



nourished kitchen

meal plans} summer: week 4

about your ingredients}

Dairy: Choose raw milk, cream and butter when you can, provided they're from cows raised on pasture. Avoid ultrapasteurized dairy products.

Eggs: Choose farm-fresh eggs from hens raised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.

Pantry Items: Choose organic, local and raw when and where possible.

Fresh Produce: Choose organic, local vegetables when possible.

Meat, Fish & Fowl: Choose locally and naturally raised meats from animals allowed to graze on fresh pastures.

SA: Substitution available, see recipe. HM: Preferably homemade. O: Optional ingredient.

menu #1	menu #2	menu #3	weekly extras
One-dish Meal <ul style="list-style-type: none"> chicken waldorf salad 	Levantine Supper <ul style="list-style-type: none"> lamb-stuffed zucchini tatziki sauce tomato, pepper and cucumber salad with fresh herbs 	Simple Spanish Supper <ul style="list-style-type: none"> tortilla espanola ensalada mixta fried peppers 	bonus recipes <ul style="list-style-type: none"> chow chow beef and summer vegetable soup peaches and cream popsicles supplemental recipes <ul style="list-style-type: none"> yogurt yogurt cheese / fresh whey mayonnaise beef stock

shopping list

dairy & eggs

- ___ butter (2 tbspa)^{SA}
- ___ yogurt (2 1/2 cups)^{SA}
- ___ eggs (6 whole)
- ___ fresh whey (1/4 cup)^{SA}
- ___ heavy cream (1/2 cup)^{SA}

meat, fish & fowl

- ___ cooked shredded chicken (3 cups)
- ___ ground lamb (1 lb)
- ___ lard (1/4 cup, 2 tbsps)^{SA}
- ___ beef stew meat (1/2 lb)
- ___ beef stock (1 1/2 qts)

fresh produce & herbs

- ___ apples (2)
- ___ red grapes (1 cup)
- ___ celery (2 ribs)
- ___ lettuce (1 head)
- ___ zucchini (3 large)

- ___ garlic (2 cloves)
- ___ tomatoes (14 large)
- ___ cucumbers (2)
- ___ red bell pepper (3)
- ___ parsley (2 cups, chopped)
- ___ mint (1/4 cup + 2 tbsps, chopped)
- ___ lemons (2)
- ___ red potatoes (1 lb)^{SA}
- ___ yellow onion (3)
- ___ mixed salad greens (8 cups)
- ___ carrots (2)
- ___ assorted peppers of choices (1 lb)
- ___ green tomatoes (1 lb)
- ___ cabbage (1 lb)
- ___ crookneck squash (2)
- ___ basil (1 cup, chopped)
- ___ peaches (4)

pantry items

- ___ unrefined sea salt
- ___ ground black pepper
- ___ walnuts (1/2 cup)

- ___ extra virgin olive oil (1/2 cup)
- ___ olives (1/2 cup)
- ___ red wine vinegar (2 serve)
- ___ raisins (1/2 cup)
- ___ honey (2 tbsps)

spices & dried herbs

- ___ ground cumin (1/4 tsp)
- ___ ground turmeric (1/4 tsp)
- ___ yellow mustard seeds (2 tps)
- ___ celery seed (1/2 tsp)
- ___ crushed red pepper flakes (1/4 tsp)
- ___ vanilla extract (2 tps)

miscellaneous & specialty

- ___ white wine (1 cup)

menu #1} chicken waldorf salad

In summer time, when the weather is hot, we love to serve main course salads for supper. This chicken Waldorf salad is one of our favorites, and we use the season's earliest and sourest apples in making it. You can use homemade mayonnaise in the dressing (see supplemental recipes at the end of this meal plan).



Make it ahead:

Up to 5 Days Ahead: Cook chicken, store in the fridge until ready to serve. Make mayonnaise using supplemental recipes.

5 minutes ahead: Whisk dressing together. Plate salads and serve.



How this meal nourishes:

Pasture-raised chicken is rich in protein offers a favorable ratio of omega-3 to omega-6 fatty acids.

Apples are a good source of the antioxidant quercetin.

Grapes are an excellent source of antioxidants including resveratrol.

