

# HEALTHIER HOMEMADE

## Monthly Meal Plan "Easy Prep for Fresh Dinners" By Anna

### Welcome to a New Year!

Who is excited for 2026?! This month, everything is a slow cooker recipe (other than breakfast)!

This is the same system I use in my own home. Think of it as the prep home delivery kits do, but with fresher ingredients and a lot of savings! Here's how it works:

- **Pick a day:** You do ALL the chopping, prepping, and organizing (90-120 minutes)
- **Monday-Thursday:** You cook the protein FRESH each night (15-30 minutes)
- **The Result:** Fresh-tasting dinners without the 5pm panic of chopping everything

*No reheated meat. Just fresh ingredients that deliver nutritious and delicious meals.*

### How This Month Is Organized

I've grouped your 4 weeks strategically around shared ingredients so you can buy in bulk, prep once, and use multiple ways. Here's what each week looks like:

#### **WEEK 1: Slow Cooker Comfort Week (\$135-155)**

Three slow cooker dinners that cook themselves while you handle life. Make breakfast sandwiches once, eat all week. Classic comfort food that practically makes itself.

#### **WEEK 2: Creamy & Cozy Week slow cooker meals (\$140-160)**

Rich, satisfying dinners featuring Boursin cheese and slow-cooked proteins. Breakfast burritos and rolls you can grab from the freezer. The ultimate cozy winter week.

#### **WEEK 3: Mash Up (\$145-165)**

Bold flavors with Mexican-inspired dinners and kid-friendly soup. Simple breakfast items that everyone loves. This is the week your family requests on repeat.

#### **WEEK 4: Sweet & Savory Week (\$130-150)**

Ground beef staples, jerk chicken, and make-ahead breakfast treats. Budget-friendly proteins with maximum flavor. The perfect way to end the month strong.

### What you will need

- Small JARS for seasonings
- Storage Bags
- Glass Containers

## WEEK 1: Slow Cooker Comfort Week

**Weekly Cost: \$135-155**

### **SLOW COOKER ITALIAN POT ROAST**

#### **Spice Jar (Italian Sauce):**

- 1½ tsp pink Himalayan salt
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tbsp Italian seasoning

#### **Prep:**

- 2½ lb beef chuck roast → season with 2 tsp M Salt → refrigerate
- 5 russet potatoes → scrub, poke holes → bag → refrigerate

#### **Container (fridge):**

- 1 onion roughly chopped
- 3 organic carrots cut in half

### **SLOW COOKER CHICKEN BROCCOLI ALFREDO**

#### **Spice Jar:**

- 1 tbsp Italian seasoning
- 1 tsp pink Himalayan salt
- 1 tsp garlic powder
- 1 tsp onion powder

#### **Prep:**

- 2 chicken breasts → cube → refrigerate in labeled container

### **SLOW COOKER LASAGNA SOUP**

#### **Spice Jar:**

- 1 tsp organic garlic powder
- 1 tsp organic onion powder
- 1 tsp pink Himalayan salt
- 1 tsp organic Italian seasoning

#### **Prep:**

- 1 lb Italian sausage with chopped onion and garlic

#### **Container (fridge):**

- 1 onion diced
- 3 cloves garlic diced

### **BREAKFASTS**

- **Einkorn Flour English Muffins** → make dough → let rise → cook on griddle → freeze
- **Healthier Homemade Breakfast Sandwiches** → assemble with eggs, Canadian bacon, cheese → wrap individually → freeze

## WEEK 2: Creamy & Cozy Week

**Weekly Cost: \$140-160**

### **SLOW COOKER GROUND BEEF STROGANOFF**

#### **Spice Jar:**

- 1 tsp pink Himalayan salt
- 1 tsp organic onion powder
- 1 tsp organic garlic powder
- ¼ tsp ground black pepper
- ½ tsp ground mustard

#### **Prep:**

##### **Container (fridge):**

- 8 oz cremini mushrooms finely chopped
- 2 shallots diced

### **SLOW COOKER SPINACH AND ARTICHOKE STUFFED CHICKEN**

#### **Prep (Filling - make in food processor):**

- Blend: 4 oz cream cheese, ½ cup sour cream, 1 tsp salt, 1 tsp garlic powder, 1 tsp onion powder, ¼ tsp dried dill, ¼ tsp black pepper, 7 oz artichoke hearts, 5 oz frozen cut spinach
- Store in labeled container

#### **Prep:**

- 1½ lbs chicken breast → slice pockets horizontally → refrigerate in labeled container

