



nourished kitchen

meal plans} summer: week 1

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
family favorites <ul style="list-style-type: none"> sloppy joes almond flour drop biscuits OR whole-grain sourdough rolls sliced vegetables 	one-dish meal <ul style="list-style-type: none"> chicken cacciatore green salad with Italian herb vinaigrette 	simple Greek supper <ul style="list-style-type: none"> open-faced lamb burgers Greek salad tatziki sauce cucumber mint cooler 	bonus recipes <ul style="list-style-type: none"> sour dill pickles classic tomato gazpacho sweet cherry clafoutis supplemental recipes <ul style="list-style-type: none"> chicken stock yogurt

shopping list

dairy & eggs

- ___ butter (1/4 cup, 3 tbsps)^{SA}
- ___ eggs (5 whole)
- ___ feta cheese (1/2 cup)^O
- ___ yogurt (2 cups)^{HM, SA}
- ___ heavy cream (1/2 cup)

meat, fish & fowl

- ___ tallow (2 tbsps)^{SA}
- ___ ground beef (1 lb)
- ___ ground organ meat (1/4 lb)
- ___ bone-in chicken breasts (1 1/2 lbs)
- ___ chicken stock (2 1/2 cups)^{HM}
- ___ ground lamb (1 lb)

fresh produce & herbs

- ___ yellow onion (2)
- ___ garlic cloves (13)
- ___ garlic head (1)
- ___ dill (1/2 cup, chopped)

- ___ horseradish leaf (1)^O
- ___ red or green bell pepper (4)
- ___ mushrooms (1/2 lb)
- ___ carrots (4)
- ___ radishes (8)
- ___ turnip (1 large)
- ___ basil (1/2 cup, 2 tbsps, chopped)
- ___ flat-leaf parsley (1/4 cup, 1 tbsp chopped)
- ___ salad greens (14 cups, loosely packed)
- ___ tomatoes (1 1/2 lbs + 3)
- ___ scallions (2)
- ___ oregano (2 tbsps, chopped)
- ___ red onion (1)
- ___ mint (1/4 cup, chopped)
- ___ cucumbers (7)
- ___ lemons (2)
- ___ sweet cherries (2 1/2 cups)

pantry items

- ___ unrefined sea salt
- ___ baking soda (1/2 tsp)

- ___ crushed tomatoes (1 qt)
- ___ tomato paste (1/4 cup, 2 tbsps)
- ___ unrefined cane sugar (1/4 cup)^{SA}
- ___ red wine vinegar (1/4 cup, 1 tbsp)
- ___ extra virgin olive oil (1 cup)
- ___ pitted kalamata olives (1/2 cup)
- ___ pepperoncini (1/4 cup)
- ___ unbleached or sprouted flour (1/2 cup)^{SA}
- ___ honey (1/2 cup, 1/3 cup, 2 tbsps)
- ___ almond flour (2 1/2 cups)
- ___ whole wheat flour (4 cups)

miscellaneous & specialty

- ___ sourdough starter (1 cup)
- ___ red wine (1 cup)

Grain/Grain-free Options}

If Making Sourdough Rolls: Omit almond flour, baking soda, 2 tbsps butter and 2 eggs.

If Making Almond Flour Drop Biscuits: Omit almond flour, baking soda, 1/4 cup butter and 2 eggs.

menu #1} sloppy joes, almond flour drop biscuits OR whole-grain sourdough rolls, sliced vegetables

Your kids will love this meal of family favorites: classic dishes like sloppy joes over almond flour biscuits or sourdough buns, plus a three-bean salad that's great served as an accompaniment or to potlucks. Consider serving the ferment of the week - dill pickles - with this meal.



Lighten your budget \$7

Substituting soaked and cooked lentils for ground beef will save about \$4. Omitting bell peppers will save \$3 more.



Make it ahead:

3 Days Ahead: Thaw beef and offal in the fridge.

2 Days Ahead: Proof sourdough starter.

10 to 12 Hours Ahead: Prepare sourdough rolls.

25 Minutes Ahead: Bake sourdough rolls.

20 Minutes Ahead: Make sloppy joes, slice veggies to serve, bake almond biscuits.



sloppy joes} skill level: easy | yield: 4

servings | time: 15 minutes (stove)

ingredients

- 2 tbsps tallow*
- 1 yellow onion, finely chopped
- 1 small red or green bell pepper, seeded and finely chopped
- 1 lb ground beef
- 1/4 lb ground organ meat**
- 2 cups crushed tomatoes
- 2 tbsps tomato paste
- 1/4 cup unrefined cane sugar***
- 1 tbsp fish sauce, optional
- 1 tbsp red wine vinegar

method

1. Melt tallow in a skillet over a moderate flame. Toss in onion, bell pepper, fry in

tallow until fragrant - about 2 minutes. Stir in ground beef and ground organ meat and continue stirring until cooked through.

