

## Nourishing & Simple 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!

Contact me or learn more about what I do: [www.trihealthforlife.com](http://www.trihealthforlife.com)

### Fridge & Pantry Stock

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

### This weeks' Nourishing & Simple Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Berry Baked Oats	Coco-Yogurt Parfait	Healthy Scrambles	Smoothie w/ Nut butter on Toast	Happy Tummy Oats	Boiled Eggs, Apples, Toast	GF Pancakes
leftovers	Avocado Salad	leftovers	Chili Potatoes	Crudites & Hummus	Sauteed Veggie Wrap	leftovers
Grilled Veggies & Quinoa	2 Bean Chili	Chili Salad	Gnocci & Peppers	Steak & Greens Salad	Pizza night!	Waldorf Salad

### ***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.

Trail Mix made with nuts and dried fruits, Apple with Nut butter, Celery with hummus

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

**Tri-Health for Life Tip:** Mornings in our house can be a flurry of discombobulation resulting in anger and often arguments. I found that if we rise an hour earlier, our mornings look completely different. The time spent is more nourishing; we can wake on our own clocks and enjoy a few moments together before my boys are off to school. Since mornings might set the tone for the day, try taking time out to slow down a few notches and be more present to how you send your little ones off.

#### ***Berry Baked Oats***

2 medium ripe bananas, (the riper the better) sliced into 1/2" pieces

1 1/2 cup blueberries or berry mix

1/4 cup honey (or agave)

1 cup uncooked quick oats

1/4 cup chopped walnuts

1/2 tsp baking powder

3/4 tsp cinnamon

1 cup coconut or almond milk

1 egg

1 tsp vanilla extract

coconut oil for baking dish

Preheat oven to 375° F. Lightly oil 9 x 9" glass baking dish with coconut oil. Arrange bananas and berries in the bottom of the baking dish. Spread them out in an even layer – best as possible. Sprinkle with 1/4 tsp of the cinnamon, and drizzle ½ the honey and cover with foil. Bake 15 minutes, until the bananas are soft.

While the first part is in the oven, using a medium bowl, combine the oats, half of nuts, baking powder, remaining cinnamon, and salt; stir together and set aside. In a separate bowl, whisk together the coconut milk, egg, and vanilla extract. Remove the bananas from the oven, and then pour the oat mixture over the bananas and berries, use your fingers or a spoon to spread it out evenly over top of berry mixture. Drizzle remaining honey evenly over top of the oats and pour the coconut milk mixture evenly over the oats. You'll want to be sure all the oats have some moisture or you'll get a mouthful of dry oats! Finish by topping with the remaining berries and walnuts.

Bake the oatmeal for another 25 minutes, or until the top is golden brown and the oatmeal has set. Serve warm from the oven, may top with coconut yogurt if you desire.

### ***Coco-Yogurt Parfait***

- 1 Cup Coconut Yogurt, vanilla flavored
- ¼ Cup Homemade Granola or favorite brand
- ½ Cup Mixed Berries
- ½ tsp Flax Seed

Layer yogurt, granola and fruit, sprinkle with flax seed

### ***Healthy Scrambles***

- 4 – 6 Organic Free Range Eggs
- 1/2 Cup Chopped Spinach
- 1 sweet red pepper, finely chopped
- 1 garlic clove, minced
- 1 tsp dried Italian herbs
- salt & pepper to taste
- Sunflower Oil Spray for pan

Using a non-stick skillet, lightly spray with oil. Heat oil over medium heat. While pan is heating, mix together in a bowl all ingredients with a fork. Pour evenly into skillet. Reduce heat to medium low. Using a wooden spoon, stir regularly until eggs are cooked all the way through. Serve warm with gluten free toast or a gluten free wrap.

### ***Smoothie with nut butter on GF Toast***

Part of what I love about smoothies is that they are so diverse! This week's smoothie is paired with a sweet tasting treat of nut-butter and toast.

Smoothie:

In a blender add the following ingredients and blend until smooth.

- 2 Cups frozen Strawberries & Bananas
- ½ Cup Spinach
- 1 Cup coconut yogurt
- 1 Cup vanilla almond milk
- 2 Tbsp Flax Seeds

Serve with your favorite Gluten and Dairy Free Toast with nut butter spread.

