



nourished kitchen

meal plans} summer: week 3

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
Backyard Barbecue <ul style="list-style-type: none"> • Barbecue Honey Pulled Chicken • Piedmont Sauce • Pea and Ham Salad 	Simple Thai Supper <ul style="list-style-type: none"> • Red Curry Beef • Basic Brown Rice OR Riced Cauliflower • Grilled Pineapple 	Simple Summer Supper <ul style="list-style-type: none"> • Roasted Cod with Tomatoes • Succotash • Chilled Melon 	Bonus Recipes <ul style="list-style-type: none"> • Apricot Sorbet • Ketchup • Chilled Beet Soup Supplemental Recipes <ul style="list-style-type: none"> • Yogurt Cheese / Fresh Whey • Chicken Stock • sour cream

shopping list

dairy & eggs

- ___ sour cream (1 1/2 cups)^{O, SA, HM}
- ___ butter (1/4 cup, 2 tbsps)^{SA}
- ___ fresh whey (1/4 cup)^{SA}

meat, fish & fowl

- ___ boneless, skinless chicken thighs (1 1/2 lbs)
- ___ flank steak (1 lb)
- ___ cod filets (4)
- ___ chicken stock (1 qt, 1/4 cup)

fresh produce & herbs

- ___ peas (1 lb, fresh or frozen)
- ___ red onion (2 small)
- ___ parsley (1 tbsp, chopped)
- ___ chives (3 tbsps, snipped)
- ___ ginger (2 1-inch knobs)
- ___ white onion (1)
- ___ bell peppers (6 (2 red))
- ___ cilantro (1/2 cup, chopped)

- ___ basil (1/2 cup, chopped)
- ___ pineapple (1)
- ___ garlic (5 cloves)
- ___ tomatoes (1 lb)
- ___ flat-leaf parsley (1/2 cup)
- ___ sweet corn (2 cups)^{SA}
- ___ frozen lima beans (2 cups)
- ___ cantaloupe (1)
- ___ yellow onion (1)
- ___ carrots (2)
- ___ apricots (2 lbs)
- ___ beets (1 lb)
- ___ **cauliflower (1 large head)**

pantry items

- ___ unrefined sea salt
- ___ ground black pepper
- ___ coconut oil (1/4 cup, 1 tbsp)
- ___ ketchup (1 1/2 cups)^{HM}
- ___ honey (1 1/4 cups, 1 tbsp)
- ___ Worcestershire sauce (1 tbsp)
- ___ **apple cider vinegar (1 1/2 cups, 3 tbsps)**
- ___ coconut milk (2 cups)

- ___ red curry paste (1/4 cup)
- ___ fish sauce (2 tbsps)
- ___ olive oil (1 tbsp)
- ___ black olives (1/2 cup)
- ___ capers (2 tbsps)
- ___ tomato paste (2 cups)
- ___ **brown rice (1 cup)**

spices & dried herbs

- ___ paprika (1 tbsp)
- ___ crushed red pepper flakes (1/2 tsp)
- ___ cayenne pepper (1/2 tsp)
- ___ powdered cloves (1/4 tsp)
- ___ ground allspice (1/4 tsp)
- ___ vanilla extract (1 tsp)

Grain/Grain-free Options}

If Making Riced Cauliflower: Omit brown rice and 2 tbsps apple cider vinegar.

If Making Basic Brown Rice: Omit cauliflower.

menu #1} barbecue honey pulled chicken, piedmont sauce, pea and ham salad

In summer time, there's nothing better than a barbecue. Here we slowcook chicken in a simple sauce for a great, but simple to prepare, recipe for barbecue honey pulled chicken. Pair that with piedmont sauce and a super simple ham and pea salad and you have the makings of a delicious, simple summer supper.



Lighten your budget \$4.50

Omit ham in salad and substitute dried herbs for fresh herbs in the salad dressing. This should save about \$4.50.



Make it ahead:

About 7 days ahead: Make ketchup (see weekly bonuses) if not purchasing premade.
3 Days Ahead: Thaw chicken in fridge. Prepare piedmont sauce, store in the fridge.
About 8 hours ahead: Prepare chicken.
About 5 minutes ahead: Prepare ham and pea salad.



How this meal nourishes:

Pasture-raised chicken is rich in protein. Is less likely to be contaminated with pathogenic microorganisms than conventionally raised chicken.

