jalapeno Pepper Jelly Pasta
Slow Cooker Chili
Sheet Pan Lemon Chicken



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Greek Yogurt Waffles

Ingredients:

- 2 cup all-purpose einkorn flour
- ½ tsp baking soda
- 1 tbsp baking powder
- 1½ cup organic whole milk
- 1 cup organic Greek yogurt
- ½ cup melted organic butter
- 2 tsp vanilla
- 3 large eggs
- 2 tbsp organic maple syrup
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Recipe:

1. In a large bowl, whisk together 2 cup all-purpose einkorn flour, ½ tsp baking soda, 1 tbsp baking powder.
2. Once whisked, add in 1½ cup organic whole milk, 1 cup organic Greek yogurt, ½ cup melted organic butter, 2 tsp vanilla, 3 large eggs and 2 tbsp organic maple syrup.
3. Mix together well- it is okay if there are a few clumps.
4. Heat your waffle maker.
5. Pour a heaping ¼ cup of batter onto each waffle slot. Your serving might be different- be sure to check the size for your waffle maker.
6. Close the lid and cook about 6 minutes.
7. Repeat until all of the batter is gone.
8. Serve with your favorite toppings like butter, maple syrup, whipped cream, strawberries.
- 9.

NOTES

Freeze- Lay the waffles on a single layer on a parchment-lined baking sheet. Freeze for 2 hours. Remove and place in a freezer-safe Ziploc or container. Freeze for up to 2 months.

To reheat- there are two methods.

1. For crispy outer waffles. Place in a toaster and toast 45 seconds to 1 minute, depending on the heat of your toaster.
2. For soft waffles. Wrap in a paper towel and microwave for 30-45 seconds.



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Bacon Breakfast Wraps

Ingredients:

- 20 Wonton wrappers
- 8 strips uncured bacon chopped
- 1 small onion chopped
- 1 zucchini shredded
- 6 egg whites
- 2 tsp salt
- 1/4 tsp cracked black pepper
- 1 cup sour cream
- 2 cups shredded sharp cheddar cheese
- 3 cups shredded frozen potatoes

Recipe:

1. Heat a large pot over medium heat. I like to use a roasting pan and place it over 2 burners. Add in the 8 strips uncured bacon chopped and 1 small onion chopped. Stir continuously until the bacon gets crispy.
2. Squeeze out the shredded zucchini either in a cheese cloth or paper towel.
3. Add into the 1 zucchini shredded and 3 cup shredded frozen potatoes to the pan. Stir until cooked through.
4. Add in the 6 egg whites, 2 tsp salt, 1/4 tsp cracked black pepper. The egg whites will cook through fast.
5. Remove from the heat and add in 1 cup sour cream and 2 cup shredded sharp cheddar cheese. Stir until combined.
6. Filling the wonton wrappers
7. Open up the wonton wrappers and wrap in a damp paper towel. Place a wonton wrapper flat on the surface.
8. Scoop 1 1/2 tbsp. of filling into the middle of the wonton. Roll like you would an egg roll.
9. Seal the "envelope" flap with water.
10. Place on a parchment lined baking sheet.
11. Continue this process until all of the wonton wrappers have been used.
12. Swipe the tops with water. Sprinkle on everything but the bagel seasoning.

NOTES

To Freeze Ahead

Place the sheet pan of wraps into the freezer. Freezer for 2 hours and then transfer to a freezer safe ziploc or container. Place back in the freezer for up to 2 months

To Bake

Preheat the oven to 400. Bake from frozen about 20 minutes until crispy. If you are baking right away, reduce the cook time by 5 minutes.



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Jalapeno Pepper Jelly Pasta

Ingredients:

- 8 oz rotini or other shape I like Goodles for the protein
- 1½ lb organic chicken breast
- 2 tsp M Salt or any salt, pepper and garlic powder blend
- 5 oz Jalapeno Pepper Jelly
- 8 oz organic cream cheese

Recipe:

1. In a slow cooker place the 1½ lb organic chicken breast, sprinkle with 2 tsp M Salt and top the chicken breasts with 5 oz Jalapeno Pepper Jelly. Turn the slow cooker to high and place the lid on. Let cook for 2 hours.
2. Cook the pasta according to the directions and drain.
3. Using a wooden spoon, break up the chicken breast. Add in the 8 oz organic cream cheese. Mix together until the cream cheese is melted.
4. Add in the 8 oz rotini or other shape cooked and stir until combined.
5. Serve immediately with your favorite vegetable.



