

HEALTHIER HOMEMADE



OCTOBER 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

How is it October? This month is full of slow cooker meals and soups. Perfect for weeknights on the go and weekend mornings filled with sports.

Here is the breakdown for the Monthly guide:

- 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 or just to make sure you stock up on ingredients needed throughout the month.
- 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.

XOXO.

Anna



Grocery List

Pantry

- Einkorn Flour 2.5 cups
- Baking Powder 3 tbsp
- Baking Soda 1.25 tsp
- Pink Himalayan Salt 2.75 tsp
- Organic Maple Syrup 3 tbsp
- Vanilla Extract 4 tsp
- Organic Brown Sugar 0.25 cups
- Pappardelle Pasta 12 oz
- Organic Baking Soda 0.25 tsp
- Himalayan Salt 1 tsp
- Salt 1 tbsp
- Flour Tortilla 6 count
- All Purpose Einkorn Flour 1.5 cups
- Chocolate chips 0.5 cups
- Organic Chicken Broth 66.5 oz
- Cream of Chicken Soup 5 oz
- Small Noodles 7 oz
- Extra Virgin Olive Oil 6 tbsp
- Organic Ketchup 0.5 cups
- Organic Beef Broth 0.25 cups
- Organic Coco Aminos 0.5 cups
- Organic Honey 2 tbsp
- Rice Vinegar 2 tbsp
- Organic Pineapple Juice 0.5 cups
- Organic Marinara Sauce 24 oz
- Organic Beef Bone Broth 32 oz

Produce

- Organic Pumpkin Puree 0.5 cups
- Zucchini 2 cups
- Green onions 0.25 cups
- Garlic 5 cloves
- Onion 3 count
- Lime 1 count
- Sliced Organic Mushroom 0.5 cups
- Organic Carrots 3 each
- Celery Stick 1 each
- Redskin potatoes 5 cups
- Fresh chives 2 tbsp
- Organic Green Onion 0.5 cups
- Pineapple Chunks 1 cups
- Organic Sweet Peas 2 cups
- Organic Spinach 4 cups

Spices & Seasonings

<input type="checkbox"/> Pumpkin Pie Spice	1.5 tsp
<input type="checkbox"/> Organic Cinnamon	1 tsp
<input type="checkbox"/> Oregano	1.5 tsp
<input type="checkbox"/> Dried basil	1 tsp
<input type="checkbox"/> Dried thyme	0.5 tsp
<input type="checkbox"/> Onion powder	1.5 tsp
<input type="checkbox"/> Garlic powder	2.5 tsp
<input type="checkbox"/> Organic Garlic Powder	2 tsp
<input type="checkbox"/> Chipotle Chili Powder	0.5 tsp
<input type="checkbox"/> Organic Oregano	0.5 tsp
<input type="checkbox"/> Black Pepper	0.25 tsp
<input type="checkbox"/> Flaky sea salt	1.5 tsp
<input type="checkbox"/> Poultry Seasoning	1 tsp
<input type="checkbox"/> M Salt	4 tsp
<input type="checkbox"/> Organic Italian Seasoning	1 tsp

Meat & Seafood

<input type="checkbox"/> Meatballs	12 count
<input type="checkbox"/> Organic Beef Sirloin Steak	16 fl_oz
<input type="checkbox"/> Organic Chicken	1.5 pounds
<input type="checkbox"/> Breakfast Sausage	1 pound
<input type="checkbox"/> Organic Chicken Breast	1.5 lbs
<input type="checkbox"/> Organic Mild Italian Sausage	1 pounds
<input type="checkbox"/> Organic Ground Beef	1 pounds

Frozen Foods

<input type="checkbox"/> Organic Rice	4 cups
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Dairy & Eggs

<input type="checkbox"/> Egg	1 large
<input type="checkbox"/> Organic Butter	0.75 cups
<input type="checkbox"/> Organic Whole Milk	0.25 cups
<input type="checkbox"/> Whole Fat Greek Yogurt	0.25 cups
<input type="checkbox"/> Cream Cheese	8 oz
<input type="checkbox"/> Gruyere	2 cups
<input type="checkbox"/> Organic Heavy Cream	1.08 cups
<input type="checkbox"/> Eggs	13 count
<input type="checkbox"/> Cheese	2 cups
<input type="checkbox"/> Whole milk cottage cheese	1 cups
<input type="checkbox"/> Egg whites	8 each
<input type="checkbox"/> Sharp cheddar cheese	1 cups
<input type="checkbox"/> Sour cream	0.5 cups

Other

<input type="checkbox"/> Beef broth	1 cups
<input type="checkbox"/> Classic French Onion Soup (I like Pacific Foods)	2 cups
<input type="checkbox"/> Salsa	0.5 cups
<input type="checkbox"/> Water	24 oz
<input type="checkbox"/> Tortellini	18 oz



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 OCTOBER

8 BREAKFAST

Pumpkin Cinnamon Roll
Muffins
Easy Cheesy Sausage potato
bake
Double Chocolate Banana
Muffins
High Protein Chocolate Chip
and Sea Salt Bagels
Starbucks Copy Cat Egg Cups
Zucchini Pancakes
Chocolate Chip and Bacon
Greek Yogurt Pancakes
Breakfast Quesadilla

12 DINNER

Slow Cooker Beef and Noodles
Easy Homemade Chicken Noodle
Soup
Skillet Jalapeno Popper Chicken
Casserole
No-Bean White Chicken Chili
Cast Iron Teriyaki Pork Tenderloin
Split Pea Soup
Slow Cooker Lasagna Soup
Slow Cooker Chicken Alfredo with
Broccoli
Lime Stree Steak Tacos
Smothered Chicken
Sweet and Sour Pork Butt
Slow Cooker Queso Chicken Tacos

MONTHLY

Guide

PREP AHEAD GUIDE FOR THE MONTH

- For this month, make sure you either have frozen rice from the store on hand or prep and freeze your own rice. Same for tortillas, there are a few recipes that use tortillas so make sure you either buy them ahead of time or make them and freeze them.