Pasture-raised egg yolk contains one-third less cholesterol, one-quarter less saturated fat, two-thirds more vitamin A, two times more omega-3 fatty, three times more vitamin E and acids, and seven times more beta carotene than battery cage eggs. They are also a rich source of choline, a nutrient essential in cognitive function especially for the developing baby, and are a rich source of biotin, a B vitamin that is critical for cell growth, and contributes to good skin, hair and nails.



chicken waldorf salad} skill level:

easy | **yield:** 4 servings | **time:** 5 minutes (active)

ingredients

- 2 apples, cored and chopped
- 3 cups cooked shredded chicken
- 1 cup red grapes, halved
- 2 ribs celery, finely chopped
- 1/2 cup walnuts
- 1 cup dressing (recipe follows)
- 1 head lettuce

method

1. Toss apples, chicken, grapes, celery and walnuts together with 1 cup dressing until well-coated.
2. Plate over lettuce and serve cold.

scheduled for: _____



waldorf salad dressing} skill level:

easy | **yield:** about 1 cup | **time:** 5 minutes (active)

ingredients

- 3/4 cup mayonnaise
- 2 tbsps lemon juice
- 1 tbsps honey
- unrefined sea salt, as needed
- ground black pepper, as needed

method

1. Whisk mayonnaise, lemon juice and honey together until well-combined. Season with salt and ground black pepper, as needed.

***Don't do alcohol?** Substitute additional chicken stock.

menu #2} lamb-stuffed zucchini, tatziki sauce, tomato, pepper and cucumber salad with fresh herbs

In the summer we purchase huge zucchini at the farmers market, which we hollow out and fill with spiced lamb, quinoa or ground beef. I like to serve it with a simple tatziki sauce, and a salad of tomatoes, peppers, cucumber and herb.



Lighten your budget \$13

Substituting 3 cups soaked and cooked quinoa for lamb will save about \$8. Omitting bell pepper from the salad should save a further \$3, and substituting lettuce for parsley and mint in the salad will save about \$1 while substituting half the amount of dried mint for fresh in tatziki will save about \$1.



Make it ahead:

Up to 3 Days Ahead: Thaw lamb in fridge, if frozen. Make yogurt.

About 40 Minutes Ahead: Prepare zucchini-stuffed lamb.

5 Minutes Ahead: Prepare salad and tatziki sauce.



How this meal nourishes:

Grass-fed Lamb is rich in the mineral zinc which helps to support immune system function. It is also rich in conjugated linoleic acid, a healthy fat that mitigates the risk of metabolic syndrome as well as some forms of cancer.

Tomatoes are rich in lycopene, an antioxidant that is more bioavailable in cooked foods.

Yogurt is a good source of beneficial bacteria, food enzymes and naturally occurring fat-soluble vitamins.



lamb-stuffed zucchini} skill level:

easy | **yield:** 4 servings | **time:** 5 minutes (active), 10 minutes (stove), 30 minutes (oven)

ingredients

- 2 large zucchini
- 1 tbsp butter*
- 2 cloves garlic, minced
- 1 lb ground lamb
- 4 large tomatoes, peeled, seeded and chopped
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper

method

1. Preheat the oven to 375 F.
2. Split the zucchini length-wise, and scoop out the seeds and flesh. The zucchini shells should be about 1/4-inch thick. Reserve 1 cup of the zucchini flesh and chop it coarsely.
3. Melt butter in a skillet over a moderate flame. When it froths, toss in garlic and fry until fragrant - about 2 minutes. Stir in ground lamb and continue to cook until the lamb is well-browned. Stir in the chopped tomatoes, reserved zucchini, cumin, turmeric, salt and pepper. Continue cooking for an additional 4 to 5 minutes.
4. Spoon the lamb mixture into the zucchini shells, transfer to a baking dish. Add about 1 cup of water to the dish and bake for 30 to 40 minutes. Top with tatziki sauce.

scheduled for: _____



tomato, pepper and cucumber salad with fresh herbs} skill level:

easy | **yield:** 4 servings | 5 minutes (active)

ingredients

- 4 large tomatoes, seeded and chopped
- 1 cucumber, peeled if the skin is bitter, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 small red onion, peeled and chopped
- 1/2 cup chopped parsley
- 1/4 cup chopped mint
- juice of 1 lemon
- 1/4 cup extra virgin olive oil

method

1. Toss tomatoes, cucumber, pepper, onion, parsley and mint together. Dress with the juice of one lemon and one-quarter cup unrefined extra virgin olive oil. Season, as needed, with unrefined sea salt and ground black pepper.



tatziki} skill level: easy | yield: 1 pint | 5

minutes (active)

ingredients

- 2 cups yogurt*
- juice of 1 lemon
- 1 clove garlic, minced
- 2 tbsps chopped fresh mint
- 1/4 cup extra virgin olive oil

method

1. Whisk all ingredients together until the dressing's consistency becomes smooth and uniform. Season with salt and pepper as it suits you.