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Slow Cooker Chili

Ingredients:

- 81 lb organic ground beef
- 1 small onion chopped
- spice blend
- ½ tsp pink Himalayan salt or sea salt
- ⅓ cup organic chili powder
- 1 tsp organic smoked paprika
- 1 tsp organic cumin
- 2 tsp organic onion powder
- 2 tsp organic garlic powder
- ½ tsp organic cayenne
- ½ tsp organic black pepper
- ½ tsp organic oregano
- put together
- 1 tbsp tomato paste
- 15 oz organic pinto beans drained
- 15 oz organic kidney beans
- 28 oz organic fire roasted diced tomatoes
- 15 oz tomato sauce
- 1 tbsp worcestershire
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Recipe:

1. In an all in one slow cooker, turn the heat to 350°F. If you don't have an all in one cooker, use a skillet and place over medium heat..
2. In a small bowl, mix together ½ tsp pink Himalayan salt, ⅓ cup organic chili powder, 1 tsp organic smoked paprika, 1 tsp organic cumin, 2 tsp organic onion powder, 2 tsp organic garlic powder, ½ tsp organic cayenne, ½ tsp organic black pepper ½ tsp organic oregano.
3. Add in the 1 lb organic ground beef and 1 small onion (chopped). Add in the small bowl of seasonings. Break up the meat and cook until the meat is cooked through and the onion is tender. If you used a skillet at this point pour into a slow cooker.
4. Add in the 1 tbsp tomato paste, 15 oz organic pinto beans, 15 oz organic kidney beans, 28 oz organic fire roasted diced tomatoes, 15 oz tomato sauce and 1 tbsp worcestershire.
5. Stir and turn to low. Cook for 6-8 hours on low.
6. Serve with your favorite toppings like shredded cheese, corn chips, sour cream, peppers etc.
- 7.
- 8.

NOTES

To freeze, let cool to room temperature. Pour into a freezer safe container (I love using ball jars) and place in the freezer. Store for up to 2 months in the freezer.



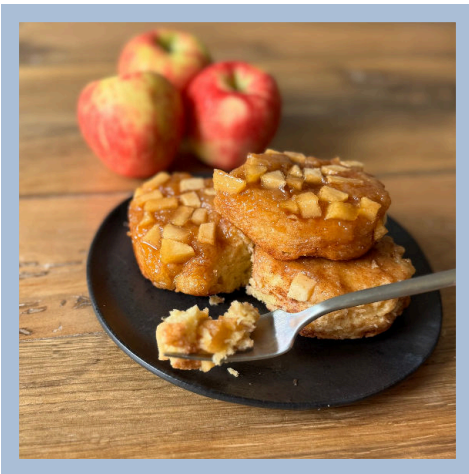
WEEK 3

2 BREAKFAST

Einkorn Flour Apple Sticky Buns
Biscuits and Gravy

3 DINNER

Beef and Noodle Soup
Ground Beef Stroganoff
Cheese and Bacon Stuffed Chicken



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Einkorn Flour Apple Sticky Buns

Ingredients:

- Biscuit
- 8 tbsp Butter
- 3 cup All-purpose einkorn flour
- 1 cup Buttermilk
- 3 tsp Baking powder
- 1 1/2 tsp Pink himalayan salt
- Sweet Sauce and Coating
- 1/4 cup organic maple syrup
- 1/4 cup organic butter sliced
- 1/4 cup organic brown sugar
- 1 honey crisp apple peeled and chopped
- 1/4 cup organic cane sugar
- 2 tsp cinnamon
-

Recipe:

1. Grate the 8 tbsp Butter into a bowl and freeze in the freezer for 20 minutes.
2. Remove the butter and immediately cut in the 3 cup All-purpose einkorn flour, 1 1/2 tsp Pink himalayan salt and 3 tsp Baking powder with a pastry cutter. You can also use your hands.
3. Mix in the 1 cup Buttermilk until combined.
4. Pop in the refrigerator while you do the next steps.
5. Flour your work surface and preheat the oven to 400.
6. Pull the bowl out and roll the dough until 1/2 inch thick. Fold over and do the 5 times to get the "layers". Roll out the final time to 3/4 inch thick. Use a biscuit cutter and cut straight down. If you don't have one a glass will do, but try not to twist too much. Cut into circles (makes about 12). Place the biscuits on a lined parchment paper.
7. In a cake pan, pour the 1/4 cup organic maple syrup, add in the 1/4 cup organic butter sliced. Sprinkle in the 1/4 cup organic brown sugar and add in the 1 honey crisp apple chopped.
8. Bake in the oven for 15 minutes. Remove, let cook and enjoy!
9. In a bowl, mix together 1/4 cup organic cane sugar and 2 tsp cinnamon. Toss in the biscuits one at a time and press so the cinnamon and sugar stick.
10. Place the coated biscuits on top of the apple mixture and squeeze them in.
11. Bake for 16-18 minutes. Let cool.
12. Place the plate on top. Flip quickly and they should just pull apart easily. Enjoy!

NOTES

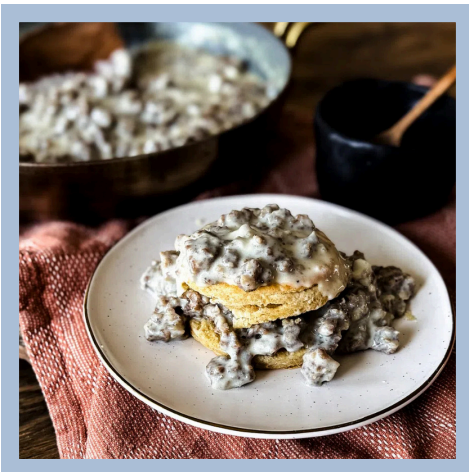
Buttermilk Substitute

If you don't have buttermilk you can add 1 TBSP white vinegar to the cup of milk. Let it sit together for 5 minutes and then stir. Add it in just like you would the buttermilk.

Reheat

Preheat an oven to 350f place in the oven for 10 minutes to warm or microwave at 30 second intervals.

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Biscuits and Gravy

Ingredients:

- Biscuit
- 8 tbsp Butter
- 3 cup All-purpose einkorn flour
- 1 cup Buttermilk
- 3 tsp Baking powder
- 1 1/2 tsp Pink himalayan salt
- Gravy
- 16 oz all natural breakfast sausage
- 2 tbsp all purpose einkorn flour
- 2¼ cup organic whole milk
-
-

Recipe:

1. Grate the 8 tbsp Butter into a bowl and freeze in the freezer for 20 minutes.
2. Remove the butter and immediately cut in the 3 cup All-purpose einkorn flour, 1 1/2 tsp Pink himalayan salt and 3 tsp Baking powder with a pastry cutter. You can also use your hands.
3. Mix in the 1 cup Buttermilk until combined.
4. Pop in the refrigerator while you do the next steps.
5. Flour your work surface and preheat the oven to 450.
6. Pull the bowl out and roll the dough until 1/2 inch thick. Fold over and do the 5 times to get the "layers". Roll out the final time to 3/4 inch thick. Use a biscuit cutter and cut straight down. If you don't have one a glass will do, but try not to twist too much. Cut into circles (makes about 12). Place the biscuits on a lined parchment paper. Pop in the freezer for 5 minutes before placing in the hot oven.
7. Bake in the oven for 15 minutes. Remove.
8. Gravy
9. In a skillet over medium heat, cook the 16 oz all natural breakfast sausage. Chop into fine crumbles as it cooks.
10. Once cooked through, sprinkle in 2 tbsp all purpose einkorn flour. Coat evenly
11. Add in 2¼ cup organic whole milk. Stir frequently.
12. Continue simmering and stirring until a thickened gravy has formed.
13. Serve over the biscuits.