Also, I love organic frozen veggies for busy weeknights so be sure to stock up on those and be sure to have a lot of all-purpose einkorn flour on hand.

It is cooling off and fall sports are in full swing. There are lots of slow cooker meals for those busy nights and quite a few filling but easy soups! The last week of October be on the lookout for some fun Halloween themed recipes delivered to your inbox.

XOXO.

Anna



WEEK 1

2 BREAKFAST

Pumpkin Cinnamon Roll Muffins
Zucchini Pancakes

3 DINNER

Slow Cooker Beef and Noodles
Lime Street Steak Tacos
Smothered Chicken



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Pumpkin Cinnamon Roll Muffins

Ingredients:

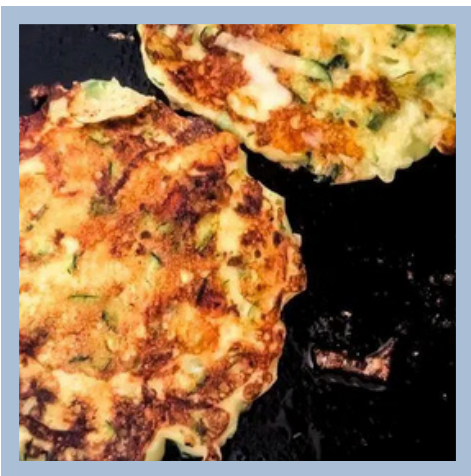
- 2 cups all purpose einkorn flour
- 1 tbsp baking powder
- ¼ tsp baking soda
- ¼ tsp pink Himalayan salt or sea salt
- 1 large egg
- ¼ cup organic butter melted
- 3 tbsp organic maple syrup
- ¼ cup organic whole milk
- ½ cup organic pumpkin puree
- ¼ cup Whole fat Greek yogurt
- 2 tsp vanilla extract or vanilla bean paste
- ½ tsp pumpkin pie spice
- **Cinnamon Mixture**
- ¼ cup organic butter softened, not melted
- ¼ organic brown sugar
- 1 tsp organic cinnamon
- 1 tsp organic pumpkin pie spice
- **Frosting**
- 8 oz cream cheese
- 2 tsp vanilla extract or vanilla bean paste
- 1 tbsp organic butter melted
- ¼ cup organic cane sugar

Recipe:

1. Preheat the oven to 350°F and line the muffin tins with the liners.
2. In a large bowl, combine **2 cups all purpose einkorn flour, 1 tbsp baking powder, ¼ tsp baking soda** and **¼ tsp pink Himalayan salt** with a whisk.
3. Add in **1 large egg, ¼ cup organic butter** (melted), **3 tbsp organic maple syrup, ¼ cup organic whole milk, ½ cup organic pumpkin puree, ¼ cup Whole fat Greek yogurt 2 tsp vanilla extract** and **½ tsp pumpkin pie spice**.
4. Use a wooden spoon to mix together- about 2 minutes. With einkorn flour you don't want to over mix.
5. Set aside and in a small bowl mix together **¼ cup organic butter, ¼ organic brown sugar** and **1 tsp organic cinnamon** and **1 tsp organic pumpkin pie spice** with a fork.
6. Scoop 1 small cookie scoop or 1 tbsp. of the dough into each muffin tin.
7. Scoop ½ tsp. of the cinnamon mixture on top of each. Use a toothpick and swirl into the dough. Do this for each muffin.
8. Place another 1 small cookie scoop or 1 tbsp. dough on top.
9. Place another ½ tsp. of cinnamon mixture on top of the dough and swirl again.
10. Bake at 350°F for 18-22 minutes until cooked through.
11. While the muffins are baking, in a medium bowl whip together **8 oz cream cheese, 2 tsp vanilla extract, 1 tbsp organic butter** melted and **¼ cup organic cane sugar**
12. Use a beater to make sure it is well combined, about 2 minutes.
13. Once the muffins are baked, remove from the oven. If you are serving all of them right away, place 1- 2 tbsp. of the frosting on top. And smear. It will melt in and create a nice glaze.
14. If you are serving later or freezing for later, wait until the muffins have completely cooled and then place 1-2 tbsp. of the frosting on top.

Freezer instructions.

After iced, place on a parchment lined baking sheet. Place in the freezer for 2 hours. Remove and place in a freezer safe Ziploc bag. Store in the freezer for up to 2 months.



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Zucchini Pancakes

Ingredients:

- 2 cup Zucchini (shredded and water squeezed out)
- 1 tsp Pink himalayan salt
- 1/2 cup Einkorn flour
- 1 Egg
- 1 cup Gruyere (shredded from a block)
- 1/4 cup Green onions
- 2 clove Garlic (Pressed)

Recipe:

1. In a strainer place the salt and zucchini and let sit 30 minutes.
2. Mix everything in a bowl until completely combined.
3. Heat a cast iron to medium/high with oil.
4. Place a large scoop into the pan and press flat like a pancake.
5. Let brown and flip. (about 5 Minutes)
6. Let the second side crisp up and flip.
7. Remove and do this until all of the mixture is gone.