### **SLOW COOKER LOADED CHICKEN AND BROCCOLI SOUP**

#### **Spice Jar:**

- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground mustard

#### **Prep:**

- 2 chicken breasts → cube → refrigerate in labeled container

#### **Container (fridge):**

- 2 carrots grated
- 1 onion chopped
- 3 cloves minced garlic

## **BREAKFASTS**

- **Boursin Tortilla Breakfast Rolls** → whisk eggs, layer tortillas, roll, slice, bake in muffin tins → freeze

- **Boursin and Sausage Breakfast Burritos** → cook sausage, scramble eggs with Boursin, assemble → freeze on parchment → transfer to freezer bags

## WEEK 3: Flavor Explosion Week

**Weekly Cost: \$145-165**

### HOMEMADE SLOW COOKER CHICKEN ENCHILADA NACHOS

**Prep (Enchilada Sauce - whisk together):**

- 16 oz tomato sauce
- 6 oz tomato paste
- ½ tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp cumin
- ¼ tsp chili powder
- ½ tsp oregano
- ⅛ tsp cinnamon
- 2 tbsp Einkorn flour
- Store in labeled jar

**Prep:**

### SLOW COOKER QUESO CHICKEN TACOS

**Spice Jar:**

- 1 tsp pink Himalayan salt
- ½ tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp chili powder

### CHICKEN MEATBALL STAR SOUP

**Spice Jar:**

- 2 tsp M Salt
- 1 tsp Italian Seasoning

**Container (fridge):**

- 1 organic onion finely diced
- 2 organic carrots chopped
- 1 lb organic green beans chopped

### BREAKFASTS

- **Lemon Blueberry Ricotta Pancakes** → mix dry, mix wet, combine, fold in blueberries, cook on griddle → freeze

- **Pull Apart Garlic Cheddar Bombs** → cut crescent rolls, mix with seasonings/butter/ham/cheese, fill muffin tins, bake → freeze

## WEEK 4: Sweet & Savory Week

**Weekly Cost: \$130-150**

### **SLOW COOKER CHILI**

**Spice Jar:**

- ½ tsp pink Himalayan salt
- ⅛ 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

**Prep:**

**Container (fridge):**

- 1 small onion chopped

### **SLOW COOKER HOMEMADE HAMBURGER HELPER**

**Spice Jar:**

- 1½ tsp pink Himalayan salt
- 1 tsp organic garlic powder
- 1 tsp organic onion powder
- ½ tsp smoked paprika
- ½ tsp black pepper

**Prep:**

**Container (fridge):**

- 1 onion diced
- 2 cloves garlic chopped

### **SLOW COOKER JERK MANGO CHICKEN**

**Spice Jar:**

- 1 tsp organic brown sugar
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp smoked paprika
- ¼ tsp ground black pepper
- ¼ tsp dried thyme
- 1 dash all spice
- 1 dash cinnamon

- 1 dash cloves

**Prep:**

**Container (fridge):**

- 1 cup mango cubed
- 2 small sweet peppers chopped
- 2 shallots chopped

**BREAKFASTS**

- **Chocolate Chip Banana Breakfast Cookie** → mash bananas, mix wet, combine with dry, fold in chocolate chips, bake → freeze
- **Apple Spice Oatmeal Bake** → dice apples with lemon/maple/cinnamon, mix dry, whisk wet, combine, bake in 8x8 → cut in squares and freeze



## January Week 1 Meal Plan



Einkorn Flour English Muffins



Healthier Homemade Breakfast Sandwiches



Slow Cooker Italian Pot Roast



Slow Cooker Chicken Alfredo with Broccoli



Slow Cooker Lasagna Soup



## Grocery List

### Pantry

<input type="checkbox"/> Raw honey	1.5 tsp
<input type="checkbox"/> Extra virgin olive oil	5 tbsp
<input type="checkbox"/> Einkorn flour	4.25 cups
<input type="checkbox"/> Pink Himalayan salt	4 tsp
<input type="checkbox"/> Semolina flour	0.5 cups
<input type="checkbox"/> Salt	2 tsp
<input type="checkbox"/> White Vinegar	4 tbsp
<input type="checkbox"/> Worcestershire Sauce	2 tsp
<input type="checkbox"/> Honey	1 tsp
<input type="checkbox"/> Organic chicken broth	2.5 cups
<input type="checkbox"/> Organic Marinara Sauce	24 oz
<input type="checkbox"/> Organic Beef Bone Broth	32 oz