### ***Happy Tummy Oats***

- 4 Cups Water, bring to a boil
- 2 Cups quick oats
- 2 Granny Smith Apple, cored and diced
- 1/2 Cup Raw Walnuts
- 2 Tsp Cinnamon
- 4 Tbsp Maple Syrup

Add oats and apples to water and reduce heat to simmer, stir occasionally. Cook for ten minutes. Serve warm, topped with cinnamon, syrup, and walnuts.

### ***How to boil an egg***

Place eggs in a sauce pan in a single layer, add cold water enough to cover eggs plus 1". Heat over high heat just to boiling and remove from burner, cover pan. Let stand in hot water about 15 minutes for larger eggs, 12 for medium. Drain and serve warm or cool then refrigerate.

### ***GF Pancakes***

*To save time, we use a mix in our house. I prefer Arrowhead Mills for the taste. For added nutrients, add flax, chia, nuts, or fruit to your mix.*

### ***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 and easy salad at dinner time. Using leftovers at lunch time is a great way to provide a nourishing meal mid-day. I will reheat my leftovers using a toaster oven, oven, or by adding a bit of oil or water to a pan. Fresh salads always make a great quick and easy lunch. They are self explanatory in the meal plan matrix provided.

### ***Avocado Salad***

2 Avocados  
1 Yellow Onion  
2 small red radishes  
1 Organic tomato  
Black Olives  
Mixed Greens  
Salsa

Scoop avocado out of shells, and cut into coarse bits. Dice Onion, radishes, tomato and olives. Serve on top of a bed of mixed greens. Top with favorite salsa.

### ***Chili Potatoes***

**Makes 1 serving**

Top a simple baked sweet potato with vegetarian chili for a hearty meal filled with a variety of flavors. Easy to make ahead of time, the components can be reheated separately in minutes for a no-fuss lunch or dinner.

1 cup vegetarian chili, such as made earlier in the week  
1 small baked sweet potato  
1 tablespoon chopped fresh cilantro (optional)

In a small saucepot, bring chili to a simmer. Remove from heat. Split sweet potato lengthwise and top potato with chili and cilantro.

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

### ***Grilled Veggies and Quinoa***

2 Sweet Peppers, cut into strips  
4 -5 new potatoes  
8 oz. Button Mushrooms  
1 cup pearl onions  
(or any other blend of your favorite vegetables)  
Quinoa

There are a lot of easy and tasty ways to grill vegetables. I have a metal rack with small holes in it that allows me to lay the vegetables out flat and then “stir fry” them, stirring easily without losing too many to the grill. You can choose from woks made for the grill, or even simple metal skewers, which take a little more time up front. If you pair this with meat, be sure to cook meat thoroughly as the vegetables, with the exception of potatoes, will take much less time.

Simply drizzle or brush oil on your vegetables and cook! Serve warm. These are great at a bar-b-que or as a time saving meal over rice or quinoa.

### ***2 Bean Chili***

1 large can organic Pinto Beans  
2 large can organic Kidney Beans  
1 large can Muir Glenn Fire Roasted Tomatoes  
¼ Yellow Onion, diced  
1 small can roasted mild green chilies  
2-4 leaves kale, diced  
1 T. Cumin  
1 T. Paprika  
2 T. Fresh Parsley  
2 T. Fresh Cilantro  
Your favorite corn chips

Reserve ½ of this recipe for tomorrow! Pour all ingredients into a large pot. Cook over medium heat 20 – 25 minutes. Serve with corn chips.

### ***Chili Salad***

Left over Chili  
Mixed Greens  
1 Avocado  
Your favorite Salsa  
Corn Tortilla Chips

Reheat chili in a small pot, until warmed completely through. Top mixed greens with chili and desired ingredients from above.

### ***Gnocci & Peppers***

1 Pkg GF Gnocci, cooked according to directions  
½ Pkg frozen sweet peppers, red, yellow, and green  
1 Tbsp Olive Oil  
Italian Herb Blend

In a skillet, place oil and frozen peppers. Heat over medium heat, stirring until peppers are well heated and begin to soften. Add Gnocci and stir until gnocci is well heated through. Remove from heat. Season to taste.