2. Stir in crushed tomatoes, tomato paste, sugar, fish sauce and vinegar. Reduce the heat to low and simmer, covered, for an additional 5 or 6 minutes.
3. Serve over almond flour biscuits or



almond flour drop biscuits} skill

level: easy | yield: 1 dozen | time: 5 minutes

(active), 15 minutes (oven)

ingredients

- 2 1/2 cups almond flour, plus extra for coating the biscuits
- 1/2 tsp unrefined sea salt
- 1/2 tsp baking soda
- 1/4 cup butter****
- 2 eggs, beaten

method

1. Preheat the oven to 350 F.
2. Beat almond flour, salt, baking soda, butter and eggs together. Form into small balls, about 1 1/2- to 2-inches in diameter, dredge in additional flour as necessary and drop them on a baking stone.
3. Bake at 350 F for about 15 minutes.



sourdough buns} skill level: easy |

yield: 1 dozen | time: 35 minutes (active), 10 hours (fridge), 2 hours (rising), 25 minutes (oven)

ingredients

- 1 cup proofed and bubbly sourdough starter
- 2 tps unrefined sea salt

scheduled for: _____

- 2 tbsps honey
- 2 tbsps melted butter, plus extra for brushing the rolls
- 4 cups whole wheat flour

method

1. Whisk starter with 1 1/2 one cups warm water, salt, honey and butter until the mixture is smooth and uniform then stir in flour 1/2 cup at a time.
2. Flour your working surface and turn the dough out, kneading for 10 to 15 minutes. Then transfer the dough to an oiled bowl, cover it, and refrigerate for 8 to 10 hours
3. Transfer the dough to a floured surface and allow it to come to room temperature and rise for 2 hours.
4. Preheat the oven to 375 F and line a baking sheet with parchment paper.
5. Form the dough into 12 rolls and transfer to the baking sheet. Brush with additional melted butter and bake rolls about 25 minutes or until golden brown. Allow to cool completely before serving.



sliced vegetables (to serve)} skill

level: easy | yield: 4 servings | time: 5 minutes

(active)

ingredients

- 4 carrots, cut into sticks
- 8 radishes, quartered
- 1 large turnip, sliced into sticks

method

1. Place on a serving plate and serve with sloppy joes.

***Don't have tallow?** Substitute butter, lard, coconut or olive oil.

****Don't do offal?** Substitute additional ground beef.

*****Don't do cane sugar?** Substitute honey.

******Don't do dairy?** Substitute coconut oil.

menu #2} slowcooker chicken cacciatore, green salad with Italian herb vinaigrette

Chicken cacciatore is a classic Italian dish. Excellent served with a simple green salad, chicken cacciatore is both filling and nourishing. In this version, we minimize time spent in the kitchen by using a slowcooker to prepare the meal.



Lighten your budget \$19.50

Substituting chicken thighs will save about \$3. Using 1/2 the amount of dried herbs (instead of fresh) will save about \$5.50. Using stock in stead of wine will save a further \$2 and omitting bell peppers will save \$9.



Make it ahead:

3 Days Ahead: Thaw chicken in the fridge. Prepare vinaigrette and store at room temperature.

8 hours ahead: Prepare Slowcooker Chicken Cacciatore.

5 Minutes Ahead: Toss fresh herbs into chicken cacciatore, plate the salad and dress at the table.



How this meal nourishes:

Pasture-raised Chicken is richer in vitamin A, vitamin E and beta carotene than conventionally raised chicken. It is also a good source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids.

