

HEALTHIER HOMEMADE

March

FRESH STARTS &
FREEZER-FRIENDLY MEALS

CLEAN INGREDIENTS:
**HOW TO
FEED YOUR
FAMILY
BETTER**

**RAEHEL
HARDIN**

ADHD TESTING &
CHILD DEVELOPMENT

8 NEW
RECIPES
INSIDE



FROM THE KITCHEN OF

Anna

Hey friend,

If you're reading this, thank you. Seriously. Whether you've been here since day one or this is your very first newsletter — I'm so glad you're here.

March feels like a fresh start to me. The days are getting longer, the kitchen windows are cracked open again, and there's this energy that makes me want to reset everything — my pantry, my routines, my mindset. That's what this issue is all about.

This month we're bringing you 8 new recipes that are designed for real life. Breakfast bombs you can freeze and grab on the go. Three ground beef meals from one grocery run. And soups that make the last cold nights of the season feel like a warm hug. I also put together a 3-phase kitchen reset plan because nothing motivates me more than an organized kitchen heading into spring.

I'm also really excited for you to meet Raechel Hardin in this issue. She's a licensed clinician who specializes in behavioral evaluations, and her interview is packed with insights that every parent needs to hear. Whether you've had questions about your child's behavior or you're just curious, I think her words will really resonate.

2026 is my comeback year. I chose the word "joy" to guide me, and honestly? Creating this newsletter for you brings me so much of it. I hope you feel that when you flip through these pages.

xoxo,
Anna



Breakfast is the "Bomb"

Mornings are so much better when breakfast is already ready to go — and these two breakfast bomb recipes make that easier than ever. Whether you're craving the comforting, classic flavors of biscuits and gravy or a high-protein pick-me-up with bagel bombs, both recipes are simple to throw together with minimal ingredients and prep ahead fast. Just grab one on your way out the door, and you're good to go.



Biscuit & Gravy Bombs

Prep: 20 min | Cook: 20 min | Serves: 6

INGREDIENTS

8 tbsp frozen butter (1 stick)
3 cups all-purpose einkorn flour
1 cup buttermilk
3 tsp baking powder
1 1/2 tsp pink Himalayan salt
16 oz all-natural breakfast sausage
2 tbsp all-purpose einkorn flour
2 1/4 cups organic whole milk

INSTRUCTIONS

1. Cook sausage over medium heat, chop into fine crumbles. Sprinkle in flour and coat evenly.
2. Add milk, stir frequently until thickened. Let cool, scoop onto parchment-lined sheet, freeze 30-45 min.
3. Grate frozen butter into bowl. Cut in flour, salt, and baking powder. Mix in buttermilk. Refrigerate while gravy freezes.
4. Roll dough 1/4 inch thick on floured surface. Cut into 12 circles.
5. Place frozen gravy ball in center, wrap dough around and seal seams.
6. Bake at 450°F for 12-15 min, or freeze and bake fresh.

TIP: No buttermilk? Add 1 tbsp white vinegar to 1 cup milk, let sit 5 min.



Everything Bagel Bombs

Prep: 35 min | Cook: 12 min | Serves: 6

INGREDIENTS

3 cups all-purpose einkorn flour
4 tsp baking powder
2 cups small curd cottage cheese
Everything but the bagel seasoning
Extra virgin olive oil
8 oz cream cheese (cut into 12 squares)

INSTRUCTIONS

1. Line baking sheet with parchment. Place 12 cream cheese squares on sheet, freeze 30 min.
2. Whisk flour and baking powder. Add cottage cheese, mix until elastic but not sticky.
3. Cover with towel, rest 30 min. Roll into 12 balls, flatten.
4. Place frozen cream cheese square on each, wrap dough around, roll in everything bagel seasoning.
5. Drizzle with olive oil. Bake at 450°F for 10-12 min.
6. From frozen: drizzle with oil, bake 12-15 min.

TIP: Freeze unbaked on sheet tray, transfer to freezer bag.

Breakfast Bombs Grocery List

DAIRY & REFRIGERATED

- 1 stick (8 tbsp) frozen butter
- 1 cup buttermilk (or 1 cup milk + 1 tbsp white vinegar)
- 2 cups organic whole milk
- 2 cups small curd cottage cheese
- 8 oz cream cheese

MEAT

- 16 oz all-natural breakfast sausage

BAKING AISLE

- 6 cups all-purpose einkorn flour
- 7 tsp baking powder
- 1 1/2 tsp pink Himalayan salt

SEASONINGS & OILS

- Everything but the bagel seasoning
- Extra virgin olive oil



1 Ingredient, 3 Meals

Finding organic ground beef on sale is like hitting the jackpot — especially when it comes in packs of two or three. Stock up when you can and you'll have the foundation for easy, budget-friendly meals all week long. Here are three delicious ways to use it: Skillet Lasagna, Ground Beef Tacos, and Slow Cooker Ground Beef Stroganoff.