### ***Steak & Greens Salad***

#### **Serves 4**

2 (12-ounce) grass-fed strip or rib-eye steaks, each about 1 inch thick  
¾ teaspoon coarse sea salt  
½ teaspoon cracked black pepper  
6 -8 cups (about 4 ounces) mixed spring greens  
½ small head radicchio, thinly sliced  
1 bunch green onions, thinly sliced diagonally  
⅓ cup plus 2 tablespoons prepared balsamic vinaigrette (homemade or store-bought)

Heat a large cast-iron or other heavy skillet over high heat. Sprinkle steaks on all sides with salt and pepper and cook until steaks develop a nice deeply browned crust and are cooked to the desired doneness, 6 to 7 minutes per side for medium rare. Transfer steaks to a cutting board and let rest 10 minutes.

In a large bowl, combine greens, radicchio and green onions. Drizzle with ⅓ cup of the vinaigrette and toss. Spread greens on a platter or divide between 4 individual serving plates. Slice steaks thinly against the grain. Fan slices over the greens and drizzle with remaining 2 tablespoons vinaigrette.

#### **Serves 4**

### ***Waldorf Salad***

1 cup chopped walnuts  
1 cup celery, thinly sliced into moons  
1 cup seedless grapes, halved  
2 fuji apple, diced  
⅓ cup Vegenaïse  
2 Tbsp lemon juice, fresh squeezed  
Mixed Greens  
salt, pepper

In a medium bowl, mix with fork Vegenaïse and lemon juice, then add salt and pepper. Stir in walnuts, celery, grapes and apple. Serve on a bed of mixed greens.

#### **Serves 4**

## ***Pizza Night***

Gluten Free Pizza Crust ( I use bob's mill)

Olive Oil

Minced Garlic

Spinach

mushrooms

2 Red Peppers

[Trihealth tip: You could also use leftover grilled vegetables for this, or grill these up before you make the pizza](#)

\*optional dairy free cheese

Bake Crust according to directions. Layer vegetables 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.

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

### ***Creamy Chocolate Pudding***

2 Tbsp Arrowroot powder (thickener)

2 Cups Coconut Milk

¼ cup organic evaporated cane juice

1/3 cup unsweetened raw organic cacao powder

½ tsp pure vanilla extract

¼ cup dark chocolate chips

In a saucepan, mix arrowroot and coconut milk with fork until lumps are gone. Add remaining ingredients stirring constantly until mixture comes to a boil. Reduce heat, to simmer until mixture begins to thicken. Remove from heat, cool in fridge. Serve cold.

This creamy, chocolaty dessert delivers magnesium, protein, fiber, and is low in fat!

Great for that sweet chocolate tooth!

**Whole Foods Market**

**GROCERY LIST:**

**Produce**

Apples  
Bananas  
Blueberries / Raspberries  
seedless grapes  
Spinach  
kale  
2 – 6 sweet potatoes button mushrooms  
new potatoes  
4 Red Peppers  
red onion  
pearl onions  
2 Yellow Onion  
8 ounces button mushrooms  
mixed spring greens  
small head radicchio  
1 bunch green onions  
1 Garlic  
Cilantro  
Parsley  
Thyme  
3 Avocados  
1 bunch radishes  
1 tomato  
Walnuts  
Flax Seeds  
Frozen strawberries and banana mix

**Dairy & Meat**

12 Eggs  
1 Coconut Milk  
1 Coconut Yogurt  
1 Almond Milk  
1 or 2 grass-fed strip or rib-eye steaks, each about 1  
inch thick

**Grain**

quick oats  
Gluten Free and Dairy free Bread / Wraps

GF Pancake Mix

Steel Cut Oats

Granola

GF Gnocci

Quinoa

**Canned Goods**

Moosewood Salsa (my favorite brand)  
1 large can organic Pinto Beans  
2 large can organic Kidney Beans  
1 large can Muir Glenn Fire Roasted Tomatoes  
1 can black olives  
1 small can roasted mild green chilies

**Cooking goods**

Real Vanilla Extract – not flavoring  
Raw Organic Cacao  
Arrowroot Powder –  
Dark Chocolate Chips – the darkest available  
Pure Evaporated Cane Juice – you'll need only ¼ cup  
Baking Powder  
Maple Syrup  
balsamic vinaigrette  
Dried Italian herb blend  
Nut butter  
Sea Salt  
Black Pepper  
Sunflower Oil  
Olive Oil  
Cinnamon  
Honey  
Cumin  
Paprika  
Vegenaise

**Chips and Snacks**

Corn tortilla chips  
Red Pepper Hummus  
Moosewood Salsa (my favorite brand)