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

Olive Oil is an excellent source of vitamin E as well as many potent antioxidants. It is also a good source of monounsaturated fatty acids, thought to promote heart health.



slowcooker chicken cacciatore}

skill level: easy | **yield:** 4 servings | **time:** 5 minutes (active), 10 minutes (stove), 8 hours (slow-cooker)

ingredients

- 1 1/2 lbs bone-in chicken breasts, skin removed
- 1/2 tsp unrefined sea salt
- 1/4 tsp crushed red pepper
- 1 tbsp butter*
- 1 yellow onion, sliced thin
- 4 cloves garlic, peeled and minced
- 1 green or red bell pepper, seeded and chopped
- 1/2 lb mushrooms, sliced
- 1 cup red wine**
- 2 cups crushed tomatoes
- 1/4 cup tomato paste
- 1 cup chicken stock
- 1/2 cup chopped fresh basil
- 1/4 cup chopped fresh flat-leaf parsley

method

1. Season chicken with salt and crushed red pepper, then melt butter in a skillet until it froths. Sear the chicken on all sides.
2. Transfer the chicken to a slowcooker and add onion, garlic, bell pepper, mushrooms, red wine, tomatoes, tomato paste and chicken stock to the slowcooker. Cook on low for eight hours. Stir in fresh herbs just before serving.



summer salad with Italian herb vinaigrette}

skill level: easy | **yield:** 4 servings | **time:** 15 minutes (stove)

ingredients

for the vinaigrette

- 2 cloves garlic, minced
- 2 tbsps chopped fresh basil
- 1 tbsp chopped fresh flat-leaf parsley
- 2 tbsps red wine vinegar
- 1/2 cup unrefined extra virgin olive oil

for the salad

- 6 cups salad greens
- 2 tomatoes, quartered
- 1 green or red bell pepper, seeded and sliced thin
- 2 scallions, sliced thin

method

1. Whisk garlic, herbs and vinegar in a small bowl until combined, then whisk in olive oil.
2. Transfer to a salad dressing cruet or mason jar and store at room temperature until ready to serve.
3. Just before serving, plate greens, tomatoes, bell pepper and scallions. Dress at the table as you like it.

***Don't do dairy?** Substitute olive oil.

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

menu #3} open-faced lamb burgers, Greek salad, tatziki sauce, cucumber mint cooler

We love fresh salads for summer suppers and this one is delightful: pairing strong flavors of a classic Greek-style salad with lamb and a yogurt-based tatziki sauce.



Lighten your budget \$2.50

Substituting ground beef for lamb will save about \$2. Substituting regular black olives for Kalamata olives should save \$0.50.



Make it ahead:

3 Days Ahead: Thaw lamb in fridge. Make tatziki sauce, store in the fridge.

20 Minutes Ahead: Prepare lamb burgers.

5 Minutes Ahead: Assemble salad, top with lamb burgers and tatziki sauce. Prepare cucumber mint coolers in the blender.



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 an excellent source of food enzymes as well as beneficial bacteria. When made from grass-fed milk, it is also a good source of fat-soluble vitamins and healthy fats including conjugated linoleic acid and trans-palmitoleic acid.



open-faced lamb burgers} skill

level: easy | yield: 4 servings | time: 5 minutes (active), 15 minutes (stove)

ingredients

- 1 lb ground lamb
- 4 cloves garlic, peeled and minced
- 2 tbsps chopped fresh oregano
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 2 tbsps butter*

method

1. Combine lamb, garlic, oregano, salt and pepper in a mixing bowl and knead until well mixed. Form into 4 patties.
2. Melt butter in a skillet until it foams and fry patties until cooked through (or to your liking), on both sides.
3. Serve over Greek salad, topped by tatziki sauce.



Greek salad} skill level: easy | yield: 4

servings | time: 5 minutes (active)

ingredients

- 8 cups mixed salad greens
- 1/2 cup pitted kalamata olives
- 1 red onion, peeled and sliced thin
- 1/4 cup pepperoncini
- 1/2 feta cheese (optional), crumbled
- 1 tomato, seeded and chopped

method

1. Evenly distribute salad greens, olives, onion, pepperoncini, cheese and tomato among four plates. Top with a lamb burger and dress with tatziki sauce.

scheduled for: _____



tatziki sauce} skill level: easy | yield: 1

pint | time: 5 minutes (active)

ingredients

- 2 cups yogurt*
- juice of 1 lemon
- 1 clove garlic, minced
- 2 tbsps chopped fresh mint
- 1/4 cup unrefined 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.



cucumber mint cooler} skill level:

easy | yield: 4 servings | time: 5 minutes

(blender)

ingredients

- 2 cucumbers, peeled and chopped
- 2 tbsps chopped fresh mint
- 1/3 cup honey
- juice of 2 lemons
- 3 cups ice
- dash unrefined sea salt

method

1. Toss all ingredients into a blender with 1/2 cup water. Blend until smooth and serve.

***Don't do dairy?** Substitute olive oil for butter and 2 cups cashews soaked over night in warm water and pureed with the juice of 1 lemon for yogurt.

weekly extras} sour dill pickles, classic tomato gazpacho, sweet cherry clafoutis

scheduled for: _____

Gazpacho is a lovely, light and largely uncooked soup of tomatoes and other summer foods and, on its own, it makes an excellent light lunch or you can serve it as an appetizer soup before a larger meal. Cherry clafoutis is a simple custard cake, but remember - in a classic clafoutis the cherries aren't pitted so watch out when you take a bite.