NOTES

To freeze, place on a parchment lined baking sheet. Place in the freezer for 2 hours. Store in a freezer safe Ziploc or container for up to 2 months.



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Slow Cooker Beef and Noodles

Ingredients:

- 12 Large meatballs
- 1 cup Beef broth (we love kettle and fire)
- 1 tsp Oregano
- 1 tsp Pink Himalayan salt
- 1 tsp Dried basil
- 1/2 tsp Dried thyme
- 1/2 tsp Onion powder
- 1/2 tsp Garlic powder
- 8 oz Cream cheese
- 12 oz Pappardelle Pasta

Recipe:

1. In a slow cooker on low pour in the 1 cup Beef broth 1 tsp Oregano, 1 tsp Pink himalayan salt, 1 tsp Dried basil, 1/2 tsp Dried thyme, 1/2 tsp Onion powder, 1/2 tsp Garlic powder and stir well. Place the 12 Large meatballs frozen in the slow cooker.
2. Cover and keep on high 2-4 hours. 30 minutes before you are ready to serve place in the 8 oz Cream cheese.
3. Stir after 15 minutes. You can whisk to get it nice and smooth.
4. Serve over 12 oz Pappardelle Pasta that have been cooked according to the package.
- 5.
6. Evenly spread 1 cup organic pizza sauce onto the dough.
7. Sprinkle 1½ cup Monterey Jack Cheese and 1½ cup Mozzarella cheese evenly on top.
8. Add your Favorite toppings.
9. 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.
10. Remove and let rest about 5 minutes. Cut and serve

NOTES

Storage and Freezer Tips:

Refrigerator: Store leftovers in an airtight glass container for up to 3 days. Reheat on the stove with a splash of broth or milk.

Freezer: Freeze the cooked meatballs and sauce (without noodles) in a freezer-safe container for up to 2 months. Cook fresh pasta when reheating.

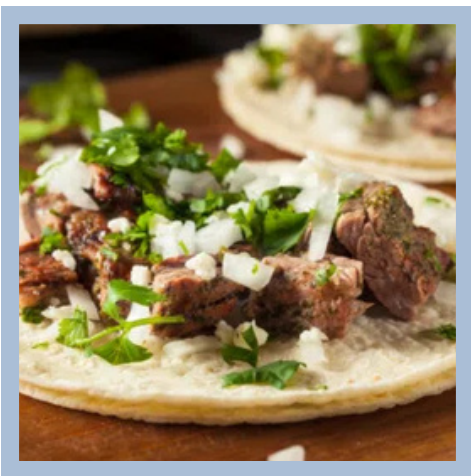
Substitutions and Variations:

Meatballs: Use turkey or chicken meatballs instead of beef.

Pasta: Swap pappardelle for egg noodles, penne or gluten free pasta. You can even use rice.

Dairy-Free: Use a dairy-free cream cheese like Kite Hill or Violife.

Veggie Boost: Stir in spinach, mushrooms, or peas and hour before serving.



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Lime Street Steak Tacos

Ingredients:

- 6 fl oz Organic beef sirloin steak
- 1 Onion sliced
- 2 Cloves garlic chopped
- 1 Lime juiced
- 1/4 tsp Organic baking soda
- 1 tsp Organic garlic powder
- 1 tsp Organic onion powder
- 1/2 tsp Chipotle chili powder
- 1/2 tsp Organic oregano
- 1 tsp Himalayan salt
- 8 tortillas

Recipe:

1. In a gallon size bag add in the 1 Lime juiced, 1 Onion sliced, 2 Cloves garlic, 1/4 tsp Organic baking soda, 1 tsp Organic garlic powder, 1 tsp Organic onion powder, 1/2 tsp Chipotle chili powder, 1/2 tsp Organic oregano and 1 tsp Himalayan salt. Shake the ingredients and add in the 16 fl oz Organic beef sirloin steak.
2. Let marinade for 30 minutes to 2 hours.
3. Heat the grill to at least 500 f. Sear for 4 minutes, flip and sear another 4 minutes. Remove when steak has reached 135f.
4. Serve on the corn and flour tortillas and top with your favorite toppings.

NOTES

Storage/Reheat

These freeze great! To freeze, wrap up in the tortilla wraps without the toppings. Place on a parchment lined baking sheet. Place in the freezer for 2 hours. Remove and place in a freezer safe container.



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Smothered Chicken

Ingredients:

- 1 1/2 lb Organic chicken
- 2 tbsp Einkorn flour
- 2 tsp Salt
- 1 tsp Garlic powder
- 1/4 tsp Black pepper
- 1/2 cup Sliced organic mushroom
- 2 cup Classic french onion soup
I like Pacific Foods
- 1/3 cup Organic heavy cream
- 1 cup gruyere cheese shredded
from block
- Rice or pasta to serve over

Recipe:

1. Heat a cast iron skillet over medium heat. While this is heating, mix together 2 tbsp Einkorn flour, 2 tsp Salt, 1 tsp Garlic powder, 1/4 tsp Black pepper.
2. Flatten the chicken by pounding out. Coat in the flour mixture you just created.
3. Add the chicken to the heated cast iron pan. Add in the 1/2 cup Sliced organic mushroom. Sear for 5 minutes and flip. Sear another 5 minutes.
4. Pour in the 2 cup Classic french onion soup. Pour in the 1/3 cup Organic heavy cream.
5. Place the 1 cup gruyere cheese on top.
6. Cook until the cheese is melted and the chicken is cooked through (to at least 165f).
7. We love serving over mashed potatoes, but you can serve over rice, noodles or eat alone.

