



MEAL PLANNING

Another week, another shopping trip. Another day, another dinner to cook. Let's be real. Cooking for yourself or for your family can be exhausting. But the value of eating healthy meals together is just too great to forfeit.

So, what do you do?

We are here to help with a practical teaching on meal planning!

Invite 2-3 friends over to your house, eat some yummy snacks, watch Valerie's short teaching on meal planning, and meal plan for the coming week together! Then, close out your time with a Be Still & Be Loved and a time for prayer.

Let this communal meal planning time fuel you for the weeks and years ahead. And remember, this is something you can do again and again with your friends! Bon Appetit!

GET FREE. STAY FREE. SET OTHERS FREE.



EXCLUSIVE RECIPES FROM REVELATION WELLNESS

SHEET PAN BREAKFAST BRUSSELS SPROUT HASH

Servings: 4 to 6

Prep Time: 10 min

Cook Time: 40 min

INGREDIENTS:

- 1 ½ lbs. waxy potatoes, cut into ¾-inch cubes
- 2 c. Brussels sprouts, trimmed and halved
- ½ large yellow onion, diced
- 2 cloves garlic, minced
- 2 slices bacon, cut into ¼-inch pieces
- 1 ½ Tbsp. extra-virgin olive oil, plus extra for frying eggs
- ¼ tsp. salt
- ¼ tsp. cracked black pepper
- 4 to 6 large eggs
- Garnish- Hot sauce or ketchup Thinly sliced scallions



EXCLUSIVE RECIPES FROM REVELATION WELLNESS

DIRECTIONS:

- Preheat the oven to 425°F
- In a large mixing bowl, toss the potatoes, Brussels sprouts, onion, garlic, and bacon until combined. Add the olive oil, salt, and pepper; toss again until every piece is thoroughly coated with the oil. Spread evenly on a sheet pan in a single layer.
- Roast the hash for 20 minutes, stir, and continue to roast until golden brown and tender, about 20 minutes longer.
- When the hash is almost finished, fry the eggs in olive oil as desired.
- Divide the hash into 4-6 portions and serve each portion topped with a fried egg, hot sauce or ketchup, and scallions.

(From "**Gentle Nutrition**" by Rachael Hartley, RD)



EXCLUSIVE RECIPES FROM REVELATION WELLNESS

SKINNY PUMPKIN SPICE LATTE

Serves 2 (one serving is 1 1/2 cups)

Estimated cook time: 5-10 minutes

INGREDIENTS

- 2 tbs Instant espresso powder (or 2 pkts Starbucks Instant Via Coffee)
[1]
- 1 tsp Pumpkin pie spice
- 1/2 tsp Cinnamon
- 1/2 Cup pumpkin puree
- 1/4 cup Sugar free maple syrup, honey, or agave nectar
- 2 cups Vanilla almond milk or skim milk
- 3-5 pkts Stevia (or sweetener to taste)
- Optional: 2 tbs half and half and/or fat free whipped topping for garnish
- [1] Or 2 shots of espresso or 1 cup very strong coffee.



EXCLUSIVE RECIPES FROM REVELATION WELLNESS

DIRECTIONS:

1. Add all ingredients to a small saucepan and stir to combine.
2. Cook over medium heat for 1-3 minutes, or until very hot (but be careful not to bring to a boil). Remove from heat and add to a blender.
3. Blend on high until the milk begins to form small bubbles and gets frothy, about 1-2 minutes.
4. Divide the mixture between two mugs (or save half for later in the fridge).
5. Add a splash of half and half or a squirt of whipped cream, a drizzle of sugar-free caramel, and a dash of cinnamon on top!!

(From **Dashing Dish**)



VALERIE'S TEACHING: MEAL PLANNING

Watch the teaching here:





TEACHING NOTES

WHY MEAL PLAN?

- Helps keep you on budget by eating at home rather than eating out unexpectedly.
- Healthier - you know what's in your food
- It takes stress away from having to figure out what to cook each evening.

HOW TO MEAL PLAN:

- **Look at your schedule:** Decide how many meals you need to prepare for the coming week.
 - Tip: Plan for a night to eat leftovers. If your budget allows, you can also plan for a night to eat out or carry out.
- **Ask your family for ideas:** See what your family would like to eat during the week. This helps to take the pressure off you for deciding every single meal.
 - Tip: Ask your friends what they like to make for their families!



TEACHING NOTES

- **Keep a list of favorites:** Every time you make a meal the family enjoys, write it down! You can rotate this meal in your meal plan often.
- **Keep a recipe book:** Either print off your favorite recipes or save them in a bookmarking site like Pinterest.
 - Tip: Did you know [Revelation Wellness has a Pinterest page?](#) Follow us to find great recipes, read blog posts, and more!
- **Choose your recipes for the week and write a grocery list!**
 - Don't forget! Make sure your list includes snacks, breakfast, and lunch options!
 - Tip: Check your pantry for ingredients before you write your list!
 - Tip: Try to find recipes with similar ingredients so you can batch-cook ingredients to use all week.



TEACHING NOTES

FOOD PREP:

Another great way to save time and money throughout the week is to prep your food the day (or weekend) you buy it.

1. **Pre-wash produce** - you can put all your produce in a sink of cold water with a cap of white vinegar. Then let it soak for about 5 min. Allow your produce to air dry.
2. **Cut your produce** - easy to grab for snacks or use for recipes.
3. **Pre-grill your food** - have recipes that use a lot of meat? Grill the meat to use in recipes throughout the week.
 - a. Example: Grilled Chicken - use it for fajitas, chicken salad, quesadillas, wraps, etc.



COMMUNITY MEAL PLANNING AND DISCUSSION QUESTIONS

COMMUNITY MEAL PLANNING:

Set a timer for 25 minutes and help one another meal plan for the week ahead. Make it a goal to close out your time together with 2-3 meals planned.

Share your favorite meals and recipes. Share your best meal-planning tips. Encourage one another!

THEN, TAKE 10-15 MINUTES TO FOLLOW UP WITH THESE DISCUSSION QUESTIONS:

1. Who has the responsibility for meal planning in your home? Does this responsibility feel like a burden or a joy?
2. In what ways does planning and preparing meals serve your family (or your roommates or yourself)?
3. What other aspects of your life benefit from planning and preparation?
4. How does the monotony of meal planning sometimes mirror your faith journey? What role does endurance and hope play in meal planning and faith?



#393 BE STILL & BE LOVED: A GOOD PORTION (LUKE 11:38)

Listen to the meditation here:



PRAYER PROMPTS

CONSIDER ENDING YOUR TIME BY PRAYING TOGETHER ABOUT THESE TOPICS:

- If meal planning is burdensome, pray that God would help you see the ways that you imitate Christ by selflessly serving others.
- Pray that meal planning would feel like worship.
- Pray for the bodies of the people who eat the food you make. Pray that they are nourished and energized for the work God's given them to do.
- Pray that your meals will be a reminder of the Bread of Life, Jesus.
- Pray for people who do not have enough food to eat.
- Pray for opportunities to invite neighbors to your table.
- Pray over your meal plan for the week.



ADDITIONAL RESOURCES

- [Revelation Wellness \(RevWell\) Pinterest](#)
- [5 daily tasks to stay on top of your household chores](#)
- [5 tips for better meal planning](#)
- [Make nutritious smoothies on the go!](#)
- [Every Moment Holy: Prayer for Meal Preparation](#) (see liturgy downloads in Volume I from Liturgies of Labor and Vocation)