Skillet Lasagna

Prep: 3 min | Cook: 25 min | Serves: 6

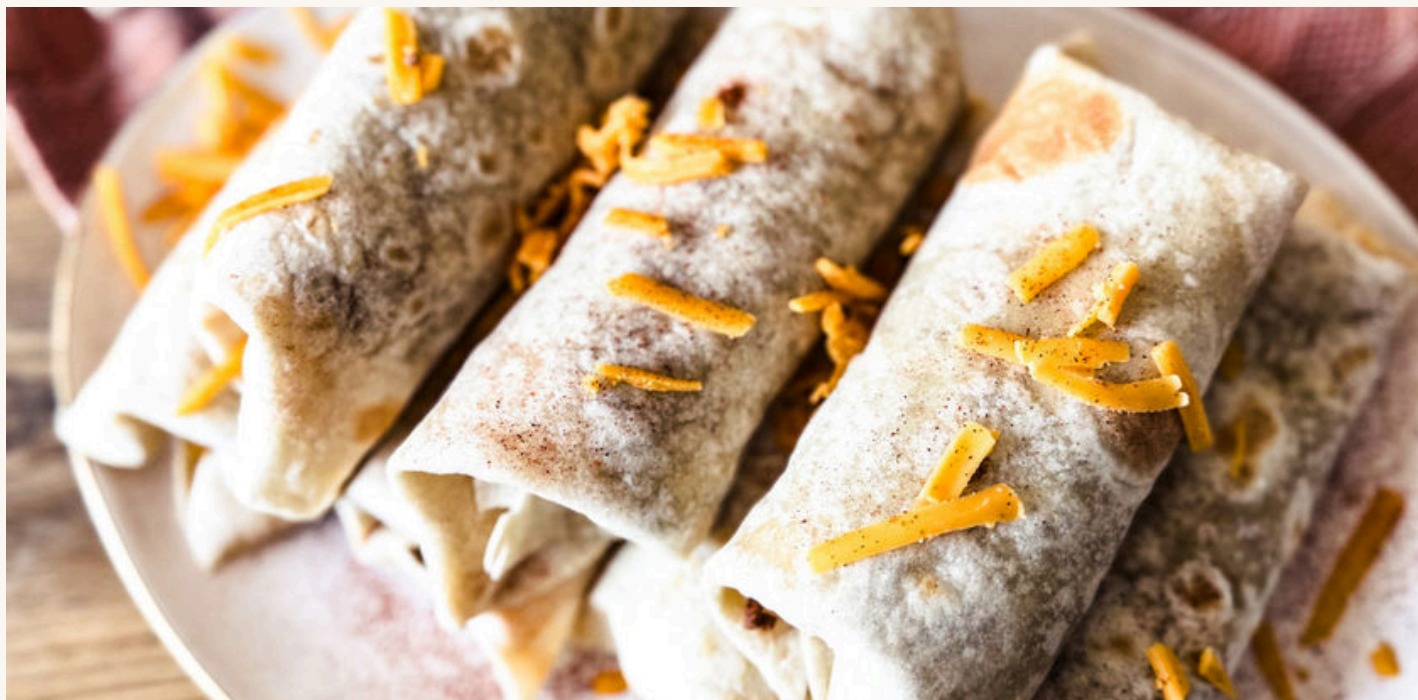
INGREDIENTS

2 tbsp extra virgin olive oil
1 lb organic ground beef
1 tsp organic Italian seasoning
1/2 tsp pink Himalayan salt
1/2 tsp garlic powder
24 oz organic marinara sauce
14.5 oz organic fire roasted diced tomatoes
1 cup small curd cottage cheese
12 oz lasagna noodles
1 cup water
1 cup organic shredded mozzarella
1 cup organic shredded parmesan

INSTRUCTIONS

1. In skillet over medium heat, add olive oil, ground beef, Italian seasoning, salt, and garlic powder.
2. Break meat into small bits, cook until browned.
3. Pour in marinara, diced tomatoes, and water. Bring to a low boil.
4. Break lasagna noodles into smaller pieces, add to sauce, stir well.
5. Reduce heat, cover, simmer 5 min. Stir in cottage cheese, simmer another 5 min.
6. Sprinkle mozzarella and parmesan on top, cover 3-5 min until melted. Serve immediately.

