

# Back to Basics:

## Nourishing and Simple Meal Planning

### Back2Basic Nutrition’s Meal Planning on a Budget

Weekly **Plant Based Gluten Free & Dairy Free** Family Friendly meals designed with the busy on a budget family in mind.

There are certain staples that if you simply keep them on hand, will make eating well very easy and more affordable! I list these in Pantry Stock. Your first few shopping trips may be more expensive as you develop a stable stocked pantry. There may be many foods you simply do not have yet, but as you accrue them, you’ll find it makes weekly shopping way more affordable!

### Fridge & Pantry Stock

Grains:	Veggies:	Dairy Like:	Baking Goods:	Seasonings:
<i>Brown Rice</i> <i>Oatmeal</i> <i>Quinoa</i> <i>Soba Noodles</i> <i>GF or sprouted grain wraps</i> <i>GF Bread</i> <b>Seeds:</b> <i>Pumpkin, flax, sunflower, sesame, Chia</i>	<i>Dark Leafy Greens</i> <i>Celery</i> <i>Sweet peppers</i> <i>Garlic</i> <i>Onion</i> <i>Potatoes</i> <b>Lentils:</b> <i>Black Beans</i> <i>Pinto Beans</i> <i>Cannellini Beans</i>	<i>Almond Milk</i> <i>Coconut Milk</i> <i>Hemp Milk</i> <i>Coconut Yogurt</i>	<i>GF Flour Blend</i> <i>Baking Soda</i> <i>Baking Powder</i> <i>Agave</i> <i>Sesame Seed Oil</i> <i>Nut Butter</i> <i>Coconut Oil</i> <i>Olive Oil</i> <i>Vanilla</i> <i>Balsamic Vinegar</i>	<i>Sea Salt</i> <i>Tamari</i> <i>Garlic Seasoning</i> <i>Dulse</i> <i>Cinnamon</i> <i>Turmeric</i> <i>Honey</i> <i>Maple Syrup</i>

### This weeks’ Nourishing & Simple Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Poached Eggs, Greens & Mushrooms	Pears & Coconut Yogurt	Blue Cuke Smoothie & GF Toast	3 Bears Porridge	Fruit & Yogurt Parfait	Apple & Nut Butter	Fried Rice w/ Garlic
Berry topped Green Salad	Leftovers	Rice & Bean Wraps	Leftovers	Crudités & hummus	Leftovers	Jam & Nut Butter on GF Toast
Leftovers	Brown Rice & Bean Skillet	Spring Rolls	Salad Bar	Taco Lettuce Wraps	Pizza Night!	Mom B’s Lumpia

**B2B Tip – Before you plan to cook all the above meals, check your calendar. Set a goal to cook at least 4 of these meals and then highlight the corresponding ingredients. Should you stray from the meal plan, you won’t waste and giving space for other things allows you to be creative!**

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### ***Snack ideas for the masses:***

Often, we reach for snacks for reasons other than physical hunger. I always recommend that you check in to this space before you grab for food. Sometimes, snacks can play the role of blood sugar regulation so having them is beneficial if you need support in this area. I've provided a few healthy snack ideas here, mix and match at will keeping in tune that a snack should be just that, a snack; not a meal.

Pears & Cashews  
Dip fruit in Yogurt  
Flax crackers & Nut butter  
Kale chips – see recipe in desserts and snacks!

### ***Breakfasts, nourishing starts for happy and healthy days!***

#### ***Poached Eggs, Greens & Mushrooms***

2 Tbs Coconut Oil  
1 large onion, sliced thinly into strips  
15 shiitake mushrooms, wiped clean and sliced  
2 bunches mixed greens (chard, collards, and/or kale), stems removed and chopped into small pieces  
salt and pepper, to taste  
6 eggs, cook two at a time  
water  
1 Tbs vinegar

First, Sauté Greens and Mushrooms:

Heat a large sauté pan on medium heat. When hot, add the oil and then the onions. Sauté the onions until they are translucent. Add the mushrooms and sauté until the onions start to caramelize and the mushrooms brown. Add the greens with another pinch of salt and allow them to wilt. Taste and season with salt and pepper. Serve under poached eggs.

Poached Eggs: Once you learn how to do these, they are healthier than fried eggs and not too difficult.

Fill an 8 inch sauté pan  $\frac{3}{4}$  full with water. Heat over medium heat and bring to a light boil. Add the vinegar. Crack eggs into a small tea cup, one at a time. Check carefully for shell remnants. Slide the eggs gently into the water. Turn off the heat and cover for three minutes. Remove with a slotted spoon and set on paper towels to drain. To Serve: Spoon some of the sautéed greens and mushrooms into a bowl. Place a poached egg on top. Season with salt and pepper.

Servings: 12

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### **Pears & Coconut Yogurt**

- 1 Pear per person
- ¼ cup coconut yogurt
- 1 tsp Chia Seeds

Slice pear for ease of eating, children will tend to eat cut fruit rather than whole fruit, making it more manageable. Serve pear alongside yogurt and Chia seeds.