Pasture-raised pork is rich in monounsaturated fat, the same heart-healthy fat found in olive oil, macadamia nuts and avocado.

Sour cream is rich in beneficial bacteria, food enzymes. When produced from the cream of grass-fed cows, it is also a good source of vitamin A, vitamin K2 and conjugated linoleic acid.



barbecue honey pulled chicken}

skill level: easy | **yield:** 4 servings | **time:** 10 minutes (stove), 6 to 8 hours (slowcooker), 5 minutes (active)

ingredients

- 1 tablespoon coconut oil
- 1 1/2 lbs boneless, skinless chicken thighs
- 1 cup ketchup
- 1/4 cup honey
- 1 tablespoon Worcestershire sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon paprika
- 1/4 tsp crushed red pepper

method

1. Melt coconut oil in a skillet over a moderately high flame and brown chicken on all sides - about 4 minutes per side.
2. Transfer to a slowcooker with ketchup, honey, Worcestershire sauce, vinegar, paprika and crushed red pepper.
3. Cook on low 6 to 8 hours.
4. Remove from slowcooker, shred with a fork, return to the slowcooker and mix with sauce. Season with salt and pepper and serve.



piedmont sauce} **skill level:** easy |

yield: 1 pint | **time:** 5 minutes (stove)

ingredients

- 1 cup apple cider vinegar
- 1/2 cup ketchup
- 1 tablespoon honey
- 1 tablespoon paprika
- 1/2 teaspoon cayenne
- 1/4 teaspoon crushed red pepper flakes

scheduled for: _____

method

1. Place all ingredients into a saucepan, whisk together until well-combined and transfer to a mason jar. Serve over grilled and barbecued meats or pulled chicken.



ham and pea salad} **skill level:** easy |

yield: 1 pint | **time:** 5 minutes (active)

ingredients

- 1 lb fresh or frozen peas
- 1/2 lb cooked ham*, diced
- 1 small red onion, minced
- 1/2 cup sour cream**
- 1 tbsp chopped fresh parsley
- 1 tbsp chopped fresh chives

method

1. If using fresh peas, bring a kettle of water to a boil, drop peas in. Allow peas to cook for 3 to 4 minutes until tender, then plunge into an ice bath and drain.
2. Combine peas, ham, onion, sour cream, parsley and chives together until the peas and ham are mixed well and coated by the sour cream and herbs.
3. Season with salt and pepper as it suits you and transfer to the fridge for at least 2 hours before serving.

***Don't do pork?** Substitute smoked turkey or omit.

****Don't do dairy?** Substitute mayonnaise, preferably homemade, for sour cream. Add an additional teaspoon of lemon juice or vinegar.

menu #2} red curry beef, basic brown rice OR riced cauliflower, grilled pineapple

We love a nice red curry - especially in the summer when fresh herbs and bell peppers are plentiful. Serve this curry over basic brown rice or riced cauliflower (if you're grain-free). Slicing the flank steak when semi-frozen results in thinner slices.



Lighten your budget \$18

Omitting bell peppers will save about \$12.
Omitting basil and cilantro will save a further \$6.



Make it ahead:

8 to 24 hours ahead: Soak rice (if serving).
About 45 minutes ahead: Prepare rice.
About 25 minutes ahead: Prepare Red Curry Beef.
About 20 minutes ahead: Grill pineapple.
About 15 minutes ahead: Prepare riced cauliflower (if serving).
About 5 minutes ahead: Sprinkle curry with basil and cilantro, then serve.



How this meal nourishes:

Grass-fed Beef 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. According to a recent Australian study, women who consume grass-fed red meats are less likely to suffer from depression.

Bell peppers are a good source of vitamins C and B6. They're also rich in carotenoids which are potent antioxidants.