TIP: Cool completely, portion into single servings. Freeze up to 2 months.



Ground Beef Tacos

Prep: 10 min | Cook: 15 min | Serves: 8

INGREDIENTS

1 lb organic ground beef
1 tsp organic chili powder
1 tsp organic onion powder
1/2 tsp organic garlic powder
1/2 tsp pink Himalayan salt
1/4 tsp organic smoked paprika
1/4 tsp organic oregano
1/8 tsp black pepper
1/8 tsp arrowroot
1/3 cup water
6 oz extra sharp cheddar (shredded from block)
8 taco shells
Toppings: lettuce, tomatoes, sour cream, onion

INSTRUCTIONS

1. Brown ground beef in skillet over medium heat. 2. Add all seasonings, arrowroot, and water. 3. Stir well, simmer 5-10 min until thickened. 4. Spoon 2-3 tbsp beef into each tortilla, add cheese, fold and roll.

TIP: Freezer: Use only meat and cheese. Freeze 2 hrs on parchment. Reheat 350°F 12-15 min or air fry 360°F 10-12 min.



Slow Cooker Beef Stroganoff

Prep: 5 min | Cook: 8 hrs | Serves: 6

INGREDIENTS

1 lb organic ground beef
2 tsp M Salt
1 tsp organic onion powder
1/2 tsp ground mustard
8 oz cremini mushrooms (finely chopped)
1 organic onion (finely chopped)
2 organic carrots (finely chopped)
1 tbsp Worcestershire sauce
32 oz organic beef broth
1/2 cup organic milk
12 oz pappardelle pasta
1 cup sour cream

INSTRUCTIONS

1. Mix M Salt, onion powder, and ground mustard.
2. Saute ground beef with seasonings, onion, carrots, and mushrooms until browned.
3. Add Worcestershire, beef broth, and milk.
4. Slow cook on high.
5. 25-30 min before serving, add pappardelle.
6. Stir in sour cream, cover 5 more min. Serve.

TIP: Brown beef the night before for easy morning dump-and-go prep.

Ground Beef Grocery Essentials

MEAT

- 3 lbs organic ground beef

DAIRY & REFRIGERATED

- 1 cup small curd cottage cheese
- 1 cup organic shredded mozzarella
- 1 cup organic shredded parmesan
- 6 oz extra sharp cheddar (block)
- 1/2 cup organic milk
- 1 cup sour cream

PRODUCE

- 8 oz cremini mushrooms
- 3 organic onions
- 4 organic carrots

PASTA & GRAINS

- 12 oz lasagna noodles
- 8 taco shells
- 12 oz pappardelle pasta

CANNED & JARRED

- 24 oz organic marinara sauce
- 14.5 oz fire roasted diced tomatoes
- 32 oz organic beef broth
- 1 tbsp Worcestershire sauce

SPICES & OILS

- Extra virgin olive oil
- Italian seasoning
- Pink Himalayan salt
- Garlic powder
- Onion powder
- Chili powder
- Smoked paprika
- Oregano
- Black pepper
- Arrowroot
- Ground mustard



Soup's On for March!

March may be trying to act like spring, but we all know it's still soup weather. Before we trade our slow cookers for the grill, let's squeeze in a few more bowls of the good stuff. These three fan-favorite soups from healthierhomemade.co are cozy, freezer-friendly, and perfect for those last chilly nights of the season. Ladle up — soup season isn't over yet!



Chicken Parmesan Soup

Prep: 20 min | Cook: 4-8 hrs | Serves: 8

INGREDIENTS

2 tbsp extra virgin olive oil
1 organic onion (chopped)
1 stick organic celery (chopped)
2 organic carrots (chopped)
1 tsp pink Himalayan salt
1 tsp Italian seasoning
1/2 tsp garlic powder
1/2 tsp onion powder
54 oz organic fire roasted diced tomatoes
32 oz organic chicken broth
3/4 cup heavy cream
1 cup shredded parmesan
Organic croutons
32 oz frozen chicken meatballs (2 bags)
4 oz organic cut spinach

INSTRUCTIONS

1. Saute veggies and seasonings in olive oil until softened.
2. Add tomatoes and broth.
3. Cook 4 hrs on high or 8 hrs on low.
4. Blend with immersion blender.
5. Add cream, spinach, and meatballs. Cook 1 more hour.
6. Stir in parmesan 1/4 cup at a time.
7. Top with croutons to serve.



