



nourished kitchen

meal plans} summer: week 2

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
Summer in Provence <ul style="list-style-type: none"> roasted chicken with herbes de provence ratatouille green salad with vinaigrette 	One-dish Meal <ul style="list-style-type: none"> moussaka tomato and cucumber salad 	Simple Thai Supper <ul style="list-style-type: none"> pork saté coconut peanut sauce thai-style cucumber salad 	bonus recipes <ul style="list-style-type: none"> fermented hot chili sauce cherry almond cobbler cucumber dill soup supplemental recipes <ul style="list-style-type: none"> yogurt cheese / fresh whey peanut butter

shopping list

dairy & eggs

- ___ butter (1/4 cup)^{SA}
- ___ grated parmesan or kefalotyri cheese (1 1/2 cups)^{SA}
- ___ fresh whey (1/4 cup)^{SA, HM}
- ___ egg (1 whole)
- ___ strained yogurt (1/2 cup)^{SA, HM}

meat, fish & fowl

- ___ chicken (1 3- to 5-lb whole chicken)
- ___ ground lamb (1 1/2 lbs)
- ___ liver (1/4 lb)
- ___ pork steaks (1 1/2 lbs)

fresh produce & herbs

- ___ lemon (2)
- ___ zucchini (2)
- ___ eggplant (4)
- ___ red bell pepper (1)
- ___ yellow onion (2)

- ___ garlic cloves (17)
- ___ basil (3/4 cup, chopped)
- ___ parsley (1 1/4 cup, chopped)
- ___ thyme (1/4 cup, chopped)
- ___ mixed salad greens (8 cups)
- ___ red onion (2)
- ___ tomatoes (7)
- ___ potatoes (1 lb)^{SA}
- ___ oregano (1/4 cup, chopped)
- ___ limes (4)
- ___ ginger (1 1-inch knob)
- ___ cilantro (1/2 cup, chopped)
- ___ serrano chili pepper (1)
- ___ mint (1/2 cup, chopped)
- ___ chili peppers of choice (3 lbs)
- ___ sweet cherries (4 cups)
- ___ cucumbers (7)
- ___ chives (1/4 cup, chopped)
- ___ dill (1/4 cup)

pantry items

- ___ unrefined sea salt
- ___ ground black pepper

- ___ extra virgin olive oil (3/4 cup, 2 tbsps)
- ___ crushed tomatoes (3 cups)
- ___ red wine vinegar (3 tbsps)
- ___ dijon-style mustard (1 tbsp)
- ___ coconut milk (1 1/2 cups)
- ___ fish sauce (1/4 cup)
- ___ unrefined cane sugar (3 tbsps)^O
- ___ peanut butter (1/4 cup)^{HM}
- ___ honey (3 tbsps)
- ___ blanched almond flour (1 1/2 cups, 2 tbsps)

spices & dried herbs

- ___ dried rosemary (2 tsp)
- ___ dried thyme (2 tsp)
- ___ dried basil (2 tsp)
- ___ dried parsley (1 tbsp)
- ___ ground cinnamon (1 tsp)
- ___ ground allspice (1/4 tsp)
- ___ vanilla extract (1 tsp)
- ___ almond extract (1/2 tsp)

miscellaneous & specialty

- ___ white wine (1 cup)^{SA}
- ___ red wine (1 cup)^{SA}

menu #1} slow-roasted chicken with herbes de provence, ratatouille, green salad with vinaigrette

This slow-roasted chicken takes time, so save it for a day when you're at home, and while the cook time is long and slow (producing an extraordinarily succulent bird), the active time you spend preparing the chicken is minimal. Serve it with a simple ratatouille and a huge green salad dressed simply with vinegar and olive oil.



Lighten your budget \$7

Substituting 1/2 the amount of dried herbs for fresh saves about \$4. Using water or broth instead of wine saves about \$3.



Make it ahead:

5 Days Ahead: Thaw chicken in fridge.

Prepare vinaigrette and store at room temperature.

3 1/2 hours ahead: Roast chicken.

40 minutes ahead: Increase oven temperature to 375 F. Prepare ratatouille.