Coconut oil is thought to support thyroid health and immune system function.



red curry beef} skill level: easy | yield:

4 servings | time: 25 minutes (stove)

ingredients

- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled and cut into matchsticks
- 4 bell peppers, seeded and sliced thin
- 1 white onion, peeled and sliced thin
- 1 lb flank steak, sliced thin
- 2 cups coconut milk
- 1/4 cup red curry paste
- 2 tbsps fish sauce
- 1/2 cup chopped fresh basil
- 1/2 cup chopped fresh cilantro

method

1. Melt coconut oil in a skillet over moderately high heat. Stir in ginger, bell peppers and onion, frying until fragrant - about 2 minutes.
2. Toss in steak and brown.
3. In a separate bowl whisk coconut milk, red curry paste and fish sauce together. Pour the coconut-red curry sauce over the beef and vegetables. Simmer, covered, for 15 to 20 minutes.
4. Just before serving, sprinkle with fresh chopped basil and cilantro.



grilled pineapple} skill level: easy |

yield: 4 servings + leftovers | 5 minutes (active), 15 minutes (grill)

ingredients

- 1 pineapple, peeled, cored and cut into 8 wedges
- 2 tbsps coconut oil, melted

method

scheduled for: _____

1. Preheat your grill.
2. Brush pineapple wedges with coconut oil. Grill 6 to 8 minutes per side and serve.



basic brown rice} skill level: easy |

yield: 4 servings | time: 5 minutes (active). 8 to 24 hours (soaking), 45 minutes (rice cooker)

ingredients

- 1 cup brown rice
- 2 tbsps apple cider vinegar
- 1 tbsp coconut oil

method

1. Pour rice into a bowl, cover with warm water by 2 inches. Stir in vinegar and soak, covered, at room temperature for 8 to 24 hours. Drain and rinse well.
2. Pour soaked rice into a rice cooker, add coconut oil and cover with 2 cups water and cook until tender (about 45 minutes).



riced cauliflower} skill level: easy |

yield: 4 servings | time: 5 minutes (active), 8 minutes (stove)

ingredients

- 1 large head cauliflower

method

1. Grate the cauliflower until it resembles the texture of rice.
2. Bring two inches of water to simmer in a saucepan, and place a fine-mesh sieve over the simmering water.
3. Steam the grated cauliflower in the sieve over simmering water until tender, about 6 to 8 minutes.

menu #3} roasted cod with cherry tomatoes, succotash, chilled melon

Homemade succotash is a beautiful, light but filling salad to serve in the summer months when sweet corn and bell peppers are plentiful. Don't worry: if you're grain-free, simply substitute zucchini or crookneck squash for corn. Here we pair it with an oven-roasted cod and chilled melon.



Lighten your budget \$10

Omit olives and capers from Roasted cod; it should save about \$1.50. Substituting half the amount of dried parsley for fresh should save a futher \$2.50. Ommitting bell peppers in succotash should save \$6.



Make it ahead:

2 Days Ahead: Thaw fish in fridge, if frozen.

About 4 hours Ahead: Refrigerate melon.

30 minutes ahead: Make roasted cod with tomatoes.

15 minutes ahead: Make succotash.

5 minutes ahead: Slice melon.



How this meal nourishes:

Icelandic or US Cod is a "best choice" sustainable seafood as ranked by the Monterrey Bay Aquarium's Seafoodwatch.org. It is also rich in B vitamins and omega-3 fatty acids.

Tomatoes are an excellent source of lycopene, which is made more bioavailable through cooking.

Cantaloupe is rich in beta-carotene, a precursor to vitamin A that is thought to promote lung health.



roasted cod with tomatoes} skill

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

(active), 15 minutes (oven), 5 minutes (stove)

ingredients

- 4 cod filets
- 1 tbsp olive oil
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1 tbsp butter**
- 3 cloves garlic, peeled and chopped
- 1 lb tomatoes, peeled, seeded and chopped
- 1/2 cup chopped black olives
- 2 tbsps capers
- 1/2 cup chopped Italian flat-leaf parsley

method

1. Preheat oven to 425 F. Line a baking sheet with parchment paper.
2. Sprinkle olive oil over the cod and season with salt and pepper. Roast the cod filets on a parchment-lined baking sheet for about 15 minutes.
3. Melt butter in a skillet over a moderate flame, add garlic and sautee until softened and fragrant, about a minute. Stir in peeled and chopped tomatoes, olives and capers, continue cooking for about 2 minutes. Stir in chopped parsely and serve over roasted cod.

