

HEALTHIER HOMEMADE



OCTOBER WEEK 1 MEAL PLAN

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

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WEEK 1 GUIDE

Guide

HOW TO HAVE A SUCCESSFUL WEEK

October is here! School sports, practices, and activities are in full swing, and this month always feels like a busy stretch before the holidays hit. The weather is still nice enough to enjoy cozy dinners after games and to soak in fall weekends together. This week's plan is full of hearty comfort meals with a touch of pumpkin—perfect for your busy family.

Week at a Glance

Breakfasts

Pumpkin Cinnamon Roll Muffins

Zucchini Pancakes

Dinners

Slow Cooker Beef and Noodles

Lime Steak Street Tacos

Smothered Chicken

Sides

Simple roasted veggies, rice, or a green salad for balance
(refer to the staples grocery list)

WEEK 1

Guide

HOW TO HAVE A SUCCESSFUL WEEK

PREP AHEAD

Wash & cut produce

Shred and squeeze zucchini

Peel and chop onions (store in a glass container)

Wash, chop and store mushrooms (or buy them already prepped)

Prep Meat

Slice and store steak for tacos

Make and Freeze Pumpkin Cinnamon Roll Muffins

Make and freeze Zucchini Pancakes

RECIPES THAT ARE EASY TO DOUBLE AND FREEZE

Pumpkin Cinnamon Roll Muffins

Zucchini Pancakes

Slow Cooker Beef and Noodles- make just a double batch of the Meatballs

XOXO.
Anna



Grocery List

Pantry

- Einkorn Flour 2.25 cups
- Baking Powder 1 tbsp
- Baking Soda 0.25 tsp
- Pink Himalayan Salt 1.5 tsp
- Organic Maple Syrup 3 tbsp
- Vanilla Extract 4 tsp
- Organic Brown Sugar 0.25 cups
- Organic Cane Sugar 0.75 cups
- Pappardelle Pasta 12 oz
- Organic Baking Soda 0.25 tsp
- Himalayan Salt 1 tsp
- Salt 2 tsp

Dairy & Eggs

- Egg 2 large
- Organic Butter 0.75 cups
- Organic Whole Milk 0.25 cups
- Whole Fat Greek Yogurt 0.25 cups
- Cream Cheese 16 oz
- Organic Heavy Cream 0.33 cups
- Gruyere Cheese (shredded from 1 block) cups

Spices & Seasonings

- Pumpkin Pie Spice 1.5 tsp
- Organic Cinnamon 1 tsp
- Oregano 1.5 tsp
- Dried basil 1 tsp
- Dried thyme 0.5 tsp
- Onion powder 1.5 tsp
- Garlic powder 1 tsp
- Chipotle Chili Powder 0.5 tsp
- Organic Oregano 0.5 tsp
- Black Pepper 0.25 tsp

Produce

- Organic Pumpkin Puree 0.5 cups
- Zucchini 2 cups
- Garlic 2 cloves
- Onion 1 count
- Lime 1 count
- Sliced Organic Mushroom 0.5 cups

Meat & Seafood

- Meatballs 12 count
- Organic Beef Sirloin Steak 16 fl_oz
- Organic Chicken 1.5 pounds

Other

- Beef broth 1 cups
- Classic French Onion Soup (I like2 Pacific Foods) cups



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



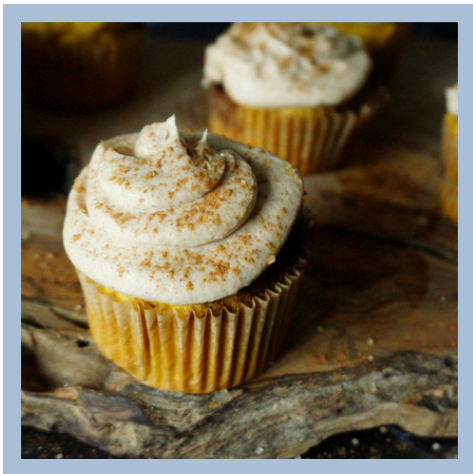
WEEK 1

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:

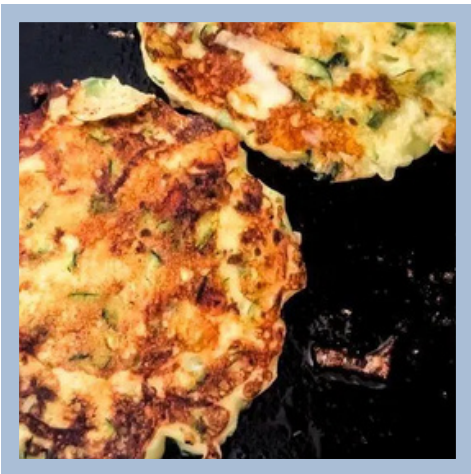
- 2 cups all purpose einkorn flour
- 1 tbsp baking powder
- ¼ tsp baking soda
- ¼ tsp pink Himalayan salt or sea salt
- 1 large egg
- ¼ cup organic butter melted
- 3 tbsp organic maple syrup
- ¼ cup organic whole milk
- ½ cup organic pumpkin puree
- ¼ cup Whole fat Greek yogurt
- 2 tsp vanilla extract 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.

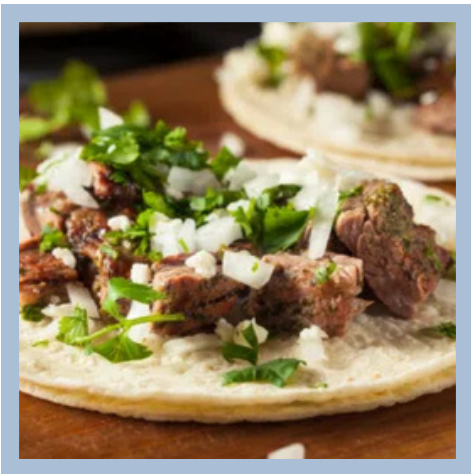
Substitutions and Variations:

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 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.

