



This week's meal plan is by

Lisa from NaturalPromise.blogspot.com

Lisa Dorfmeister is a 39 year old happily married mother of 2 who is trying to raise her family as healthfully as possible. Being a 3 year Ovarian Cancer survivor she strives to provide a healthy lifestyle for her family while being realistic about busy schedules and the normal time constraints of being a mom. Since her cancer diagnosis she has spent the last several years trying to figure out when food stopped being food; what foods are considered good for you and what foods to avoid, and what foods are considered cancer causers and what foods are considered cancer fighters.



Lisa currently writes a blog Natural Promise: A Guide to Natural Family Living to provide helpful facts on health and nutrition, healthy yet easy recipes, and healthy food alternatives for everyday meals. She is also working on a Cookbook that will feature a variety of recipes that contain all natural ingredients but taste great and are kid approved!

Monday

Healthy Pasta and Vegetables

Ingredients

- 1 Cup Sliced Carrots
- 1 Zucchini Squash, Chopped
- 1 Cup Chopped Baby Portabello Mushrooms
- Cup chopped Onion
- 1 14.5 oz. Can All Natural Diced Tomatoes
- Cup Chopped Walnuts
- 1 TBL Olive Oil
- 1 Tsp. Chopped Garlic
- Pinch Basil, Oregano, salt & Pepper
- 4-5 Servings Whole Wheat or Multi Grain Pasta (Barilla Plus)



Directions

1. Cook Pasta according to directions.
2. While Pasta is cooking sauté Onion and Garlic in Olive Oil about 5 minutes.
3. Add Carrots and sauté another 5 minutes.
4. Add Zucchini, Mushrooms, and Diced Tomatoes and Spices. Simmer 15-20 minutes.
5. Add Chopped Walnuts in the last 5 minutes of cooking. Serve over cooked, drained pasta.
6. Serve with fresh mixed green salad with Annie's Naturals Raspberry Vinaigrette and red grapes.

** If your kids don't like their food all mixed together, put their portion of the cooked vegetables in a separate pan before adding diced tomatoes. Serve your kids the noodles with a pinch of salt and tsp butter with the sautéed vegetables on the side. Garnish their plates with red and/or green grapes **

Tuesday

Chicken Fingers

Ingredients

2 Pkg. All Natural chicken tenders
□ Cup almonds
3/4 Cup whole-wheat flour
1 tsp. paprika
□ tsp garlic powder
□ tsp. dry ground mustard
□ tsp dry minced onion
1/8 tsp. pepper
Salt to taste
1 □ tsp olive oil
Small Bowl of Water

Directions

1. Place almonds, flour, paprika, garlic powder, ground mustard, minced onion, pepper & salt in food processor. Process until almonds are finely chopped.
2. Place mixture in a large plastic bag. Shake to mix. Add Olive Oil. Shake mixture again.
4. Dip chicken fingers in bowl of water to moisten. Place several chicken fingers in the almond mixture and shake to coat - thoroughly coat each piece.
5. Place coated chicken tenders on oiled cooking tray. Pat loose almond mixture onto each tender.
6. Bake in pre-heated oven at 425 degrees for 25 minutes.

Serves 6.

Serve with baked French fries (see recipe), steamed carrots and broccoli, and apple slices.

Homemade French Fries

Ingredients

3 Med. potatoes
4 TBSP Butter, melted
□ Cup grated Parmesan Cheese
□ tsp. garlic salt
□ tsp. paprika
1/8 tsp. onion powder
1/8 tsp. pepper
□ tsp. dried minced onion
Canola Oil

Directions

1. Scrub potatoes and cut in half. Cut each half into four large slices.
2. Brush potatoes with melted butter.
3. Add all other ingredients, except oil in a large plastic bag. Add several potato slices at a time to bag. Shake to coat with cheese mixture.
4. Place coated potato slices on oiled cooking sheet.
5. Bake in pre-heated oven at 400 degrees for 25-30 minutes, turning at least once while cooking.

Makes 6 servings.

