

HEALTHIER HOMEMADE



SEPTEMBER WEEK 4 MEAL
PLAN

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

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WEEK 4 GUIDE

Guide

HOW TO HAVE A SUCCESSFUL WEEK

Week 4 is here! Here is how you can set your week up for success!

Week at a Glance

Breakfasts:

Cheddar Garlic Zucchini Muffins, Quiche Cups

Dinners:

Lemony Chicken + Wild Rice Soup (one pot)

Chicken Cordon Bleu Casserole

One-Pan Broccoli + Chicken Gnocchi

Sides:

Simple salads, roasted veggies, or fruit bowls

Snacks:

Fruit, trail mix, yogurt, popcorn

(I just became a Thrive Market Affiliate and they are having a huge sale right now)

Here is the link:

Sunday Prep (do this first)

Produce wash + cut:

Wash zucchini, chop broccoli, dice onions.

Slice fruit for snacks

Proteins:

Cube Chicken

Prep and freeze these Ahead:

Cheddar Garlic Zucchini Muffins

Quiche Cups

WEEK 4

Guide

HOW TO HAVE A SUCCESSFUL WEEK

Want to Really Get Ahead?

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

Make a Double Batch of Zucchini Muffins and Quiche Cups

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.

Double Batch the Lemon Chicken Wild Rice Soup

Soup is one of my favorite things to double batch. Bring to room temperature before you place in a freezer safe container. Freeze for up to 2 months.

XOXO.
Anna



Grocery List

Pantry

- Jovial All Purpose Einkorn Flour 4 cups
- Baking Powder 1 tbsp
- Baking Soda 1 tsp
- Pink Himalayan Salt 3 tsp
- White Vinegar 1 tbsp
- Raw Honey 1 tbsp
- Salt 1 tsp
- Einkorn Flour 4 tbsp
- Chicken Stock 64 oz
- Long Grain Wild Rice 1.5 cups
- Panko 0.5 cups
- Extra virgin olive oil 2 tbsp
- Organic chicken broth 1 cup
- Italian bread crumbs 0.33 cup

Spices & Seasonings

- Onion Powder 2 tsp
- Garlic Powder 2 tsp
- Dried Thyme 1 tsp
- Dried Oregano 1 tsp
- Rosemary 0.5 tsp
- Sage 0.25 tsp
- Bay Leaf 1 count
- Pepper 0.125 tsp
- Organic garlic powder 0.5 tsp
- Organic onion powder 0.5 tsp

Dairy & Eggs

- Whole Milk 1 cups
- Eggs 6 count
- Butter (melted) 12 tbsp
- Cheddar Cheese 2 cups
- Gruyere 2.25 cups
- Organic Egg Whites 3 each
- Organic Heavy Cream 1.5 cups
- Milk 2 cups
- Organic cream of mushroom soup 10.5 oz
- Sharp Cheddar Cheese 3 cups
- Cream cheese 4 oz

Produce

- Medium Zucchini (shredded and 1 water squeezed out) count
- Organic Carrots (peeled and 2 grated) count
- Chives (Chopped) 2 tbsp
- Finely Chopped Green Onion 0.5 cups
- Onion 2 count
- Celery 2 ribs
- Carrots 3 count
- Lemon 1 count
- Broccoli 2 heads

Meat & Seafood

Ham 2 cups

Boneless Skinless Chicken Breasts 4.5 pounds

Organic chicken breast 1.5 pounds

Other

Mini Gnocchi 1 pounds

Freezer

Wholly Wholesome Premade Pie Crust 2 pie crusts



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 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

MONTHLY — healthier HOMEMADE

Meal Planner

Month of: _____

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