Loaded Baked Potato Soup

Prep: 20 min | Cook: 4 hrs | Serves: 6

INGREDIENTS

1/4 cup organic butter
1 organic onion (diced)
2 organic carrots (chopped)
6 potatoes (peeled, cubed)
3 cups uncured ham steak (cubed)
5 garlic cloves (chopped)
3 tsp M Salt
1 tsp garlic powder
1 tsp onion powder
1 tsp celery flakes
1/4 cup einkorn flour
2 cups organic whole milk
32 oz chicken broth
10 oz frozen broccoli
1/2 cup sour cream
3 cups sharp cheddar
6 strips uncured bacon
Green onions

INSTRUCTIONS

1. Sear veggies, ham, and seasonings in butter.
2. Add flour, coat everything.
3. Stir in milk until thickened.
4. Add broth and broccoli.
5. Slow cook on high 4 hrs.
6. Stir in sour cream and cheddar.
7. Top with bacon and green onions.



Chicken Noodle Soup

Prep: 15 min | Cook: 30 min | Serves: 6

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
- 1 1/2 lb organic chicken breast (small cubes)
- 64 oz organic chicken broth
- 5 oz cream of chicken soup (Pacific Foods)
- 7 oz small noodles (La Moderna Vermicelli)

INSTRUCTIONS

1. Melt butter in large pan.
2. Add carrots, onion, celery, poultry seasoning, and M Salt. Cook 5 min.
3. Add chicken, cook through another 5 min.
4. Pour in broth and cream of chicken soup.
5. Bring to boil, reduce to simmer 20 min.
6. Add noodles, cook until tender (about 5 min). Serve immediately.

TIP: Freeze without noodles. Reheat and add noodles fresh for best texture.

Kitchen Reset Plan

3 Simple Phases · 1 Fresh Start

This March, we're resetting our kitchens in 3 simple phases. No need to do it all at once — take one section at a time and by the end of the month, your kitchen will feel brand new.

Phase 1

Food Storage

Pantry, fridge, and freezer — pull it all out, purge the expired stuff, and reorganize.

Phase 2

Appliances & Dishes

Audit small appliances and cookware. If you haven't used it in 6 months, let it go.

Phase 3

Drawers & Finishing

Tackle utensil drawers, the junk drawer, and add those finishing touches.

PHASE 1

Food Storage

PANTRY

Pull everything out. This is your chance to see what you actually have and start fresh.

- Remove all items from pantry shelves
- Toss anything expired or stale
- Wipe down all shelves thoroughly
- Group like items: baking, snacks, canned goods, grains
- Use bins or baskets to contain categories
- Label shelves or bins if it helps you stay organized

FRIDGE

A clean fridge makes meal prep so much easier — and helps you actually see what needs to be used up.

- Remove everything, shelf by shelf
- Toss anything expired or questionable
- Wipe down all shelves and drawers
- Reorganize by zone: drinks on door, produce in drawers
- Put leftovers and meal prep items front and center

FREEZER

The freezer is where good food goes to be forgotten. Not anymore.

- Take inventory of everything you have
- Toss any freezer-burned items
- Label and date everything going back in
- Keep a running list on the freezer door of what's inside

Appliances & Dishes

SMALL APPLIANCES

Be honest — if you haven't used it in 6+ months, it's taking up prime real estate for nothing.

- Pull out every small appliance you own
- Sort into: use regularly / use occasionally / never use
- Donate or sell anything you never use
- Keep only daily-use items on the counter Store
- seasonal items in a cabinet or closet

DISHES & COOKWARE

Less is more. A streamlined cabinet means faster unloading and less clutter.

- Go through all plates, bowls, cups, and mugs
- Donate mismatched, chipped, or duplicated items
- Audit pots, pans, and baking sheets — keep what you actually use
- Organize cabinets so everyday items are at eye level
- Stack and nest items efficiently to maximize space

Drawers & Finishing

UTENSIL DRAWERS

Drawers are sneaky clutter magnets. Time to give every tool a proper home.

- Empty every drawer
- Completely Toss broken, duplicate, or mystery utensils Use
- drawer dividers to separate categories
- Group: cooking tools, serving utensils, everyday silverware
- Put most-used items in the most accessible drawer

THE JUNK DRAWER

Yes, we're tackling it. Deep breath. You've got this.