Wednesday

Slow Cooker Mushroom Chicken

Ingredients

- 3-4 Large Boneless, All Natural Skinless Chicken Breasts
- 1 Can Organic Cream of Mushroom Soup
- 1/2 Onion, Chopped
- 3 Cloves Garlic, minced
- 2 TBSP Soy Sauce
- Cup Water
- Cup Organic Chicken Broth
- Cup White Wine (optional)
- 1 TLB Minced Dried Onion
- tsp each Salt & Pepper
- tsp. Garlic Salt

Put all ingredients in slow cooker. Cook on high for 4-5 hours or until chicken is cooked through. Serve over brown rice with steamed broccoli and carrots.

Thursday

Vegetable Soup

Ingredients

- 32 oz. Organic free range chicken broth
- 1 1/2 Cups Water
- 1 14.5 oz. can 100% Natural Diced Tomatoes
- 2 Cups Frozen Mixed Vegetables
- 1 Cup Chopped Fresh Carrots
- 2 Stalks Celery, Chopped
- 1 Potato, Peeled and Cubed
- 1 Cup Multi-Grain Penne Pasta (Barilla Plus)
- 1 Bay Leaf
- tsp. parsley
- tsp. thyme
- tsp. chopped garlic
- tsp. chopped ginger root
- cup Chopped red onion
- 1/8 tsp paprika
- Salt & Pepper to season.

Directions

1. Add all ingredients except pasta to a large pot. Bring to a boil. Reduce heat and simmer for 30 – 40 minutes.
2. Add pasta, cook for additional 30 minutes. May need to add a little water when the noodles soak up some of the liquid.
3. Top with shredded cheddar cheese.

Serves 4-6 Large Bowls.

Serve with fresh mixed green salad with Annie's Naturals Raspberry Vinaigrette and red grapes or apple slices.

Friday

Baked Herb Chicken

Ingredients

- 4 Skinless, All Natural Boneless Chicken Breasts
- 2 TBL Olive Oil
- 3 TBL Organic Free-Range Chicken Broth
- 1 TBL Dry Minced Onion
- 1 tsp Chopped Garlic
- 1 tsp thyme
- tsp rosemary
- tsp parsley
- tsp sea salt
- tsp paprika
- tsp turmeric
- tsp garlic salt
- tsp pepper
- tsp marjoram

Directions

1. Preheat oven to 375.
2. Put all ingredients except chicken into a bowl and mix well.
3. Place chicken into baking dish.
4. Pour sauce mixture over chicken and coat well. Make sure sauce covers the bottom of the baking dish and that the chicken is coated on both sides.
5. Bake for 45 minutes.

Serve with baked new potatoes seasoned with fresh garlic and steamed green beans.

Grocery List



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Healthy Pasta and Vegetables

Carrots
1 Zucchini Squash
Baby Portabello Mushrooms
Chopped Onion
1 14.5 oz. Can All Natural Diced Tomatoes
Chopped Walnuts
Olive Oil
Garlic
Pinch Basil, Oregano, salt & Pepper
Whole Wheat or Multi Grain Pasta (Barilla Plus)



Chicken Fingers

2 Pkg. All Natural chicken tenders
almonds
whole-wheat flour
paprika
garlic powder
dry ground mustard
dry minced onion
pepper and salt to taste
olive oil

Homemade French Fries

3 Med. potatoes
Butter
Grated Parmesan Cheese
garlic salt
paprika
onion powder
pepper
dried minced onion
Canola Oil

Slow Cooker Mushroom Chicken

3-4 Large Boneless, All Natural Skinless Chicken Breasts
1 Can Organic Cream of Mushroom Soup
1/2 Onion, Chopped
Garlic, minced
Soy Sauce
Organic Chicken Broth
White Wine (optional)
Minced Dried Onion
Salt & Pepper
Garlic Salt

Vegetable Soup

Organic free range chicken broth
1 14.5 oz. can 100% Natural Diced Tomatoes
Frozen Mixed Vegetables
Carrots
2 Stalks Celery, Chopped
1 Potato
Multi-Grain Penne Pasta (Barilla Plus)
1 Bay Leaf
parsley
thyme
chopped garlic
chopped ginger root
Chopped red onion
paprika

Baked Herb Chicken

4 Skinless, All Natural Boneless Chicken Breasts
Olive Oil
Organic Free-Range Chicken Broth
Dry Minced Onion
Chopped Garlic
thyme
rosemary
parsley
sea salt
paprika
turmeric
garlic salt
pepper
marjoram