### **Blue Cuke Smoothie**

*Inspired by Vegetarian Times, Sept. 2011 Issue*

- 2 large cucumbers
- 1 cup plain coconut yogurt
- 1 cup frozen blueberries
- 2 Tbsp honey
- 1 tsp flax seeds
- 1 Tbs lemon

Peel cucumbers and cut into manageable pieces to add to blender. Wash blueberries and add followed by yogurt, honey, flax and lemon. Blend until all ingredients are incorporated and smooth. Serve immediately.

Add a piece of gluten free toast with your favorite nut butter!

### **3 Bears Porridge**

- 1 Cup leftover Quinoa
- ½ Cup Almond Milk
- ¼ Cup Cranberries or Raisins
- Cinnamon

\*optional – maple syrup or honey to sweeten

Place ¼ cup of water in a sauce pan and heat to boiling. Reduce heat, add cold grain, milk and fruit. Heat through, take care to not boil milk, and put into bowls to serve. Top with cinnamon and if you want, sweeten with syrup or honey.

Serves 1 per cup, increase according to number eating.

### **Fried Rice w/ Garlic – prepare ahead for reheating or use leftover rice for this dish**

- 4 large eggs, whisked briskly with 2 Tbsp water
- 2 Tbsp coconut oil or olive oil
- 9 cloves peeled and minced garlic

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4 cups cooked brown rice  
4 green onions, diced

Begin by heating 1 tsp. oil in a skillet over medium heat. Add eggs and tilt pan to spread egg out on bottom like you are making an omelets. Cook for up to five minutes until set. Transfer to a cutting board and cut into bite size pieces.

Add remaining oil to skillet, and then add garlic, cooking until just browned. Add rice and heat through stirring frequently for about five minutes. Add eggs back in, and heat together for one or two minutes. Remove from heat and serve. Top with green onions.

### ***Luscious Lunches***

Lunchtime can be simple or complex. If you prefer to have a heavier lunch, simply choose one of the dinner meals for this space and have a light salad at dinner time.

### ***Berry Topped Green Salad***

2 cups organic mixed spring greens  
1 box organic blueberries  
1 box organic strawberries, chopped  
2 baby cucumbers, cut into coins  
Poppy Seed Dressing or Balsamic Vinaigrette  
Pine Nuts

Rinse and drain or spin greens in a salad spinner. In a medium bowl, mix together greens, berries, cucumbers. Top with Pine Nuts. Serve with dressing on the side.

### ***Rhubarb - Strawberry Jam***

2 stalks rhubarb  
7 - 8 medium strawberries, capped  
2 - 3 tablespoons of honey  
1/4 cup purified water  
1 tsp corn starch

Remove ends, and leaves from rhubarb and chop into 1/4 inch bits. Chop strawberries. Add both to a medium sized sauce pan. Add honey and water. Heat gently over low to medium heat. As soon as the mix begins to boil, reduce heat and simmer. Add corn starch and stir in until clumps are broken down.

Cool and serve on gluten free toast paired with your favorite Nut Butter!

North Shore Nutrition Tip: Nut butter is far beyond peanuts! Try almond, hazelnut, sunflower, or even cashew.

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### **Dinner for all to thrive!**

#### ***Skillet Beans and Rice***

1 teaspoon olive oil  
1 bag frozen beans and brown rice  
½ bag of frozen corn  
1 ½ cups of your favorite salsa  
½ cup red pepper, diced  
1/3 cup onion, diced  
2 cloves garlic - minced  
black olives  
fresh cilantro, about ¼ cup  
Optional – Corn Tortilla Chips

In a skillet over medium heat, warm olive oil. Add in onions, red pepper and garlic and sauté until just soft. Add in brown rice and beans mixture and corn. Heat through. Add salsa, stirring thoroughly. Top with cilantro and black olives. Serve immediately with your favorite corn chips.

#### ***Buffalo Taco Lettuce Wraps***

1 head pliable lettuce, like romaine  
1 lb. Organic Free Range Ground Buffalo (also called Bison)  
¼ White onion, diced  
2 garlic cloves, minced  
1 Tbsp chili powder  
1 Tbsp cumin  
salt and pepper  
2 Roma tomatoes, diced  
1 Tbsp Olive Oil

In a medium sized skillet, heat olive oil over low/medium heat. Add garlic and onion, stirring frequently until onions and garlic are lightly browned. Add buffalo, break down, add cumin, chili powder, salt and pepper and cook until browned over medium/low heat. Set aside

While meat is cooking, tear one lettuce leaf off at a time, trying to keep in large pieces. Rinse and let water drain off in a colander or on a clean towel.

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Scoop meat into center of lettuce leaf, top with tomato, gently roll or fold and eat!

### ***Spring Rolls***

2 avocados, scooped and sliced into strips  
1 cup alfalfa sprouts  
1 cucumber, peeled and cut into strips  
1 carrot, shredded  
Rice Spring Roll wrappers *\*look for traditional ones made from rice*  
Peanut Sauce for dipping

Using a large dinner plate, fill to the edges with warm water. Lay one rice paper in water, delicately rubbing fingers over paper. As the paper gets wet, it will soften.