### Produce

<input type="checkbox"/> Onion	2 each
<input type="checkbox"/> Organic Carrots	3 each
<input type="checkbox"/> Russet Potatoes	5 each
<input type="checkbox"/> Fresh Garlic	3 cloves
<input type="checkbox"/> Fresh Squeezed Lemon Juice	1 tsp
<input type="checkbox"/> Organic Spinach	4 cups

### Dairy & Eggs

<input type="checkbox"/> Sour cream	0.5 cups
<input type="checkbox"/> Organic Eggs	10 each
<input type="checkbox"/> Organic Sharp Cheddar Cheese	10 slices
<input type="checkbox"/> Organic whole milk	2 cups
<input type="checkbox"/> Cream cheese	8 oz
<input type="checkbox"/> Parmesan	2 cups

### Spices & Seasonings

<input type="checkbox"/> Onion Powder	2 tsp
<input type="checkbox"/> Garlic Powder	2 tsp
<input type="checkbox"/> Italian Seasoning	1.5 tbsp
<input type="checkbox"/> Organic Garlic Powder	1 tsp
<input type="checkbox"/> Organic Onion Powder	1 tsp
<input type="checkbox"/> Organic Italian Seasoning	1 tsp

## Meat & Seafood

- Uncured Canadian Bacon 10 slices
- Beef Chuck Roast 2.5 pounds
- Chicken breast 2 each
- Organic Mild Italian Sausage 1 pounds
- Organic Ground Beef 1 pounds

## Alcohol

- Dry White Wine 0.25 cups

## Other

- Warm water 2 cups
- Dry yeast 4.5 tsp
- Water 24 oz
- Tortellini 18 oz

## Frozen Foods

- Frozen broccoli 12 oz

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## January Week 2 Meal Plan



Boursin Tortilla Breakfast Rolls



Boursin and Sausage Breakfast Burritos



Slow Cooker Ground Beef Stroganoff



Slow Cooker Spinach and Artichoke Stuffed Chicken



Slow Cooker Loaded Chicken and Broccoli Soup



## Grocery List

### Dairy & Eggs

- Boursin Chives and Shallots 5.4 ounces
- Organic Eggs 2 each
- Organic Cottage Cheese 1 cups
- Shredded Organic Sharp Cheddar Cheese 2 cups
- Organic Egg Whites 8 each
- Boursin Shallot and Chive 5.3 oz
- Mild Cheddar Cheese 6 oz
- Milk 2.5 tbsp
- Heavy Cream 0.5 cups
- Sour Cream 2 cups
- Cream Cheese 4 oz
- Parmesan Cheese 0.5 cups
- Whole Milk 1 cups
- Shredded Cheddar 3 cups

### Spices & Seasonings

- Pepper 1 dash
- Pink Himalayan Salt 2 tsp
- Organic Onion Powder 1 tsp
- Organic Garlic Powder 1 tsp
- Ground Black Pepper 0.25 tsp
- Ground Mustard 1.5 tsp
- Garlic Powder 2 tsp
- Onion Powder 2 tsp
- Organic Dried Dill 0.25 tsp
- Black Pepper 0.25 tsp

### Pantry

- Salt 3 tsp
- Tortilla Shells 6 each
- Worcestershire Sauce 1 tbsp
- Organic Beef Broth 32 oz
- Pappardelle Pasta 12 oz
- Extra Virgin Olive Oil 1 tbsp
- Arrow Root 1 tsp
- Einkorn Flour 2 tbsp
- Chicken Broth 2 cups

### Produce

- Cremini Mushrooms 8 oz
- Shallots 2 each
- Artichoke Hearts 7 oz
- Broccoli Cuts 12 oz
- Carrots 2 each
- Onion 1 count
- Minced Garlic 3 cloves

## Meat & Seafood

- Uncured Deli Ham 0.5 pounds
- All-natural Breakfast Sausage 16 oz
- Organic Ground Beef 1.5 pounds
- Organic Chicken Breast 1.5 lbs
- Chicken Breast 2 each

## Other

- Tortillas 2 each

## Frozen Foods

- Frozen Cut Spinach 5 oz

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## January Week 3 Meal Plan



Lemon Ricotta Blueberry Pancakes



Pull Apart Garlic Cheddar Bombs



Slow Cooker Chicken Enchilada  
Nachos



Slow Cooker Queso Chicken Tacos



Chicken Meatball Star Soup



## Grocery List

### Spices & Seasonings

- Organic Onion Powder 1 tsp
- Organic Garlic Powder 1 tsp
- Dried Chives 1 tsp
- Paprika 1 dash
- Smoked paprika (smoked) 0.5 tsp
- Garlic powder 1 tsp
- Onion powder 1 tsp
- Cumin 0.75 tsp
- Chili powder 0.75 tsp
- Oregano 0.5 tsp
- Cinnamon 0.125 tsp
- Pink Himalayan salt 1 tsp
- M Salt or any salt/pepper/garlic blend 2 tsp
- Italian Seasoning 1 tsp