NOTES

Refrigerate in an airtight container for up to 2 days.



WEEK 2

2 BREAKFAST

Breakfast Quesadilla

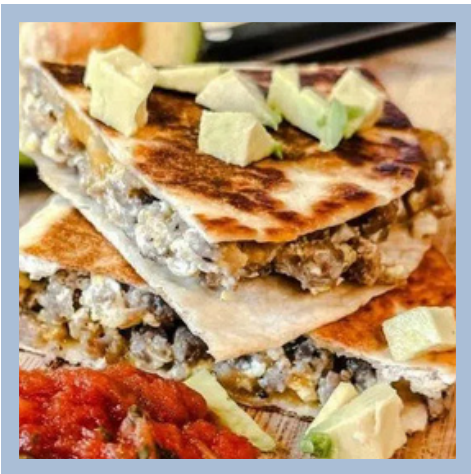
High Protein Chocolate Chip and Sea Salt Bagels

3 DINNER

Easy Homemade Chicken Noodle Soup

Cast Iron Teriyaki Pork Tenderloin

Slow Cooker Chicken Alfredo with Broccoli



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Breakfast Quesadilla

Ingredients:

- 6 Flour tortilla
- 1 lb Breakfast sausage
- 8 Egg
- 2 cup Cheese (favorite cheese shredded off the block)
- 1/2 cup Salsa

Recipe:

1. In a skillet turn the heat to medium. Add in the breakfast sausage and break it up into little bits. Cook through.
2. Add in the eggs and using a spatula cook until the eggs are done. Place the mixture into bowl.
3. In the skillet coat with olive oil and add in the tortilla. Place some of the sausage mixture on one half and top with cheese.
4. Fold in half and flip over.
5. Once cooked through top with salsa and your other favorite toppings. Enjoy!

NOTES

Reheat

There are 2 ways to reheat :Place on a parchment lined baking sheet and preheat the oven to 400 f. Spray olive oil on both sides and bake until cooked through and crispy or you can also heat a skillet to medium and pour in extra virgin olive oil. Cook about 8 minutes on one side and 8 on the other. Be sure to cook through. You may need to flip more than once.



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High Protein Chocolate Chip Bagels

Ingredients:

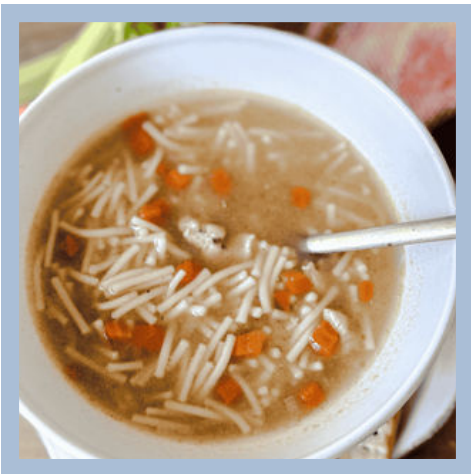
- 1 1/2 cup All Purpose Einkorn Flour
- 2 tsp. Baking powder
- 1 cup Small curd cottage cheese
- ½ cup simple chocolate chips
- 1 Egg or any other clean version
- 1½ tsp flaky sea salt

Recipe:

1. In a bowl, combine 1 1/2 cup All Purpose Einkorn Flour and 2 tsp. Baking powder. Whisk together.
2. Add in the 1 cup Small curd cottage cheese.
3. Mix together until combined- you want the dough to be elastic, but not sticky. Cottage cheese can vary in consistency so you might need to add a little bit more flour- do this 1 tbsp. at a time.
4. Add in ½ cup simple chocolate chips and mix until evenly distributed throughout the dough
5. Cover with a light dish towel and let rest 30 minutes.
6. Preheat oven to 350f.
7. Roll into 6 balls and poke a hole through the middle. Stretch the hole out to create a ring.
8. Place the rings on a parchment lined baking sheet.
9. Whisk 1 Egg in a small bowl.
10. Use the basting brush and brush onto the bagel rings.
11. Sprinkle with 1½ tsp flaky sea salt. You can add more or less depending on how salty you prefer.
12. Bake at 350f for 12-15 minutes. Until the center is done.
13. Enjoy

NOTES

To freeze, let cool to room temperature. Place the parchment lined sheet pan with bagels in the freezer for 2 hours. After 2 hours transfer to a freezer safe bag and store up to 2 months.



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Easy Homemade Chicken Noodle Soup

Ingredients:

- 2 tbsp organic butter
- 3 organic carrots finely chopped
- 1 organic onion finely chopped
- 1 celery stick finely chopped
- 1 tsp poultry seasoning
- 2 tsp M Salt or your favorite blend of garlic, pepper and salt.
- 1½ lb organic chicken breast cut into really small cubes
- 64 oz organic chicken broth
- 5 oz cream of chicken soup I used Pacific Foods- it is really clean.
- 7 oz small noodles I use La Moderna Vermicelli- if you can't find this, break vermicelli up into small pieces

Recipe:

1. Heat a large pan over medium heat. Add in the 2 tbsp organic butter.
2. Once melted, add in 3 organic carrots, 1 organic onion , 1 celery stick, 1 tsp poultry seasoning and 2 tsp M Salt.
3. After 5 minutes add in the 1½ lb organic chicken breast. Cook through about another 5 minutes.
4. Add in the 64 oz organic chicken broth and 5 oz cream of chicken soup.
5. Bring to a boil and reduce to a simmer. Let simmer about 20 minutes.
6. Add in the 7 oz small noodles. Let cook until noodles are tender. About 5 minutes.
7. Serve immediately.