***Don't do grains?** Substitute 2 cups diced zucchini or crookneck squash for sweet corn.

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

scheduled for: _____



succotash} skill level: easy | yield: 4 serv-

ings | time: 5 minutes (active), 10 minutes (stove)

ingredients

- 3 tbsps butter, divided**
- 2 red bell peppers, cored, seeded and chopped
- 2 cups cooked sweet corn*
- 2 cups frozen lima beans
- 1/4 cup chicken stock
- 1 small red onion, peeled and chopped

method

1. Melt 1 tablespoon butter in a heavy-bottomed saucepan over a moderate flame. Toss in diced pepper and fry until fragrant, about 2 minutes.
2. Stir in cooked sweet corn, frozen lima beans and one-quarter cup chicken stock. Continue cooking until heated through - about 5 minutes. Stir in remaining 3 tablespoons butter, and chopped red onion. Season, as needed with salt and pepper. Serve warm or chilled.



chilled melon} skill level: easy | yield: 4

servings | time: 4 hours (refrigerator), 5 minutes

(active)

ingredients

- 1 medium honeydew melon or cantaloupe

method

1. Place melon in the refrigerator for at least 4 hours before serving. Cut in half, seed, and slice thin and serve with supper.

weekly extras} spiced honey ketchup, apricot ginger sorbet, chilled beet soup

If you're not purchasing ketchup to prepare the dishes in Menu #1, consider making your own - this spiced honey version is sweet and pleasant. We also like to serve apricot ginger sorbet in the summer time when its hot out.



Make it ahead:

Ketchup needs to ferment for 3 to 5 days.

Chilled beet soup needs chill in the refrigerator for 6 to 8 hours.

Apricot sorbet should be made at least 1 day ahead of serving to account for freeze time.



spiced honey ketchup} skill level:

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

3 to 5 days (fermentation)

ingredients

- 2 cups tomato paste
- 1/4 cup fresh whey
- 1/4 tsp powdered cloves
- 1/4 tsp ground allspice
- 1 tsp unrefined sea salt
- 1/2 cup raw honey
- 1/2 cup apple cider vinegar

method

1. Spoon tomato paste into a large mixing bowl and beat in fresh whey, cloves, allspice and sea salt.
2. Spoon into a mason jar cover loosely with a cloth or lid and allow the ketchup to sit at room temperature, undisturbed, for 3 to 5 days.
3. After 3 to 5 days, uncover the home-made ketchup and stir in apple cider vinegar, and honey. Transfer to the refrigerator or other means of cold storage where it should keep for 4 weeks.



apricot ginger sorbet} skill level:

easy | yield: about 2 quarts | time: 15 minutes

(stove), 2 hours (refrigerator), freeze time depends on ice cream maker

ingredients

- 2 lbs apricots, halved and pitted
- 1/2 cup honey
- 1 1-inch knob ginger, grated
- 1 tsp vanilla extract

method

1. Bring 3 cups of water to a boil, stir in honey, apricots and ginger. Reduce heat to medium-low and simmer for 10 to 15 minutes or until apricots are tender.
2. Transfer apricots and liquid to the refrigerator and refrigerate until cold (about 2 hours). Pour into a food processor, add vanilla, and process until smooth.
3. Transfer to an ice cream maker and freeze according to ice cream maker's manufacturer's instructions.

scheduled for: _____



chilled beet soup} skill level: easy |

yield: 4 servings | time: 5 minutes (active), 45

minutes (stove), 6 to 8 hours (refrigerator)

ingredients

- 2 tbsps butter*
- 1 yellow onion, chopped fine
- 2 carrots, scraped and chopped fine
- 2 cloves garlic, minced
- 1 qt chicken stock
- 1 lb beets, peeled and chopped
- 2 tbsps chopped fresh chives
- 1 cup sour cream, optional

method

1. Melt butter in a stock pot over a medium-high flame. When it froths, stir in onion, carrot and garlic. Sauté the vegetables for 3 to 4 minutes until they release their fragrance. Stir in beets and stock.
2. Simmer, covered, for 30 to 40 minutes or until beets are tender. Remove from heat and blend with an immersion blender until smooth.
3. Transfer to the refrigerator to chill for at least 6 hours or overnight. Serve with chives and sour cream.

***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} chicken stock, strained yogurt / fresh whey, sour cream



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.



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.



sour cream} skill level: easy | yield: 1

pint (varies) | time: 5 minutes (active), 12 - 24

hours (fermentation)

ingredients

- 1 pint milk
- 2 tbsps yogurt, buttermilk or sour cream

method

1. Whisk all ingredients together, pour into a jar, cover loosely with a lid and culture at room temperature for 12 to 24 hours. Store in the fridge.

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.