***Don't do dairy?** Substitute tallow, coconut oil or olive oil for butter and substitute 1/2 cup roasted sesame tahini and 1/4 cup lemon juice and 1/4 cup olive oil for yogurt.

menu #3} tortilla espanola, ensalada mixta, fried peppers

A light meal, this classic combination provides essential nourishment from farm-fresh eggs paired with summertime vegetables. I like to serve both frittatas and Spanish tortillas alongside a fresh green salad. In this menu, we also serve them with fried peppers. Traditionally, padron peppers are used for this dish and are often found at farmers markets; however, if you cannot find them simply substitute green bell peppers that have been seeded.



Lighten your budget \$6.50

Omit bell pepper and olives from salad to save \$4. Substitute 2 tbsps dried parsley for fresh parsley in tortilla to save \$2.50.



Make it ahead:

20 minutes ahead: Make Tortilla Espanola.

10 minutes ahead: Make Fried Peppers.

5 minutes ahead: Place Tortilla Espanola under the broiler. Toss salad. Serve.



How this meal nourishes:

Lard from pasture-raised hogs is rich in monounsaturated fatty acids a healthy fat also found in olive oil and avocados. Is a good source of vitamin D.

Pasture-raised eggs are an excellent source of protein, healthy fats and B vitamins.

Bell peppers are rich in vitamin C, vitamin B6 and beta carotene, a precursor to vitamin A.



tortilla espanola} skill level: easy |

yield: 4 servings | time: 15 minutes (stove), 5 minutes (oven)

ingredients

- 1/4 cup pastured lard*
- 1 lb young red potatoes**, cut into 1/8-inch slices
- 1 yellow onion, peeled and thinly sliced
- 6 eggs, well-beaten
- 1/2 cup chopped Italian flat-leaf parsley
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper

method

1. Preheat the oven to 400 F.
2. Melt lard in an oven-proof skillet set over a moderate flame, add potatoes and onion and stir well. Continue cooking until tender, about 15 minutes.
3. In a separate bowl, whisk together eggs, parsley, salt and pepper. Pour egg mixture over potatoes, reduce the heat to medium-low, and cook for about 5 minutes.
4. Transfer to an oven preheated to 400 F for about 5 minutes until set.

scheduled for: _____



ensalada mixta} skill level: easy |

yield: 4 servings | time: 5 minutes (active)

ingredients

- 8 cups mixed greens
- 2 tomatoes, quartered
- 1 cucumber, peeled (if skin is tough), seeded and chopped
- 1 red bell pepper, seeded and sliced thin
- 1/2 cup olives, sliced thin
- 2 carrots, scraped and finely grated
- olive oil, to serve
- red wine vinegar, to serve
- unrefined sea salt, as needed

method

1. Plate greens with quartered tomato, cucumber bell pepper, olives and carrots. Then dress, as needed, with olive oil,



fried peppers} skill level: easy | yield: 4

servings | time: 5 minutes (stove)

ingredients

- 2 tbsps pastured lard
- 1 lb peppers, seeded and thinly sliced
- unrefined sea salt, as needed

method

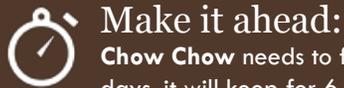
1. Melt lard in a skillet over a moderately high flame.
2. Toss in peppers and fry until tender (about 5 minutes) then season with unrefined sea salt, as needed.

***Don't do pork?** Substitute butter, tallow, coconut oil or olive oil for lard..

****On GAPS/SCD?** Substitute celery root for potato..

weekly extras} chow chow, beef and summer vegetable soup, peaches and cream popsicles

If you've never had chow chow before, you'll love this lactofermented version; it's packed with flavor and great alongside hamburgers or grilled meats. We also like to serve this beef and summer vegetable soup in the summer, or save it for use later in winter when we crave the robustness of a rich tomato and the lightness of summer squash.



Make it ahead:

Chow Chow needs to ferment for 3 to 5 days, it will keep for 6 to 8 weeks.

Beef and Summer Vegetable Soup needs stock which can be made up to a week ahead.

Popsicles needs to freeze overnight.



chow chow} skill level: easy | yield: 1 quart | time: 10 minutes (active), 3 to 5 days (fermentation)

ingredients

- 1 lb green tomatoes, peeled, seeded and chopped
- 1 lb green cabbage, chopped
- 1 sweet yellow onion, peeled and chopped
- 1 red bell pepper, seeded and chopped
- 1/2 cup raisins
- 2 teaspoons yellow mustard seeds
- 1/2 teaspoon celery seed
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup fresh whey
- 1 tbsp sea salt

method

1. Combine tomatoes, cabbage, onion, bell pepper, raisins, mustard seed, celery seed and crushed red pepper together in a bowl with whey and sea salt Toss