- Pull it ALL out onto the counter
- Keep only items that belong in the kitchen
- Relocate items that have a better home elsewhere
- Add a small organizer tray with sections
- Throw away anything broken, expired, or unidentifiable

FINISHING TOUCHES

The final step — make your reset feel complete and worth celebrating.

- Do a final walk-through of the whole kitchen
- Wipe down all surfaces and countertops
- Add a fresh kitchen towel and maybe a new candle
- Step back and enjoy the reset — you earned it!

Meet Raechel M. Hardin, LPC

Raechel is a licensed clinician specializing exclusively in psychological and ADHD evaluations for children, adolescents, and adults. She also offers autism screening services. Her practice focuses on comprehensive, evidence-based assessments that help individuals and families gain clarity, understanding, and practical direction.

Her Story

Q: What drew you to your profession?

Psychology always interested me — I was curious about people, how they think, why they do what they do. But when I first went to college, I didn't have a clear vision. Everything shifted after I lost my mom while in college. That experience changed me. Walking through grief forced me to look at life differently, and I started thinking deeply about support, resilience, and what actually helps people. That's when psychology stopped being just an interest and started feeling like a calling. I realized I wanted to be the kind of person who could sit with someone in their hardest moments and actually help them make sense of what they were going through.



ADHD Testing & Early Signs

Q: What does ADHD testing actually look like?

It's not just one test — it's a comprehensive process. We use clinical interviews with parents and the individual, standardized rating scales, behavioral observation, and evidence-based assessment tools. The goal is to look at the whole picture: how someone functions at home, at school, socially, and emotionally.

Q: What early signs do parents tend to overlook?

The biggest ones are disorganization, emotional intensity, avoidance of non-preferred tasks, and inattentive symptoms — especially in girls. People expect ADHD to look like a kid bouncing off the walls, but the quiet, daydreamy child who can't get started on homework or constantly loses things? That's ADHD too. Emotional dysregulation is another huge one that gets missed.

Myths & Environment

Q: What are the biggest myths about ADHD and autism?

For ADHD: that it's always hyperactivity. Many people, especially women and girls, present primarily inattentive. They may appear "lazy" or "unmotivated" when they're actually struggling with executive functioning. For autism: that people on the spectrum lack empathy. That's not true at all. Many autistic individuals feel emotions very deeply — they may just express or process them differently. The spectrum is so much wider than most people realize.

Q: How does a child's home environment affect behavior?

Environment is a huge factor. Structure, consistency, and emotional safety all play a role. A chaotic or unpredictable environment can amplify ADHD symptoms. But a supportive, understanding home can be one of the most powerful interventions there is.

Sleep, Food & Screens

Q: How do sleep, nutrition, and screen time impact behavior?

Sleep is foundational. When kids don't get enough quality sleep, it directly affects attention, emotional regulation, and impulse control — symptoms that look a lot like ADHD. Nutrition matters too. A balanced diet supports brain function and helps stabilize mood and energy throughout the day. And screen time? Excessive screen use can affect attention spans, sleep quality, and social development. I'm not anti-screen, but moderation and boundaries are key. The combination of good sleep, real food, and limited screens creates a strong foundation for any child's wellbeing.

Phase or Something More?

Q: How do parents know if something is just a phase or worth evaluating?

Great question. The general rule of thumb: if a behavior is persistent (lasting more than 6 months), pervasive (showing up in multiple settings like home AND school), and causing impairment (affecting grades, friendships, family life, or self-esteem), it's worth getting evaluated. Every child goes through phases, but when something keeps showing up and is getting in the way of daily life, trust your gut and talk to a professional. Early identification leads to better outcomes.

A Message for Moms

Q: What would you say to a mom who feels like she's failing?

You're not failing. The fact that you're worried about your child, that you're reading this, that you're seeking answers — that IS good parenting. It doesn't always feel like it in the hard moments, but showing up imperfectly is still showing up. Give yourself grace. You don't have to have all the answers. You just have to be willing to keep going, keep learning, and keep loving your kid through it. That's enough. You are enough.

Wellness & Balance

Q: How do you take care of yourself and prevent burnout?

Sleep is non-negotiable for me. I prioritize 7-8 hours every night. I exercise regularly — it clears my head and keeps me grounded. I spend time outside in nature whenever I can. I take real vacations where I actually disconnect. And I've set firm boundaries with social media. I don't doom-scroll. I protect my peace.