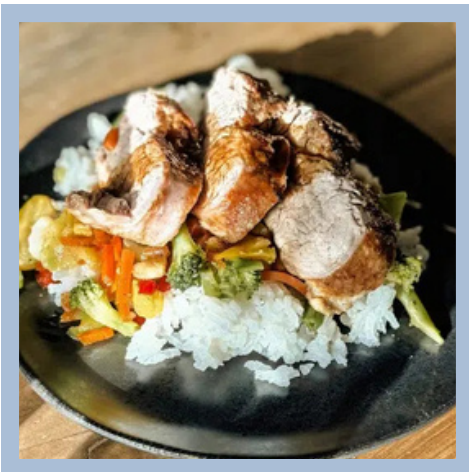
NOTES

Storage and Freezer Tips:

Fridge: Store cooled soup in airtight glass jars up to 4 days.

Freezer: Bring to room temperature and portion into souper cubes or wide mouth mason jars. Place the lid on and store up to 2 months.

Pro Tip: If freezing, don't add in the noodles. Reheat in a pan, bring to a low could and add the noodles in then if you want the perfect texture. Otherwise, cook until al dente and then freeze.



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Cast Iron Pork Teriyaki

Ingredients:

- 2 tbsp extra virgin olive oil
- 1 yellow onion (sliced into rings)
- 4 lbs pork tenderloin
- 2 tsp all purpose seasoning (we love M. salt)
- 1 cup soy free teriyaki sauce
- 10 oz organic frozen Asian vegetables
- 2 cups organic rice

Recipe:

1. Preheat the oven to 375°F.
2. Heat a cast iron skillet over medium heat. Add in **2 tbsp extra virgin olive oil** and get it hot.
3. Rub **4 lbs pork tenderloin** with the all **2 tsp all purpose seasoning**.
4. Add in the pork tenderloins. Add **1 yellow onion** (sliced into rings) on top.
5. Cook for 4-5 minutes until the one side is seared and Flip. Cook another 4-5 minutes until the other side is seared.
6. Pour **1 cup soy free teriyaki sauce** on top of the pork tenderloin. and pour the organic frozen Asian vegetables on top.
7. Place in the oven for 25-30 minutes until the internal temperature reaches 145°F.
8. Remove from the oven and let rest 5 minutes then serve over organic rice.

NOTES

Place in the refrigerator in an air tight container for up to 2 days.



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Slow Cooker Chicken Alfredo with Broccoli

Ingredients:

- 2 chicken breast chopped
- 2 cup organic whole milk
- 2 1/2 cup organic chicken broth
- 1 tbsp. Italian seasoning
- 3 cloves minced garlic
- 1 tsp. pink himalayan salt
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 12 oz. rotini
- 12 oz. frozen broccoli
- 8 oz. cream cheese
- 2 cup parmesan

Recipe:

1. Turn a slow cooker to low.
2. Add in 2 chopped chicken breast, 2 cup whole milk, 2 cup chicken broth, 1 tbsp. Italian seasoning, 3 cloves minced garlic, 1 tsp. garlic powder, 1 tsp. onion powder, 1 tsp. salt. Stir well. Place the lid on and let simmer.
3. An hour before you are ready to serve crank the heat to high and add in the rotini and broccoli. Stir well.
4. 20 minutes later stir. Do this every 20 minutes for an hour.
5. Once the pasta is done, add in 2 cups shredded parmesan and 8 oz. cream cheese. Stir.
6. Place the lid on and let melt for 10 minutes. Stir through.
7. If it is too thick add in a splash of milk until creamy.
8. Serve immediately.

NOTES

Store in the refrigerator for up to 3 days. To reheat, add a splash of chicken broth in a pan with the pasta or reheat in the microwave.



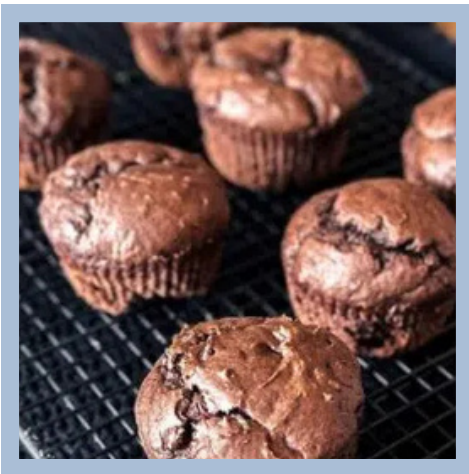
WEEK 3

2 BREAKFAST

Double Chocolate Banana Muffins
Starbucks Copy Cat Egg Cups

3 DINNER

No-Bean White Chicken Chili
Sweet and Sour Pork Butt
Slow Cooker Lasagna Soup



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Double Chocolate Banana Muffins

Ingredients:

- 3 cup Jovial einkorn all purpose flour
- 1/2 tsp Pink himalayan salt
- 1 tsp Baking powder (Bob's Redmill)
- 1 tsp Baking soda
- 1/2 tsp Cinnamon
- 1/4 cup Dutch processed cocoa powder
- 3 Banana
- 1 Egg
- 1/2 cup Greek yogurt (Chobani or Stonyfield Organic are clean options, can also use dairy free alternative)
- 1/2 cup Butter (melted, can use ghee to allergens)
- 3/4 cup Maple syrup
- 1 cup Semisweet chocolate chips (real good or nestle simple)

Recipe:

1. Preheat oven to 350 f
2. Line 18 cupcake tins with liners
3. Mix together 3 cup Jovial einkorn all purpose flour, 1/2 tsp Pink himalayan salt, 1 tsp Baking powder, 1 tsp Baking soda, 1/2 tsp Cinnamon and 1/4 cup Dutch processed cocoa powder in one bowl.
4. In another bowl mash the 3 Banana and then add in 1 Egg, 1/2 cup Greek yogurt, 1/2 cup Butter 1/2 cup Greek yogurt and 3/4 cup Maple syrup.
5. Fold in 1 cup Semisweet chocolate chips
6. Fill the tins until 3/4 full
7. Bake for 18-24 minutes

NOTES

Reheat

Either place in the microwave at 30 second intervals or set out at room temperature for 30 minutes-1 hour until thawed.

Allergens

See swaps in recipe above to make allergen friendly for dairy

Swaps

2 1/4 cup all purpose flour for 3 cup all purpose Einkorn flour



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Starbucks Copy Cat Egg Cups

Ingredients:

- 2 tbsp Extra virgin olive oil
- 5 cup Redskin potatoes (Finely diced (half with skin on half peeled))
- 1 Onion (finely chopped)
- 1 cup Whole milk cottage cheese
- 4 Egg
- 8 Egg whites
- 1 cup Gruyere (shredded from a block)
- 1 cup Sharp cheddar cheese (shredded from a block)
- 1/2 cup Sour cream
- 1 tsp Pink himalayan salt
- 1 tsp Garlic powder
- 2 tbsp Fresh chives

Recipe:

1. Heat a skillet to medium on stovetop. Add in 2 TBSP EVOO. Add in potatoes and onion. Cook until onions are caramelized and potatoes are cooked through. *Can use potatoes right from freezer if you prepped in advance
2. In a bowl, add onion and potato mixture from skillet to cottage cheese, eggs, gruyere, sharp cheddar, sour cream, salt, powder and chives.
3. Preheat oven to 350 f
4. Line muffin cups, about 20
5. Scoop in mixture until 3/4 way full
6. Bake for 25 minutes until eggs are set in the middle

NOTES

Storage/Reheat

After baking, allow to cool. Flash freeze in muffin tin for an hour until set. Then remove from tins and place in freezer safe bag or container. Freeze for up to 2 months. Place in 350 degree oven for 10-15 minutes to reheat or add to microwave for 30 second intervals until heated through.



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No-Bean White Chicken Chili

Ingredients:

- 2 tbsp extra virgin olive oil
- 1½ lb organic chicken breast cubed
- 1 organic onion finely chopped
- 1 tbsp M salt
- ¼ tsp smoked chipotle
- ¼ tsp paprika
- ¼ tsp cayenne
- 64 oz organic chicken broth
- ¾ cup organic heavy cream
- 4 oz. mild green chiles
- ¾ cup organic sour cream
- 8 oz organic pasta I love Goodles
- 1½ cup Monterrey Jack Cheese shredded

Recipe:

1. Heat the pan over medium heat, add in 2 tbsp extra virgin olive oil. Add in 1½ lb organic chicken breast chopped, 1 organic onion chopped, 1 tbsp M salt, ¼ tsp smoked chipotle, ¼ tsp paprika, and ¼ tsp cayenne. Stir frequently until the chicken is cooked through.
2. Add in the 64 oz organic chicken broth ¾ cup organic heavy cream and 4 oz. mild green chiles.
3. Reduce heat to low and let simmer 20 minutes.
4. Add in the 8 oz organic pasta. Cook until al dente.
5. Remove from heat and add in ¾ cup organic sour cream. Use a whisk whip until smooth. Add in the 1½ cup Monterrey Jack Cheese and melt.

NOTES

Storage and Freezer Tips

Refrigerator: Store in a glass container in the refrigerator for up to 3 days.

Freezer: Let cool to room temperature. Then, freeze in these Souper Cubes for up to 2 months.

Substitutions and Variations

Protein Swap: Use ham instead of chicken

Spice it Up: Use extra cayenne or diced jalapenos if your family likes heat.

Dairy Free: Swap sour cream for coconut milk.

Gluten Free: Swap for gluten free pasta



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Sweet and Sour Pork Butt

Ingredients:

- 2 tbsp extra virgin olive oil
- 1 pork butt cut excess fat off
- 1 organic onion diced
- 1 organic green pepper diced
- 3 garlic cloves chopped
- 3 tbsp M Salt or any blend of salt, pepper, garlic
- ½ cup organic ketchup
- ¼ cup organic beef broth
- ½ cup coco aminos
- 2 tbsp organic honey
- 2 tbsp rice vinegar
- ½ cup organic pineapple juice
- ½ cup organic green onion sliced
- 1 cup pineapple chunks
- 2 cup organic sweet peas
- 2 cup organic rice (frozen or already cooked)

Recipe:

1. In an all-in-one slow cooker, turn to sear. Drizzle in the 2 tbsp extra virgin olive oil Press 3 tbsp M Salt into the 1 pork butt.
2. Add the 1 organic onion, 1 organic green pepper and 3 garlic cloves. Place the pork butt into the cooker. Sear on one side about 5 minutes, flop and sear on the other side another 5 minutes.
3. In a small bowl, whisk together ½ cup organic ketchup, ¼ cup organic beef broth, ½ cup coco aminos, 2 tbsp organic honey, 2 tbsp rice vinegar and ½ cup organic pineapple juice.
4. Reduce the heat to slow cook and high. Pour in the ketchup mixture over top of the roast. Place the lid on and cook for 8 hours.
5. 1 hours before serving, shred the pork and add in the ½ cup organic green onion , 1 cup pineapple chunks and 2 cup organic sweet peas.
6. Serve over your favorite rice.