- until the mixture is mixed well.
2. Transfer to a mason jar or vegetable fermenter and mash with a wooden spoon until the vegetables release their brine. Continue layering, mashing and layering until the vegetables are exhausted and your jar is full, leaving at least one inch headspace. Cover loosely with a lid and allow the chow chow to ferment at room temperature for 3 to 5 days before transferring to the refrigerator. Chow chow should keep for 6 to 8 weeks, properly stored. Serve as a side dish or condiment for grilled meats and hamburgers.



beef and summer vegetable soup} skill level: easy | yield: 1 quart | time: 1 tin)

ingredients

- 1 tbsp butter*
- 1 yellow onion, peeled and sliced thin
- 1/2 lb beef stew meat
- 2 yellow crookneck squashes, chopped
- 1 zucchini, chopped
- 4 tomatoes, peeled, seeded and coarsely chopped
- 1 1/2 qts beef stock
- 1 cup chopped basil
- 1 cup chopped parsley

method

1. Melt butter in a heavy-bottomed stock pot. Toss in onions and cook until fragrant, then brown stew meat.
2. Add chopped squash, zucchini, tomatoes and beef stock to the pot. Bring to a boil, reduce heat to a slow simmer and simmer, covered, for thirty to forty min-

scheduled for: _____

utes. Remove from heat, stir in basil and parsley and serve, seasoning with unrefined sea salt and ground black pepper as needed.



peaches and cream popsicles}

skill level: easy | yield: 6 to 8 popsicles (depending on mold size) | time: 5 minutes (active), 8 to 12 hours freezing)

ingredients

- 4 peaches, peeled and chopped
- 1/2 cup yogurt*
- 1/2 cup heavy cream*
- 2 tbsps honey
- 2 teaspoons vanilla extract

method

1. Puree all ingredients together in a blender or food processor. Pour into popsicle molds and freeze overnight.

***Don't do dairy?** Substitute 1/4 cup brine from previously fermented vegetables or 1/2 packet vegetable starter culture dissolved in 1/4 cup water for whey. Substitute lard, tallow or olive oil for butter and substitute coconut yogurt for yogurt and coconut milk for heavy cream.

weekly extras} yogurt, strained yogurt / fresh whey, beef stock



yogurt} skill level: easy | time: 5 minutes

(active), 8 to 24 hours (fermentation)

ingredients

- 1/4 cup yogurt from a previous batch or other yogurt starter
- 1 qt milk

method

1. Whisk all ingredients together, pour into a yogurt maker and culture at 108 to 112 F for 8 to 24 hours, the longer it cultures the more sour it becomes.



beef stock} skill level: easy | time: 5 minutes

(active), 8 to 24 hours (fermentation)

ingredients

- 3 to 5 lbs beef soup bones
- vegetable scraps, as needed
- 2 tbsps cider vinegar
- 2 to 3 bay leaves

method

1. Rinse and clean the bones under clean water. Pat them dry. Roast the bones at 400 ° F for about an hour until the bones are well-browned and fragrant.
2. Once the bones are browned, drain off any fat. Add the bones to a big pot along with any vegetable scraps you might have. Add filtered water to cover and bring to a boil. Once you've brought the water to a boil, add the vinegar and bay leaves.
3. Turn down the heat and continue to simmer for at least six and up to twenty-four hours, adding water as necessary.
4. Throughout the cooking process, skim off

any foam and add water as needed.

5. When the stock is finished simmering, filter through a fine mesh sieve and bottle in mason jars. The stock should set just like gelatin, and the fat should rise to the top.
6. Pick off the fat and reserve it for cooking, then scoop out the gelled stock and reheat to serve as soup.



strained yogurt / fresh whey}

skill level: easy | yield: 1 pint (varies) | time: 5 minutes (active), 12 hours (straining)

ingredients

- 1 quart yogurt

method

1. Place a fine-mesh sieve over a mixing bowl and line it with cheesecloth. Pour yogurt into the sieve and allow the whey to strain out for at least twelve hours. Reserve whey for fermenting and enjoy strained yogurt as you would any yogurt.

Got Questions?

If you have a specific question about the recipes contained in the meal plan, email jenny@nourishedkitchen.com.

To manage your account or cancel a recurring order email your request one week in advance to support@nourishedkitchen.com



mayonnaise} skill level: easy | yield:

about 1 1/2 cups | time: 5 minutes (active)

ingredients

- 2 egg yolks
- 1 tbsp apple cider vinegar
- 1 tbsp water
- 1/4 tsp unrefined sea salt
- 3/4 cup unrefined extra virgin olive oil

method

1. Toss egg yolks, cider vinegar, water and unrefined sea salt into the basin of a food processor. Pulse 2 or 3 times until well-combined.
2. In a smooth a steady stream, pour in olive oil and continue pouring slowly until the mayonnaise is thoroughly emulsified. Store for up to a week in the fridge.