On a flat surface, lay softened rice paper out flat, place a little of each ingredient in a line in center of paper. Roll wrapper tightly and serve with peanut sauce.

Here is a video that will show you how to fold a spring roll: <http://video.about.com/thaifood/Fresh-Shrimp-Spring-Rolls.htm>

### ***Mom B's Lumpia***

1 pkg Spring Roll Wraps or other rice based wrap  
1 lb free range, grass fed ground buffalo, turkey, or beef  
1 can organic green beans  
2 organic carrots, shredded  
2 cloves garlic, minced  
1 tsp extra virgin olive oil  
1 tsp Himalayan sea salt  
pepper to taste

Spread coconut oil evenly onto a cookie sheet, set aside. Preheat oven to 375° F.

Warm a skillet over medium heat, add garlic. Stir frequently just until it begins to sizzle. Add ground meat. Break down with a wooden spatula. Cook until all meat is browned. Add carrots and green beans. Stir into meat mixture. Remove from heat. Season with salt and pepper.

On a flat surface (I use a cutting board), set out egg roll wrappers. Put 2 – 3 Tbsp water into a coffee cup to use to wet your fingers tips.

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Separate one wrapper and lay flat on surface, place 1 ½ to 2 Tbsp meat mixture in center of wrapper. At a diagonal fold opposing ends in, then using one corner, roll tightly. Secure by placing loose end down on cookie sheet.

Here is a link that will show you how to make (and fold) an eggroll: <http://www.wikihow.com/Make-Egg-Rolls>

Brush lightly with olive oil and sprinkle with sea salt. Bake at 375° F for 30 minutes, turning over half way through.

Serve warm.

### **Salad Bar**

- 1 box of mixed spring greens
- 1 large organic tomato, chopped
- 1 grated organic carrot
- 1 diced yellow summer squash
- 1 cucumber, peeled and cut into coins
- 2 – 3 mushrooms
- ¼ cup sliced raw almonds, walnuts or pine nuts
- ½ cup black olives
- 2 – 3 boiled eggs, crumbled
- ½ yellow onion, diced

Keep all components separate. Offer with a variety of dressings such as balsamic vinaigrette or organic options.

### **Pizza Night**

- Gluten Free Pizza Crust ( I use bob's mill)
- Fresh Tomato
- Fresh Basil
- Olive Oil
- Minced Garlic
- Variety of leftover veggies

Bake Crust according to directions. Layer tomato, basil, spinach, olives, etc.; as you desire. Toast in oven until all toppings are warmed through and edges have turned lightly brown. I love using olive oil in place of tomato sauce, and we may do a dairy free cheese, but we haven't found one that melts very good.

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### ***Nourishing Lovely Desserts & snacks-***

#### ***Salt & Pepper Kale Chips***

1 large gallon size zip lock baggie

1 bunch large kale leaves, washed & ribs removed

Salt & Pepper

1 ½ tsp. Extra Virgin Olive Oil

Preheat oven to 275. Tear kale into approximately 1 inch pieces and put into the baggie. Add oil, salt & pepper to baggie and seal the baggie. Shake and move baggie to fully coat kale with oil and seasoning.

Lay flat on cookie sheet and bake 20 minutes on each side or until leaves are crispy and light. These are a fun easy snack for the whole family to enjoy!



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### GROCERY LIST:

#### Produce

Kale  
Chard  
Romaine lettuce  
2 stalks rhubarb  
2 avocados  
alfalfa sprouts  
1 box organic mixed spring greens  
3 organic tomatoes  
1 yellow squash  
fresh cilantro  
fresh basil  
2 large onion  
1 red pepper  
1 bulb garlic  
1 bunch green onions  
2 large cucumbers  
3 baby cucumbers  
3 Carrot, or bag of shredded carrots  
15 shiitake mushrooms  
1 small box button mushrooms  
3 – 4 Pears  
organic blueberries  
organic strawberries  
1 lemon

Cashews  
Pine nuts  
walnuts

Frozen blueberries  
frozen beans and brown rice  
frozen corn  
Dried cranberries

**Dairy** 2 containers Coconut Yogurt  
1 doz. Cage free, organic eggs  
1 container Almond Milk

#### Meat

2 lb. Organic Free Range Ground Buffalo

#### Grain

Flax crackers  
Chia Seeds  
flax seeds  
Quinoa  
Brown Rice  
Corn Tortilla Chips  
Rice Spring Roll Wraps  
Eggroll Wrappers (look for rice flour not wheat flour)

#### Lentils

#### Canned Goods

Nut butter  
honey  
salsa  
black olives  
1 can organic green beans

#### Baking/Cooking Needs

Coconut Oil  
Olive Oil  
salt and pepper  
vinegar  
cinnamon  
Poppy Seed Dressing  
Balsamic Vinaigrette

corn starch  
chili powder  
cumin  
Peanut Sauce  
GF Pizza Crust