NOTES

Buttermilk Substitute

- If you don't have buttermilk you can add 1 TBSP white vinegar to the cup of milk. Let it sit together for 5 minutes and then stir. Add it in just like you would the buttermilk.

You can use store bought biscuits, or make the biscuits in advance and freeze.

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Beef and Noodle Soup

Ingredients:

- 2 tbsp extra virgin olive oil
- 1½ lb. sirloin cubed
- 1 sweet onion chopped
- 2 organic carrots chopped
- 2 organic celery sticks chopped
- 3 garlic cloves minced
- 1 tsp pink Himalayan salt or sea salt
- ¼ tsp organic black pepper
- ½ tsp organic onion powder
- ½ tsp organic garlic powder
- 1 tsp organic Italian seasoning
- 8 oz organic tomato sauce
- 48 oz organic beef broth
- 1 tbsp Worcestershire sauce
- 8 oz fusilli pasta
- ½ organic bay leaf

Recipe:

1. In the all in one slow cooker, turn to sear and 350°F. If you don't have an all in one, place a large pan over medium heat.
2. Add in 2 tbsp extra virgin olive oil, 1½ lb. sirloin cubed, 1 sweet onion chopped, 2 organic carrots chopped, 2 organic celery sticks chopped, 3 garlic cloves minced, 1 tsp pink Himalayan salt, ¼ tsp organic black pepper, ½ tsp organic onion powder, ½ tsp organic garlic powder, 1 tsp organic Italian seasoning.
3. Stir frequently until sirloin is cooked through and onions are caramelized. At this point if you are using a pan and traditional slow cooker, add to the slow cooker from the pan and turn the slow cooker to high. If you are using an all in one, switch the temperature to slow cook and high.
4. Add to the slow cooker, 8 oz organic tomato sauce, 48 oz organic beef broth, 1 tbsp Worcestershire sauce and ½ organic bay leaf.
5. Place the lid on and let cook for 3½ hours.
6. Remove the lid, remove the bay leaf and stir.
7. Add on the 8 oz fusilli pasta and put the lid on for 15 minutes.
8. Remove the lid and stir again. Place the lid on for another 15 minutes.
9. Enjoy!

NOTES

Freezer: To freeze, let come to room temperature. Place in a Ball jar or other freezer safe container. Store for up to 2 months. To thaw, place in the refrigerator the night before you want to use. Reheat in the stove top or in the microwave.



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Slow Cooker Ground Beef Stroganoff

Ingredients:

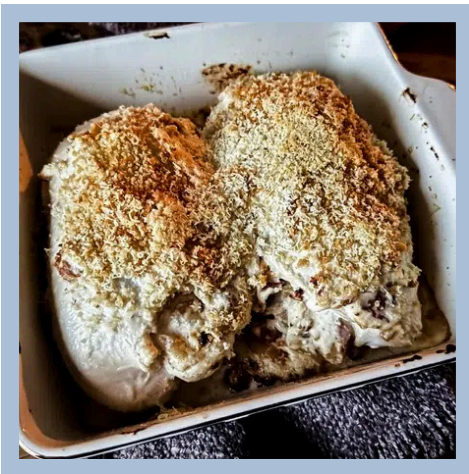
- 1/2 lb organic ground beef
- 1 tsp pink Himalayan salt sea salt work too
- 1 tsp organic onion powder
- 1 tsp organic garlic powder
- 1/4 tsp ground black pepper
- 1/2 tsp ground mustard
- 8 oz cremini mushrooms finely chopped
- 2 shallots (diced)
- 1 tbsp Worcestershire sauce
- 32 oz organic beef broth
- 1/2 cup heavy cream
- 12 oz pappardelle pasta
- 1 cup sour cream
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Recipe:

1. In a small bowl mix together 1 tsp pink Himalayan salt, 1 tsp organic onion powder, 1 tsp organic garlic powder, 1/4 tsp ground black pepper, 1/2 tsp ground mustard.
2. Turn the slow cooker to saute' at 350 f. If you don't have an all in one cooker, use a pan over medium heat for this part.
3. Add in the 1 1/2 lb organic ground beef, seasonings and 8 oz cremini mushrooms. Stir frequently and continue until the onions are sheer and the meat is browned. At this point if you don't have an all in one cooker, add the meat back to the slow cooker. Turn the slow cooker to slow cook, high.
4. Add in 1 tbsp Worcestershire sauce, 32 oz organic beef broth, and 1/2 cup heavy cream. Stir and place the lid on.
5. 45 minutes before you are serving, add in the 12 oz pappardelle pasta. Stir well so the pasta is coated.
6. 30 minutes later add in 1 cup sour cream and stir. Cover and let sit another 30 minutes.
7. Stir well and serve.

NOTES

If you cook this recipe on low, set it for 10 hours. At the hour before point turn it to high.



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Cheese and Bacon Stuffed Chicken

Recipe:

Ingredients:

- 2 organic chicken breast (slice 90% through middle)
- 5 strips bacon (chopped)
- ½ cup organic ricotta cheese
- 8 oz cream cheese
- 1 cup shredded gruyere cheese
- 1 tsp all purpose seasoning (we like Happy Salt)
- ⅓ cup parmesan cheese
- ¼ cup organic panko bread crumbs

1. Chop 5 strips bacon and place in a pan over medium. Cook until crispy and remove. Be careful of splatter.
2. In a bowl mix together ½ cup organic ricotta cheese, 8 oz cream cheese, 1 cup shredded gruyere cheese and 1 tsp all purpose seasoning.
3. Slice 2 organic chicken breast 90% through the middle on a plane. Stuff the chicken with ½ of the cheese mixture and bacon. Place in an 8x8 baking dish. Spread remaining cheese mixture on top. Sprinkle with the ¼ cup organic panko bread crumbs and ⅓ cup parmesan cheese.
4. Cover and bake in the oven at 375°F for 25 minutes, or until the internal temperature reaches 165°F.



WEEK 4

2 BREAKFAST

Cheddar Garlic Zucchini Muffins
Quiche Cups

3 DINNER

Chicken and Wild Rice Soup
Chicken Cordon Bleu Casserole
One Pan Broccoli and Chicken Gnocchi



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Cheddar Garlic Zucchini Muffins

Ingredients:

- 4 cup Jovial all purpose einkorn flour
- 1 tbsp Baking powder
- 1 tsp Baking soda
- 2 tsp Pink himalayan salt
- 1 tsp Onion powder
- 1 tsp Garlic powder
- 1 Medium zucchini (shredded and water squeezed out)
- 2 organic carrots peeled and grated
- 1 tbsp White vinegar
- 1 cup Whole milk
- 3 Egg
- 10 tbsp Butter (melted)
- 1 tbsp Raw honey
- 2 tbsp Chives (Chopped)
- 2 cup Cheddar cheese
- 1/4 cup Gruyere

Recipe:

1. Preheat oven to 375
2. Place parchment paper in 24 tins
3. In a small bowl mix together 1 cup Whole milk and 1 tbsp White vinegar. Whisk and let rest 5 minutes.
4. Combine 4 cup Jovial all purpose einkorn flour, 2 tsp Pink himalayan salt, 1 tsp Baking soda, 1 tbsp Baking powder, 1 tsp Onion powder and 1 tsp Garlic powder.
5. Add in the bowl of milk, 3 Egg, 10 tbsp Butter melted and 1 tbsp Raw honey. Mix well.
6. Add in 1 Medium zucchini grated and 2 organic carrots grated, 2 tbsp Chives, 2 cup Cheddar cheese grated and 1/4 cup Gruyere grated.
7. Let rest 10 minutes.
8. Spoon evenly into 24 muffin tins. Use a large scoop. They should go to the top.
9. Bake at 375°F for about 22 minutes.
10. Remove and let cool.

NOTES

Bring to room temperature. Place in the freezer for 2 hours. Transfer to a freezer safe Ziploc and store up to 2 months. Reheat in 10 second increments in the microwave or in the air fryer for 8-10 minutes.