Q: What's your philosophy on healthy living?

Healthy moderation. I don't believe in all-or-nothing. I believe in consistently making choices that support your wellbeing without punishing yourself when you're imperfect. Unlearning old patterns takes time, and that's okay. Progress over perfection, always.

Anna's Thrive Market Picks

CLEAN STAPLES | ORDER ON REPEAT · MARCH 2026

These are the exact products in my pantry right now. I reorder most monthly from Thrive Market because the prices beat my local store and the ingredients are clean. Use my link to shop and save!

SHOP MY PICKS → shop.thrivemarket.com/healthierhomemade7ht



\$31.49

Chomps Mini Chomplings

OriginalBeef · 24sticks
Grass-fed, Whole30. Perfect for lunchboxes and road trips.



\$5.99

Divina Fig Spread

FigSpread · 9ozjar
Beautiful on charcuterie boards or with cream cheese.



\$3.59

A Dozen Cousins

Pollo AsadoSeasoning · 3 oz pouch
Clean seasoning sauce for chicken. No junk, just flavor.



\$4.89

Bionaturae Pappardelle

OrganicEgg Pasta · 8.8oz
The pasta I use in my Beef Stroganoff recipe!



\$9.99

Mike's Hot Honey

Original · 12oz bottle
Game changer on pizza, chicken, biscuits. We put this on everything.



\$2.99

Goodles Twist My Parm

Mac& Cheese · 5.25oz
Travis's favorite. Better ingredients than the blue box.



\$4.99

Bionaturae Lasagna

OrganicSemolina · 12 ozbox
Clean noodles for my Skillet Lasagna. No weird ingredients.



\$4.69

Amore Pesto Paste

Tube · 2.8 oz
A little goes a long way. Great for quick pasta nights.



\$5.29

Go Raw Sprouted Seeds

EverythingBagel · 4 ozpouch
Crunchy topping for salads and soups. Clean snacking.

Snacks & Kid Favorites

LUNCHBOX WINS & AFTER-SCHOOL STAPLES



\$2.99

Goodles Shella Good

Mac&Cheese · 6oz
Protein-packed mac the kids actually love.



\$2.99

Goodles Dreamy Creamy

Mac& Cheese · 5.25 oz
Asher requests this at least twice a week.



\$2.99

Goodles Protein Pasta

Loopydy-Loos · 8 oz
25g protein per serving. Great for picky eaters.



\$4.59

Late July Chips

Nacho Cheese · 7.8 oz
Clean nacho chips! Perfect for taco night.



\$7.89

Boulder Canyon Chips

SeaSalt SnackPack · 6 bags
Avocado oil kettle chips. Easy grab for lunches.



\$5.99

Frankie's Puffcorn

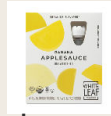
White Cheddar · 8 bags
New find! The kids are obsessed with these.



\$5.79

White Leaf Applesauce

Blueberry · 4pouches
Organic, unsweetened. The only pouches I buy.



\$5.79

White Leaf Applesauce

Banana · 4pouches
Great for on-the-go snacks.



\$7.29

Golden Farms Mango

Snack Pack · 4 pouches
Elise's absolute favorite.



\$5.79

Smash Toasties

Strawberry · 3pastries
Clean pop tarts! House favorite flavor.



\$5.79

Smash Toasties

Blueberry · 3pastries
A close second. Great for breakfast.



\$5.79

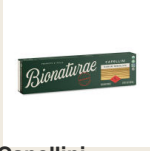
Smash Toasties

ConcordGrape · 3pastries
PB&J vibes in a toaster pastry. So good.

SHOP ALL MY PICKS → shop.thrivemarket.com/healthierhomemade7ht

A Few More Favorites

BONUS PANTRY PICKS | ALWAYS KEEP STOCKED

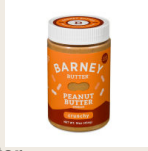


\$3.69

Bionaturae Capellini

Organic Semolina - 16oz

Angel hair pasta for quick weeknight dinners.



\$5.49

Barney Butter

Crunchy Peanut Butter - 16 oz jar

Clean peanut butter. Great for school lunches.

Ready to stock your pantry?

Use my link to shop Thrive Market and get a discount on your first order.
Clean groceries delivered to your door — it doesn't get easier than this.

shop.thrivemarket.com/healthierhomemade7ht



Thank You for Reading!

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Clean Ingredients · Real Family Meals