

# HEALTHIER HOMEMADE



## SEPTEMBER WEEK 3 MEAL PLAN

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

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# WEEK 3 GUIDE

## *Guide*

### HOW TO HAVE A SUCCESSFUL WEEK

Week 3 is here! Here is how you can set your week up for success!

#### **Week at a Glance**

##### **Breakfasts**

Einkorn Flour Apple Sticky Buns

Biscuits & Gravy

##### **Dinners**

Beef & Noodle Soup + Side salad

Slow Cooker Ground Beef Stroganoff + Steamed green beans

Cheese & Bacon Stuffed Chicken + Roasted broccoli

#### **Sunday Prep (do this first )**

Produce wash + cut

Wash apples, onions, carrots, celery, mushrooms, and shallots.

Dice onion, celery, and carrots for soup and stroganoff.

Slice mushrooms and shallots.

Chop broccoli and green beans; store in fridge.

##### **Proteins**

Cook bacon; crumble and refrigerate.

Slice chicken breasts for stuffed chicken and freeze or refrigerate.

Make and Portion sausage for biscuits & gravy

##### **Dough**

Prep biscuit/sticky bun dough ; freeze on a tray, then bag once solid. The dough is the same for both, so make a double batch of the biscuit dough.

#### **3. Storage Guide**

Produce: keep chopped veggies and fruits in fridge with a paper towel to absorb moisture.

Cooked meats: refrigerate or freeze if not used within 3 days.

Dough/biscuits: freeze raw, bake straight from frozen for biscuits and gravy and let thaw for 30 minutes before making the sticky buns (it will fit in the dish easier).

# WEEK 3 GUIDE

## *Guide*

### HOW TO HAVE A SUCCESSFUL WEEK

**Want to Really Get Ahead?**

**Here are the recipes that are easy to make double and freeze.**

#### **Dough for Biscuits and Gravy and Sticky Buns**

These freeze so easily, you are already making a double batch. Just triple it. Flash freeze on a parchment lined baking sheet. Freeze for 2 hours and then transfer to a freezer safe Ziploc bag.

Freeze for up to 2 months.

#### **Beef and Noodle Soup**

Make a double batch and let the leftovers come to room temperature. Store in a freezer safe container. To thaw, place in the refrigerator the night before you are going to use.

#### **Ground Beef Stroganoff**

Double the recipe and cook according to the instructions. Before you add the pasta, remove half and let come to room temperature. Place in a freezer safe container up to 2 months.

Defrost in the microwave or a pan and serve over pasta.

#### **Cheese and Bacon Stuffed Chicken**

Double the ingredients for the recipe. Before you bake, place half on a parchment lined baking sheet and freeze for 2 hours. Transfer to a freezer safe container. To bake from frozen increase the baking time to 40-45 minutes.

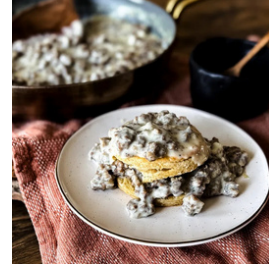
XOXO.  
*Anna*



## September Meal Plan Week 3



Einkorn Flour Apple Sticky Buns



Biscuits and Gravy



Beef and Noodle Soup



Slow Cooker Ground Beef  
Stroganoff



Cheese and Bacon Stuffed Chicken



## Grocery List

### Pantry

- All-purpose einkorn flour 3.125 cups
- Baking powder 6 tsp
- Pink himalayan salt 4 tsp
- Organic maple syrup 0.25 cups
- Organic brown sugar 0.25 cups
- Organic cane sugar 0.25 cups
- All purpose einkorn flour 2 tbsp
- Extra Virgin Olive Oil 2 tbsp
- Organic Tomato Sauce 8 oz
- Organic Beef Broth 80 oz
- Worcestershire Sauce 2 tbsp
- Fusilli Pasta 8 oz
- Pappardelle Pasta 12 oz
- Organic Panko Bread 0.25 cups

### Spices & Seasonings

- Cinnamon 2 tsp
- Organic Black Pepper 0.25 tsp
- Organic Onion Powder 1.5 tsp
- Organic Garlic Powder 1.5 tsp
- Organic Italian Seasoning 1 tsp
- Organic Bay Leaf 0.5 count
- Ground Black Pepper 0.25 tsp
- Ground Mustard 0.5 tsp
- All Purpose Seasoning (we like Happy Salt) 1 tsp

### Dairy & Eggs

- Butter 8 tbsp
- Buttermilk 1 cups
- Organic butter sliced 0.25 cups
- Organic whole milk 2.25 cups
- Heavy Cream 0.5 cups
- Sour Cream 1 cups
- Organic Ricotta Cheese 0.5 cups
- Cream Cheese 8 ounces
- Shredded Gruyere Cheese 1 cups
- Parmesan Cheese 0.125 cups

### Produce

- Honey crisp apple peeled and chopped 1 each
- Sweet Onion 1 count
- Organic Carrots 2 count
- Organic Celery Sticks 2 count
- Garlic Cloves 3 cloves
- Cremini Mushrooms 8 oz
- Shallots 2 each

## Meat & Seafood

- All natural breakfast sausage 16 oz
- Sirloin 1.5 pounds
- Organic Ground Beef 1.5 pounds
- Organic Chicken Breast 2 each
- Bacon 5 strips



## 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 salad mix
- 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



## 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
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### 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!

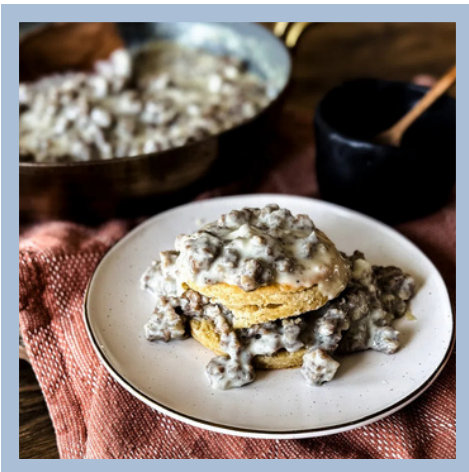
### NOTES

#### 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
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### 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

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### 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

### 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

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### 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

### Recipe:

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.

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: ..... ..... ..... ..... ..... ..... .....	