

Glorifying God in the Kitchen - B's Devotion 2.11.26

"So, whether you eat or drink, or whatever you do, do all to the glory of God." - 1 Corinthians 10:31

Notes:

1. Remember your Provider

"The eyes of all look to You, and You give them their food in due season. You open Your hand; You satisfy the desire of every living thing." - Psalm 145:15-16

Notes:

- Challenge
 - Use food as a reminder of your dependence on God, & how He provides your needs.
 - Pray with your children before every meal- potentially every snack.

2. Take Care of Your Body

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." - 1 Corinthians 6:19-20

Notes:

- Challenge:
 - Reflect on whether Jesus is Lord over your food choices.
 - Ask yourself, “What does God think about how I take care of my body with food? Do I honor God with my food choices?”

3. “Cook” as Unto the Lord

“Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve.” - Colossians 3:23-24

Notes:

- Challenge:
 - Use the never-ending tasks as an opportunity to become more like God, our faithful Father.
 - Teach your kids to serve one another, because it pleases God and glorifies Him.

Discussion Questions

1. Have you ever considered that your food choices matter to God?
2. What is a dish you often ate growing up? Have you make this for your kid(s)?

Bethany's Time-Efficient Meal Planning Tips

Tip 1: Don't Complicate Meals!

Breakfasts:

- Aim for breakfasts that take <15 minutes, or prep ahead.
- Examples (prioritizing protein):
 - Eggs & toast with a side of yogurt & fruit
 - Breakfast quesadilla/burrito (make-ahead & freeze option)
 - Breakfast sandwich w/ cheese, eggs, and/or sausage (make-ahead & freeze option)
 - Bagels w/ cream cheese and smoked salmon or ham slices
 - Oatmeal w/ breakfast sausage on the side
 - Yogurt Parfait w/ fruit, granola, nuts
 - Toast topped with cottage cheese & a side of fruit

Lunches/Dinners:

- Aim to make large portions at dinner on some evenings to purposefully use leftovers for lunches/dinners. (Quick Recipes on my blog, found at my Instagram: @bunnys_eats)
- If no leftovers, here are some quick lunches:
 - Chicken/Tuna/Egg Salad Sandwiches, with a side of veggies
 - Chicken Hummus Wraps (leftover cooked chicken, hummus, pita, side of veggies)
 - Meat & Veggie Quesadillas (Ground meat, seasoning, spinach, cheese, tortilla)
 - Snack plate (adult lunchable) with meat, cheese, fruit, veg, crackers
 - Shrimp & Pepper Fajitas w/ yogurt lime crema

Tip 2: Take Advantage of Convenience Items

- Convenience items that are already prepared or partially prepared.
- Use convenience items that work toward your goals. Sometimes these are cheaper, sometimes not.
- Examples:

- Frozen Veggies - last longer than fresh with no nutritional differences, are often cheaper, and are frozen at peak ripeness.
 - Pre-seasoned Meats - great if you need to cook dinner right away, or if you need flavor ideas!
 - Salad Kits - can be on the pricier side, but they have helped me in a pinch
 - Prepared, Filled Pasta - I like some refrigerated tortellini/ravioli; done in ~10 min.
 - Steam-in-bag Veggies - a few I've used are green bean, broccoli, corn and peas. Each takes <5 minutes and has saved me when I forgot to add a vegetable to a meal.
 - Sauces & Marinades - Tzatziki, hummus, pasta sauces, Thai yellow curry sauce (from TJ's). These usually taste pretty good, although you are not able to control the salt & sugar content to your preference.
- Example Meals Using Convenience Items:
 - Meal 1 (20-30 min, \$10-15 for 4-6 servings):
Quiche using pre-made pie crust, frozen spinach, eggs & cheese
 - Meal 2 (15 min, \$15-20 for 3.5 servings):
Homemade butter garlic shrimp or chicken, with prepared spinach tortellini & steam-in-bag refrigerated green beans
 - Meal 3 (35 min, \$20 for 3-4 servings):
Trader Joe's Pre-marinated Shawarma Chicken Thighs, served with pita bread, hummus or tzatziki & cucumber tomato salad
 - Meal 4 (30 min, \$10-15 for 4 servings):
Sheet pan gnocchi (1lb package), sliced chicken sausage or seasoned chicken breast, bell peppers and onions

Tip 3: Purchase the Same Ingredients for 2 Meals:

- Examples of Recipes with Shared Ingredients:
 - *Chicken Gyros & Greek Pasta Salad*

- cucumbers, cherry/grape tomatoes, red onion, greek Kalamata olives, feta cheese, chicken (thighs or breasts), ingredients for Tzatziki sauce, Greek seasonings
- *Stuffed Bell Peppers and Easy Jambalaya*
 - medium yellow onions, multi-colored bell peppers, rice, tomatoes, Cajun spices,
- *Asian Stir Fry and Sheet Pan Veggies, Meat & Potatoes*
 - veg variety (broccoli, carrots, peppers, mushrooms), cubed chicken or beef, onions
- *Meatball “Sub” Sliders and Pasta w/ Meatballs:*
 - ground beef, bread crumbs, pasta sauce, yellow onions, Italian blend shredded cheese, Italian seasonings

Additional Helpful Tips:

- Take advantage of one-pot, sheet pan, casserole, and dump-and-go recipes. These are great for quick prep and clean-up, and there are *tons* of flavorful & fast recipes online.
- Focus on consistently incorporating the veggies you *like*, rather than not at all.
- Add veggies to meals that don’t originally call for it.
 - add spinach or bell peppers to quesadillas
 - add shredded zucchini or carrots to pasta sauce
 - add corn or peas to coconut rice
- Do a quick search for “30-minute meals”, and compile a list of your favorites.
 - Recipes I use: fajitas, chicken hummus wraps, broccoli beef noodles, cheeseburger sliders
- Choose 2-3 grocery stores to go to regularly, and compare the overall prices between them.
 - Mine are Food Maxx, Costco, Trader Joes (& sometimes Target)
- It’s okay if everything you make takes less than 30 minutes (except Thanksgiving turkey...). You don’t have to make complicated, extravagant meals on a daily basis.