Lighten your budget \$2

Substituting an additional tomato for 1 bell pepper in the gazpacho should save \$2.



Make it ahead:

Sour Dill Pickles need to ferment for 7 to 10 days.

Gazpacho needs stock. Make it up to 1 week ahead.



sour dill pickles} skill level: easy |

yield: 1 quart | time: 5 minutes (active), 7 to 10 days (fermentation)

ingredients

- 1 tablespoon unrefined sea salt
- 4 large cucumbers, cut into spears or left whole, if desired
- 2 tablespoons pickling spice (allspice, mustard seed, bay leaf, cloves, etc.)
- cloves of 1 head of garlic, peeled and crushed
- 1/2 cup chopped fresh dill
- 1 horseradish leaf, if available

method

1. Mix salt with 1 1/2 cups warm water and set aside.

2. Place cucumbers, pickling spice, garlic cloves and dill and horseradish leaf (if using) into a 1-quart mason jar, crock or vegetable fermenter. Pour enough salt water in the jar to cover the cucumbers and spices.
3. Weigh the cucumbers down, if possible, ensuring that they rest below the brine level.
4. Cover with a lid and allow them to ferment at room temperature for 7 to 10 days before removing to cold storage.



classic tomato gazpacho} skill

level: easy | yield: 4 servings | time: 5 minutes

(blender)

ingredients

- 1 1/2 lbs tomatoes, peeled, seeded and finely chopped
- 1 1/2 cups warm, not hot, chicken stock
- 1 cucumber, peeled, seeded and finely chopped
- 1 small red onion, peeled and finely chopped
- 1 red bell pepper, seeded and finely chopped
- 2 cloves garlic, peeled and finely minced
- 1/2 tsp unrefined sea salt
- 2 tablespoons red wine vinegar
- 1/4 cup unrefined extra virgin olive oil

method

1. Combine all ingredients together in a large bowl, cover and chill for at least 4 hours or up to eight before serving.



sweet cherry clafoutis} skill level:

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

ingredients

- 2 1/2 cups sweet cherries
- 1/2 cup heavy cream*
- 1/2 cup honey
- 3 eggs, beaten
- 1 tsp vanilla extract
- 1/2 tsp almond extract
- 1/4 tsp unrefined sea salt
- 1/2 cup unbleached white or sprouted flour (any grain)**

method

1. Preheat oven to 375 F.
2. Layer sweet cherries into skillet or baking dish.
3. In a separate bowl, cream with honey, eggs, vanilla and almond extracts. Beat in salt and flour.
4. Pour batter over sweet cherries and bake for 30 minutes or until a toothpick inserted into the center of the clafoutis comes out clean.

***Don't do dairy?** Substitute coconut milk for cream.

****Don't do grains?** Substitute 1/4 cup coconut flour for 1/2 cup regular flour. Increase eggs by 1.

weekly extras} chicken stock, 24-hour yogurt



chicken stock} skill level: easy | yield:

2 quarts | time: 5 minutes (active), 24 hours

(slowcooker)

ingredients

- frame of 1 chicken
- vegetable scraps
- 2 bay leaves
- 1 tablespoon apple cider vinegar

method

1. Pick the chicken frame clean of useable meat and reserve that for another dish.
2. Add the chicken carcass, vegetable scraps and bay leaves to a crockpot. Pour filtered water over the carcass to cover. Add cider vinegar.
3. Cook in your slow cooker on low heat for 24-hrs or longer. Strain the broth through a fine mesh sieve, transfer to the fridge and pick off any solidified fat before using.



24-hour yogurt} skill level: easy |

yield: 1 quart | time: 5 minutes (active), 24 hours

(yogurt maker)

ingredients

- 1/4 cup yogurt from a previous batch
- 1 quart milk

method

1. Whisk starter into milk, pour into a yogurt maker and culture between 108 and 110 F for 24 hours. Transfer to the fridge and use within a month.

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

***Don't do dairy?** Substitute coconut milk for cream.

****Don't do grains?** Substitute 1/4 cup coconut flour for 1/2 cup regular flour. Increase eggs by 1.