NOTES

Storage and Freezer Tips:

Refrigerator: Store in an airtight container for up to 3 days.

Freezer: Bring to room temperature, store in an air tight freezer container for up to 2 months.

Reheat: Warm in a skillet

Substitutions and Variations:

Vegetable Boost: Add extra bell peppers, peas and even broccoli

Low-Carb: Serve over cauliflower rice



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Slow Cooker Lasagna Soup

Ingredients:

- 1 lb organic mild Italian sausage
- 1 lb organic ground beef
- 1 onion diced
- 3 cloves garlic diced
- 1 tsp organic garlic powder
- 1 tsp organic onion powder
- 1 tsp pink Himalayan salt
- 1 tsp organic Italian seasoning
- 24 oz organic marinara sauce
- 32 oz organic beef bone broth
- 24 oz water
- 4 cups organic spinach
- 18 oz tortellini I like La Pasta brand

Recipe:

1. Heat an all-in-one slow cooker to 350 °F. In the slow cooker place the 1 lb organic mild Italian sausage, 1 lb organic ground beef, 1 onion diced, 3 cloves garlic chopped. Chop the meat up using a spatula. Once cooked through, add in 1 tsp organic garlic powder, 1 tsp organic onion powder, 1 tsp pink Himalayan salt and 1 tsp organic Italian seasoning.
2. Mix together and then add in 24 oz organic marinara sauce, 32 oz organic beef bone broth, 24 oz water 4 cups organic spinach and stir.
3. Place the lid on and turn to slow cook on high.
4. 30 minutes before it's done add in 18 oz tortellini.
5. After 30 minutes serve and top with your favorite toppings like mozzarella and serve with your favorite crusty bread.

NOTES

Storage and Freezer Tips

Refrigerator: Store in an air tight container in the refrigerator for up to 3 days. The tortellini will soak up the liquid so add a splash of broth when you reheat.

Freezer: Make the soup base without the tortellini. Let cool to room temperature and freeze in souper cubes or a freezer safe container in the freezer. Thaw and reheat-bring to a boil, add in the tortellini and let boil about 5 minutes until the tortellini is done.

Substitutions and Variations:

Protein: Swap ground beef for ground chicken or ground turkey

Gluten Free: Use gluten free tortellini instead

Veggie Boost: Add in zucchini, mushrooms or carrots.



WEEK 4

2 BREAKFAST

Sausage and Potato Bake
Chocolate Chip and Bacon Greek Yogurt Pancakes

3 DINNER

Skillet Jalapeno Popper Chicken Casserole
Split Pea Soup
Slow Cooker Queso Chicken Tacos



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Sausage Potato Bake

Ingredients:

- extra virgin olive oil to coat pan
- 8 organic egg whites
- 16 oz. organic frozen hash browns
- 2 tsp M Salt or your favorite salt, pepper, garlic blend
- 1 lb All Natural Mild Breakfast Sausage
- 2 cup shredded cheddar cheese

Recipe:

1. Preheat the oven to 375 °F
2. In skillet over medium heat, cook the breakfast sausage using a spatula to break apart into bits. Cook until the meat is cooked through and remove from heat.
3. In a bowl, mix together 8 organic egg whites, 16 oz. organic frozen hash browns, 2 tsp M Salt, and the 1 lb All Natural Mild Breakfast Sausage. Spread into a greased 13x9 dish.
4. Sprinkle the top with the 2 cup shredded cheddar cheese.
5. Place in the preheated oven for 25-30 minutes until the potatoes are crispy on the bottom and eggs are cook.
6. Let cool about 5 minutes, slice and serve.

NOTES

Storage and Freezer Tips

Refrigerator: Store Leftover in an airtight glass container up to 3 days.

Freezer: Let cook to room temperature, cut into squares. Freeze on a parchment lined baking sheet for 2 hours and then place in a freezer safe Ziploc or container. Store for up to 2 months.

Substitutions and Variations

Dairy: Swap for non dairy alternatives. You can also swap for pepper jack or Monterrey jack.

Eggs: Swap for whole eggs but reduce to 6 eggs.