### Dairy & Eggs

- Whole Milk Ricotta Cheese 1 cups
- Milk 0.75 cups
- Eggs 2 each
- Grated Cheddar Cheese 2 cups
- Sour cream (sour) 1 cups
- Cheddar cheese (shredded) 2 cups
- Shredded sharp cheddar cheese 2 c
- Pepper jack cheese 2 c
- Cream cheese 2 tbsp

### Pantry

- Einkorn Flour 1.33 cups
- Baking Powder 2 tsp
- Salt 1.5 tsp
- Maple Syrup 0.25 cups
- Vanilla Extract 2 tsp
- Tomato sauce (organic) 16 ounces
- Tomato paste (organic) 6 ounces
- Einkorn flour (can use gf flour) 2 tbsp
- Extra virgin olive oil 3 tbsp
- Organic chicken broth 64 oz
- Stelline pasta I love Jovial Foods 7 oz

### Produce

- Lemon Zest 2 tbsp
- Lemon Juice 2 tbsp
- Blueberries 1.5 cups
- Mild green chiles 4 oz
- Organic onion 1 count
- Organic carrots 2 count
- Organic green beans 1 lb

## Meat & Seafood

- Chopped Ham 1 cup
- Uncured Bacon 6 slices
- Boneless skinless chicken breast 2 pounds
- Organic chicken breast 1 lb
- Chicken Meatballs Kidfresh 16 oz

## Other

- Organic tortilla chips 1 count
- Taco shells 8 count

## Bakery

- Immaculate Crescent Rolls 8 oz

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## January Week 4 Meal Plan



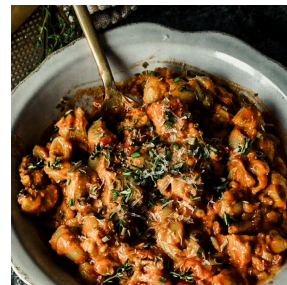
Breakfast Cookies



Apple Spice Oatmeal Bake



Slow Cooker Chili



Slow Cooker Homemade  
Hamburger Helper



Slow Cooker Mango Jerk Chicken



## Grocery List

### Pantry

- Cashew Butter 2 tbsp
- Pure Maple Syrup 1.83 cups
- Extra Virgin Olive Oil 4 tbsp
- All Purpose Einkorn Flour 0.75 cups
- Old Fashioned Rolled Oats 0.5 cups
- Simple Chocolate Chips 0.5 cups
- Rolled Oats 2 cups
- Einkorn Flour 1.33 cups
- Salt 0.5 tsp
- Tomato Paste 3 tbsp
- Organic Pinto Beans 15 oz
- Organic Kidney Beans 15 oz
- Organic Fire Roasted Diced Tomatoes 28 oz
- Tomato Sauce 15 oz
- Worcestershire 1 tbsp
- Organic Tomato Paste 2 tbsp
- Organic Fire Roasted Tomatoes 14.5 oz
- Organic Beef Broth 24 oz
- Macaroni or similar shaped pasta 8 oz
- Orange juice 2 tbsp

### Spices & Seasonings

- Organic Vanilla 1 tsp
- Cinnamon 2.5 tsp
- Pink Himalayan Salt 2.5 tsp
- Baking Powder 1 tsp
- Pumpkin Pie Spice 2 tsp
- Organic Chili Powder 0.125 cups
- Organic Smoked Paprika 1.5 tsp
- Organic Cumin 1 tsp
- Organic Onion Powder 3 tsp
- Organic Garlic Powder 3 tsp
- Organic Cayenne 0.5 tsp
- Organic Black Pepper 0.5 tsp
- Organic Oregano 0.5 tsp
- Pink Himalayan Salt 1.5 tsp

## Produce

- Bananas 2 ripe
- Apples 2 medium
- Lemon 0.5 each
- Onion 2 each
- Lime 1 count
- Mango 1 cup
- Sweet peppers 2 small
- Shallots 2 count

## Other

- Unsweetened Applesauce 0.5 cups

## Dairy & Eggs

- Whole Milk 1.25 cups
- Eggs 2 each
- Cream Cheese 4 oz
- Organic Heavy Cream 0.5 cup
- Shredded Sharp Cheddar Cheese 2.5 cups

## Meat & Seafood

- Organic Ground Beef 2 lbs

Shop ingredients on 

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