10 minutes ahead: Move ratatouille to stove. Let chicken rest before carving. Toss salad.



slow-roasted chicken with herbes de provence} skill level: easy |

yield: 4 servings + leftovers | time: 5 minutes (active), 3 1/2 hours (oven)

ingredients

- 1 3- to 5-lb chicken
- 2 tbsps olive oil
- 1 tsp unrefined sea salt
- 2 tsps dried rosemary
- 2 tsps dried thyme
- 2 tsps dried basil
- 1 tbsp dried parsley
- 1 lemon, quartered
- 1/2 cup white wine*

method

1. Rinse the chicken and pat it dry before

- trussing it with 100% cotton cooking twine.
2. Drizzle olive oil over the chicken and sprinkle the bird generously with salt and herbs. Stuff its cavity with quartered lemon.
3. Place the trussed and dressed chicken into a clay baker or baking dish, adding 1/2 cup wine to the pan.
4. Turn oven to 275 F and roast the chicken, covered, for about 3 hours.
5. Increase the heat to 375 F and continue roasting for about 30 to 45 minutes. Remove from the oven and allow the bird to rest 5 to 10 minutes before carving and serving.
6. Save the chicken frame for stock.



ratatouille} skill level: easy | yield: 4

servings | time: 5 minutes (active), 25 to 30 minutes (oven), 10 minutes (stove)

ingredients

- 2 medium zucchini, chopped in 1/2-inch cubes
- 1 medium eggplant, chopped in 1/2-inch cubes
- 1 red bell pepper, seeded and sliced thin
- 1 yellow onion, sliced thin
- 6 cloves garlic, crushed
- 2 tbsps extra virgin olive oil
- 2 cups crushed tomatoes
- 1/2 cup chopped fresh basil
- 1/2 cup chopped parsley
- 1/4 cup chopped fresh thyme
- 1 tbsp red wine vinegar

method

1. Preheat oven to 375 F.
2. Arrange zucchini, eggplant, bell pepper, onion and garlic in a baking sheet and

scheduled for: _____

dress with two tablespoons olive oil. Roast for 25 to 35 minutes.

3. Remove from roasting pan and transfer to a heavy-bottomed saucepan, stir in pureed roasted tomatoes and simmer until the vegetables are tender, the stew is fragrant and the liquid thickened - about ten minutes.
4. Remove from heat, stir in chopped fresh herbs, red wine vinegar and season as needed with additional olive oil, unrefined sea salt and freshly ground black pepper.



green salad with red wine vinaigrette} skill level: easy | yield: 4 servings |

time: 5 minutes (active)

ingredients

for the vinaigrette

- 2 tbsps red wine vinegar
- 1 tbsp Dijon-style mustard
- 2 cloves garlic, minced
- 1/2 cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed greens
- 1 red onion, sliced thin
- 1 tomato, quartered

method

1. Whisk vinegar, mustard and garlic together with oil. Store at room temperature and shake vigorously before serving.
2. Plate greens, onion and tomato 5 to 10 minutes before serving and dress at the table.

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

menu #2} moussaka, tomato and cucumber salad

Moussaka is a simple Greek supper of summer vegetables, potatoes and lamb. We like to make it ahead and warm it up just before dinner time. Here it pairs nicely with a simple tomato and cucumber salad dressed with lemon, olive oil and fresh parsley.



Lighten your budget \$12.50

Substituting 2 cups lentils (soaked overnight with 2 tbsps vinegar and boiled until tender) for ground lamb will save about \$7.50 while substituting ground beef will save about \$1. Substituting 1/2 the amount of dried herbs for fresh will save about \$2. Substituting homemade stock for wine will save about \$3.



Make it ahead:

Up to 3 Days Ahead: Thaw lamb and liver in the fridge.

About 1 1/2 hours Ahead: Prepare moussaka.

5 Minutes Ahead: Remove moussaka from oven and allow to cool a bit before serving. Prepare cucumber and tomato salad.



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.