Add Ins: Add in peppers, onions or spinach for extra veggies



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Chocolate Chip and Bacon Greek Yogurt Pancakes

Ingredients:

- 2 1/2 cup All-purpose Jovial einkorn flour
- 1 tbsp Baking powder
- 1 tsp Pink himalayan salt
- 1 1/2 cup Whole milk
- 1 cup Plain greek yogurt
- 2 tsp Vanilla
- 1 tbsp Maple syrup
- 1 Egg
- 6 slices uncured bacon chopped
- ½ cup simply mini chocolate chips

Recipe:

1. Cook the bacon until crispy according to the directions- my favorite way is in an oven at 350°F and place the bacon on a parchment lined baking sheet. Bake about 25 minutes flipping half way through. You want it to be crispy so keep an eye on it- the cooking time will vary based on the thickness.
2. Whisk together 2 1/2 cup All-purpose Jovial einkorn flour, 1 tbsp Baking powder, 1 tsp Pink himalayan salt, 1 1/2 cup Whole milk, 1 cup Plain greek yogurt, 2 tsp Vanilla, 1 tbsp Maple syrup 1 Egg. Grease a hot griddle set to a - temperature of 375 f.
3. Add in the 6 slices uncured bacon chopped and ½ cup simply mini chocolate chips
4. Grease a hot griddle set to a - temperature of 375°F
5. Scoop the pancakes using a large cookie scoop onto the hot griddle. Once one side is browned flip over and cook through.
6. Remove from the griddle and place on a plate. Enjoy!

NOTES

Freezer- place in a single layer on parchment paper on a baking sheet. Place in freezer for 2 hours. Transfer to a freezer safe ziploc or container.

Reheat

Preheat an oven to 300f and bake for 10 minutes or use the microwave in 20 second increments.



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Skillet Jalapeno Popper Chicken Casserole

Ingredients:

- 6 slices uncured bacon chopped
- 1 onion diced
- 1 lb organic chicken breast cubed
- 3 jalapeno finely diced and de-seeded
- 16 oz organic hash browns
- 10 oz organic frozen broccoli florets
- 10 oz organic cream of mushroom soup I like Pacific Foods
- 3 tsp M Salt or any blend of garlic, pepper and salt
- 1 tsp onion powder
- 8 oz cream cheese
- 1 cup organic sour cream
- 2 cup shredded sharp cheddar cheese from a block
- ½ cup chopped green onions
- ¼ cup panko bread crumbs I like Kooshy brand

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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Split Pea Soup

Ingredients:

- 2 tbsp Extra virgin olive oil
- 3 Carrots (diced)
- 2 Celery stalks (washed and finely chopped)
- 1 Onion (finely chopped)
- 2 clove Garlic (chopped small)
- 5 cup Vegetable stock
- 2 cup Dried green split peas (dried, split)
- 1 tsp Onion powder
- 1 tsp Garlic powder
- 1/4 tsp Dried thyme
- 1 tsp Pink himalayan salt
- 8 oz Ham steak (cubed)
- 1 Bay leaves

Recipe:

1. In an all in one crockpot or skillet over 300f pour in 2 TBSP. extra virgin olive oil. Add in the 3 Carrots diced, 2 Celery stalks chopped, 1 Onion chopped, 2 clove Garlic chopped. Cook until onions are soft and slightly browned.between 5 and 10 minutes. If you don't have an all in one crock pot, you can brown in a saute pan and add the mixture in to the slow cooker once caramelized.
2. Pour in the 5 cup Vegetable stock and then 2 cup Dried green split peas (be sure they are rinsed).
3. Add in 1 tsp Onion powder, 1 tsp Garlic powder, 1/4 tsp Dried thyme, 1 tsp Pink himalayan salt and 1 Bay leaves.
4. Add in the 8 oz Ham steak chopped. Place the lid on.
5. Cook on low 6-8 hours or high 2-4 hours.
6. Remove the bay leaf and serve.

NOTES

Freeze

This is a great recipe to make ahead and freeze! Simply bring the soup to room temperature and pour into a freezer safe container with a lid. Store for up to 2 months.

To thaw

Place in the refrigerator the night before you will use or use your microwave to defrost.

Reviews



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Slow Cooker Queso Chicken Tacos

Ingredients:

- 2 tbsp extra virgin olive oil
- 1 lb organic chicken breast
- 1 tsp pink Himalayan salt can be sea salt
- ½ tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp chili powder
- 4 oz mild green chiles
- 5-10 minutes before serving
- 2 c shredded sharp cheddar cheese
- 2 c pepper jack cheese
- 2 tbsp cream cheese
- 8 taco shells optional

Recipe:

1. In a slow cooker, drizzle in the 2 tbsp extra virgin olive oil. Add in the 1 lb organic chicken breast.
2. In a small bowl combine 1 tsp pink Himalayan salt, ½ tsp cumin, 1 tsp garlic powder, 1 tsp onion powder, ½ tsp chili powder, sprinkle on top of chicken breasts. On top of that add in 4 oz mild green chiles.
3. Place the lid on and turn to low. Cook for 4-6 hours until the chicken is cooked through and reaches a temperature of 165°F.
4. Use a wooden spatula or silicone and break the chicken up right in the slow cooker. It should be very tender. Stir a few times.
5. 5-10 minutes before serving add in 2 c shredded sharp cheddar cheese, 2 c pepper jack cheese and 2 tbsp cream cheese. Stir a few times and place the lid back on.
6. After the cheese is melted stir again and serve onto 8 taco shells. We love adding on salsa and sour cream.

NOTES

Freeze- You can freeze these and use them for busy nights or even lunches. To do so, line a baking sheet with parchment paper.

Assemble the tacos, but don't put the extra toppings on.

If needed, use a tooth pick to hold the taco in half, or you can roll them like the picture.

Place in the freezer for 2 hours,

Remove and transfer to a freezer safe container or zip loc. Place in the freezer for up to 2 months.

To reheat, place on a baking sheet and place in a preheated to 400°F oven for 10-15 minutes.

For the air fryer preheat to 400° place in a single layer for 8-10 minutes.

MONTHLY — healthier HOMEMADE

Meal Planner

Month of: _____

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