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Quiche Cups

Ingredients:

- 3 organic eggs
- 3 organic egg whites
- 1½ cup organic heavy cream
- ½ cup finely chopped green onion
- 2 pie crust Wholly Wholesome premade is what I like to use
- ¼ cup gruyere cheese grated
- ¼ cup sharp cheddar cheese grated
- 3 tsp M Salt or any blend of flaky salt, garlic powder and pepper.

Recipe:

1. Set out the 2 pie crust for 20-30 minutes. Before you let it set out, remove the tin from the bottom if store bought when still frozen for easy removal.
2. In a bowl whisk together 3 organic eggs, 3 organic egg whites, 1½ cup organic heavy cream, ½ cup finely chopped green onion, ¼ cup gruyere cheese, ¼ cup sharp cheddar cheese and 3 tsp M Salt .
3. Use a glass and cut small circles out of the pie crust.
4. Place in the muffins tins and be sure to press 1/3- 1/2 way up.
5. Scoop the egg mixture into the tins.
6. Bake in the oven for about 16 minutes at 400°F. You know they are done when the middle is jiggly but not runny and edges are slightly brown around the edges.
7. Let cool 5 minutes and serve.

NOTES

To freeze, bring to room temperature and place in the freezer for 2 hours.
Place in a freezer safe bag and store in the freezer up to 2 months.



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Easy Lemon and Wild Rice Soup

Ingredients:

- 2 TBSP. butter
- 1 1/2 lb. boneless skinless chicken breasts cut into small cubes
- 1 onion chopped
- 2 celery ribs peeled and finely sliced
- 3 carrots peeled and finely sliced
- 1 tsp. salt
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- 1/2 tsp. rosemary
- 1/4 tsp. sage
- 3 TBSP. einkorn flour
- 64 oz. chicken stock or broth
- 1 1/2 cups long grain wild rice
- 1 lemon juiced
- 1 bay leaf

Recipe:

1. In a large Dutch oven (like the one here) over medium heat add in the butter or you can use olive oil. Add in the onion, celery, carrots and chicken breast.
2. Sprinkle with the seasonings- salt, thyme, oregano, rosemary and sage and cook until the onions are translucent. Add in the flour and coat.
3. Pour in the 8 cups of broth and turn the heat up to medium-high heat.
4. Once it comes to a boil, add in the wild rice blend (be sure to rinse the rice under cold water before using) and once it boils reduce the heat to medium-low heat and place the lid on the Dutch oven. Let the soup simmer for an hour until the rice is done.
5. Sometimes it takes an hour and 15 minutes. Add in the lemon juice. Serve in bowl and if you really want to get fancy, serve with lemon slices or lemon zest on top.

NOTES

To freeze, bring to room temperature and place in a freezer safe container. Freeze for up to 2 months.



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Chicken Cordon Bleu Casserole

Ingredients:

- 3 Boneless skinless chicken breast (cubed)
- 2 cup Milk
- 2 tbsp Butter
- 2 tbsp Einkorn flour
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 tsp Mustard powder
- 2 cup Gruyere (shredded from a block)
- 2 cup Ham (Chopped) Ham (Chopped)
- 1/2 cup Panko
- 1/2 cup parmesan finely shredded from a block

Recipe:

1. Place a sauce pan over medium. Add in the butter and melt. Mix in the flour until a thick paste forms and finally the milk. Whisk together until a roux forms.
2. Add in the garlic powder, onion powder, ground mustard and whisk.
3. Finally add in the gruyere and remove from heat.
4. Grease a deep pie dish and add in the chicken and top with the chopped ham.
5. Pour the cheese sauce over top, sprinkle on the bread crumbs and finally top with the parmesan.
6. Place in the oven at 350 for 45 minutes until bubbly and the chicken is cooked through.