Liver is a good source of folate and other B vitamins.



moussaka} skill level: easy | yield: 4

servings + leftovers | time: 35 minutes (stove),

45 minutes (oven)

ingredients

- 3 eggplants, peeled and sliced into rounds 1/2-inch thick
- 1 lb potatoes*
- 1 tbsp butter**
- 1 1/2 lbs ground lamb
- 1/4 lb ground liver
- 1 yellow onion, peeled and coarsely chopped
- 2 cloves garlic, peeled and minced
- 1/4 cup chopped fresh oregano
- 1/4 cup chopped fresh parsley
- 1/2 cup red wine***
- 1 tsp ground cinnamon
- 1/4 tsp ground allspice
- 1 cup crushed tomatoes
- 1 1/2 cups grated parmesan or kefalotyri cheese**

method

1. Sprinkle eggplant with a dash salt and place in a collander to drain for 15 minutes
2. While the eggplant rests, bring a kettle of water to a boil and toss in whole potatoes in their jackets. Boil until barely tender, about 15 minutes. Drain and rinse well. Peel potatoes if desired and slice into 1/4 inch rounds. Set aside.
3. Preheat the oven to 400 F.
4. Melt butter in a cast iron skillet until it froths then toss in chopped onion and minced garlic, frying until fragrant. Add ground lamb and cook until well-browned. Stir in oregano, parsley, cinnamon and allspice, and continue to cook until the wine is largely reduce, about 20 minutes.

scheduled for: _____

5. In a baking dish, layer eggplant, potato, meat and tomato sauce until all ingredients are exhausted. Top with grated cheese and bake in an oven preheated to 400 F for 45 minutes.



tomato and cucumber salad}

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

(active)

ingredients

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

method

1. Toss tomatoes, cucumber, onion and parsley 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.

***On GAPS/SCD?** Substitute cauliflower for potatoes.

****Don't do dairy?** Substitute olive oil, lard, bacon fat or tallow for butter. Substitute blanched almond flour for cheese.

*****Don't do alcohol?** Substitute chicken or beef stock.

menu #3} pork saté, coconut peanut sauce, thai-style cucumber salad

Light up the grill for a super simple meal of grilled pork skewers with coconut peanut sauce and a refreshing Thai-style cucumber salad.



Lighten your budget \$3

Omitting marinade for pork skewers and omitting fresh herbs will save about \$3.



Make it ahead:

3 Days Ahead: Thaw pork in the fridge.

About 8 hours Ahead: Marinate meat.

30 minutes ahead: Soak skewers in water.

15 minutes ahead: Grill pork skewers.

10 minutes ahead: Make coconut peanut sauce. Make cucumber salad.



How this meal nourishes:

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

Fish sauce is an excellent source of minerals, including iodine.

Mint, Basil and Cilantro are rich in antioxidants.



pork saté} skill level: easy | yield: 4

servings | time: 5 minutes (active), 2 to 8 hours (marinade), 10 minutes (grill)

ingredients

- 1 1/2 lbs pork* steaks, cut into thin strips
- 1 cup coconut milk
- 2 tbsps fish sauce
- 1 shallot, peeled and sliced thin
- 1 tbsp unrefined cane sugar**
- zest and juice of 1 lime
- 1 1-inch knob ginger, peeled and grated
- coconut-peanut sauce (recipe follows)
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh cilantro

method

1. Toss pork into a mixing bowl with coconut milk, fish sauce, sliced shallot, unrefined cane sugar, lime zest and juice and grated ginger. Cover and allow the it to marinate in the refrigerator for at least 2 hours and up to 8.
2. Soak wooden skewers in water until ready to prepare supper.
3. Remove pork from the marinade and thread on pre-soaked skewers. Discard the marinade.
4. Grill the pork skewers for 3 to 4 minutes on each side. Serve with peanut dipping sauce, chopped basil and cilantro.

***Don't do pork?** Substitute chicken.

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

*****Don't do peanuts?** Substitute almond, cashew or coconut butter.

scheduled for: _____



coconut peanut sauce} skill level:

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

ingredients

- 1/4 cup roasted peanut butter***
- 1 tbsp fish sauce
- 1 tbsp unrefined cane sugar*
- juice of 1 lime
- 1/2 cup coconut milk
- 1 serrano chili pepper, seeded if desired and minced
- 1 clove garlic, peeled and finely mince

method

1. Whisk all ingredients together until thoroughly combined. Serve as a dipping sauce.



thai-style cucumber salad} skill

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

ingredients

- juice of 3 limes
- 1 tbsp fish sauce
- 1 tbsp unrefined cane sugar*
- 1 serrano chili pepper, seeded if desired and minced
- 2 cucumbers, halved length-wise, seeded and sliced no thicker than 1/8 inch
- 1 small red onion, peeled and sliced in rounds no thicker than 1/8 inch
- 1/2 cup chopped fresh mint
- 1/4 cup chopped fresh cilantro

method

1. Whisk lime juice, fish sauce, cane sugar and chili pepper together. Toss into a big bowl with cucumbers, red onion, mint and cilantro.

weekly extras} fermented hot chili sauce, cherry almond crumble, cucumber dill soup

Use this fermented chili sauce as you would any hot sauce - on top of wings, over eggs in the morning. The chili paste can also be used to flavor stir-fries and other Asian-inspired dishes. The chilled cucumber dill soup is pleasant and cooling on hot summer days.



Make it ahead:

Chili sauce needs to ferment for 7 to 10 days.

Chilled cucumber and dill soup needs strained yogurt, make it about 48 hours ahead.



fermented hot chili sauce (and chili paste)} skill level: easy | yield: 1

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

ingredients

- 3 pounds fresh chili peppers (Scotch bonnets, Jalapenos, Serranos etc.)
- 4 to 6 cloves garlic, peeled and minced
- 2 tablespoons unrefined cane sugar, optional
- 2 teaspoons unrefined sea salt
- 1/4 cup fresh whey*

method

1. Snip the stems from the chilies but leave the green cap intact as it contributes to the complexity of the sauce's flavor.
2. Puree the chilies with garlic, cane sugar (if using), unrefined sea salt and starter culture of choice.
3. Spoon the mixture into mason jars or vegetable fermenters, cover it loosely with a lid and allow it to ferment at

room temperature for 5 to 7 days.

4. After 5 to 7 days, strain the fermented chili mixture through a fine mesh sieve. Reserve the solids for a fermented chili paste and the strained liquid for a hot chili sauce.
5. The fermented chili paste should keep, refrigerated, for several months while the fermented chili hot sauce can keep, unrefrigerated or refrigerated, for several months.



cherry and almond crumble} skill

level: easy | yield: 4 servings + leftovers | time:

5 minutes (active), 35 minutes (oven)

ingredients

for the filling

- 4 cups pitted sweet cherries
- 2 tbsps blanched almond flour
- 1 tsp vanilla extract
- 1/2 tsp almond extract
- 2 tbsps honey

for the topping

- 1 1/2 cups blanched almond flour
- 1/2 tsp unrefined sea salt
- 1 egg
- 3 tbsps butter*, softened
- 1 tbsps honey

method

1. Preheat oven to 375 F.
2. Toss cherries with 2 tablespoons almond flour, vanilla and almond extracts and honey. Layer in a baking dish.
3. Beat remaining almond flour, sea salt, butter, egg and honey together and crumble over cherries.
4. Bake for 30 to 40 minutes. Serve.

scheduled for: _____



chilled cucumber dill soup} skill

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

(active)

ingredients

- 4 cucumbers, peeled, seeded and minced
- 1/2 cup strained yogurt*
- 1 clove garlic, peeled and finely minced
- 1/4 cup chopped chives
- 1/4 cup chopped fresh dill

method

1. Combine all ingredients together and blend until smooth. Season, as needed, with salt and pepper.

***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 coconut oil for butter and substitute 1/2 cup cashews soaked in salt water for four to eight hours, drained and rinsed and blended with the juice of 1 lemon.

weekly extras} peanut butter, strained yogurt / fresh whey



peanut butter} skill level: easy | time:

5 minutes (active), 12 hours (soaking), 35 minutes (oven)

ingredients

- 2 lbs shelled raw peanuts
- 2 tsps unrefined sea salt
- 1/4 cup coconut oil

method

1. Toss peanuts in a bowl with sea salt. Cover with warm water and soak for about 12 hours. Drain and rinse well.
2. Preheat oven to 350 F.
3. Spread peanuts on a baking sheet and roast for 35 minutes.
4. Transfer to a food processor, stir in coconut oil and process until smooth.



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

***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.