NOTES

- To prep the whole dish in advance, bake through, allow to cool, and place in freezer safe dish with tight lid. Freeze up to 2 months. To reheat, thaw in fridge overnight and reheat in oven at 375 for 15-20 minutes or until heated through



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One Pan Broccoli and Chicken Gnocchi

Ingredients:

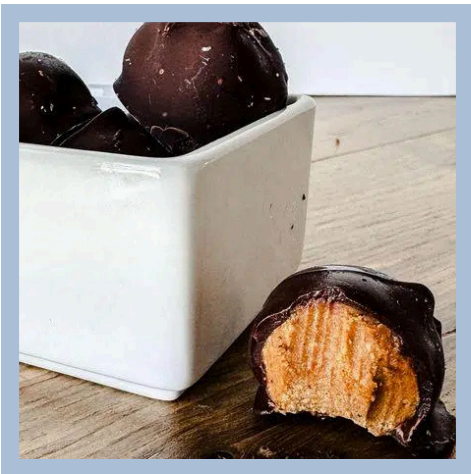
- 2 tbsp extra virgin olive oil
- 1½ lb organic chicken breast cubed
- 1 onion finely chopped
- 2 heads of broccoli washed and chopped
- 1 tsp pink Himalayan salt or sea salt
- ½ tsp pepper
- ½ tsp organic garlic powder
- ½ tsp organic onion powder
- 1 cup organic chicken broth
- 10½ oz organic cream of mushroom soup (I like Pacific foods)
- 16 oz mini Gnocchi
- 3 c sharp cheddar cheese shredded
- 4 oz cream cheese
- ½ cup Italian bread crumbs I love Kooshy or for GF use Aleia's

Recipe:

1. Preheat the oven to 375°F
2. Heat the large skillet over medium heat. After about 90 seconds add in 2 tbsp extra virgin olive oil.
3. Add in 1 onion chopped, 2 heads of broccoli chopped, 1½ lb organic chicken breast cubed, 1 tsp pink Himalayan salt, ½ tsp pepper, ½ tsp organic garlic powder, ½ tsp organic onion powder. Let cook for about 10 minutes until the chicken is cooked through and the onions are translucent.
4. Pour in the 1 cup organic chicken broth, 10½ oz organic cream of mushroom soup and 16 oz mini Gnocchi. Let cook for 3 minutes stirring frequently.
5. add in the 4 oz cream cheese and 3 c sharp cheddar cheese and stir until melted.
6. Remove from the stove top and sprinkle on top ½ cup Italian bread crumbs. Place in the oven for 10-15 minutes until bubbly.
7. Remove and serve immediately.

NOTES

- To prep the whole dish in advance, bake through, allow to cool, and place in freezer safe dish with tight lid. Freeze up to 2 months. To reheat, thaw in fridge overnight and reheat in oven at 375 for 15-20 minutes or until heated through



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Peanut Butter Bombs

Ingredients:

- ¼ cup powdered peanut butter
- ¾ cup peanut butter (Smucker Natural Creamy)
- 1 tbsp date syrup
- ½ tsp vanilla
- ¾ cup chocolate chips (Enjoy Life Brand)

Recipe:

1. In a bowl combine the ¼ cup powdered peanut butter, ¾ cup peanut butter, 1 tbsp date syrup, and ½ tsp vanilla.
2. Use a small cookie scoop (about 1 tbsp) and scoop the mixture. Roll into balls and place on a parchment lined baking sheet.
3. In a microwave heat ¾ cup chocolate chips stirring every 30 seconds until melted.
4. Dip the balls quickly into the chocolate to coat and place back onto the parchment lined baking sheet.
5. While the chocolate is still wet put a dash of sea salt on top.
6. Place in the freezer for 2 hours. Transfer to a freezer safe container and store in the freezer up to a month.

NOTES

- To prep the whole dish in advance, bake through, allow to cool, and place in freezer safe dish with tight lid. Freeze up to 2 months. To reheat, thaw in fridge overnight and reheat in oven at 375 for 15-20 minutes or until heated through

MONTHLY — healthier HOMEMADE

Meal Planner

Month of: _____

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

WEEKLY — healthier HOMEMADE

Meal Planner

Week of: _____

Monday	Tuesday	Wednesday
BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK
Thursday	Friday	Saturday
BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK
Sunday	NOTES:	