



# nourished kitchen

## meal plans} summer: week 6

### 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
<b>Grilled Salmon</b> <ul style="list-style-type: none"> <li>Grilled Salmon</li> <li>Pesto</li> <li>Melted Cherry Tomatoes with Basil</li> <li>Green Salad with White Wine Vinaigrette</li> </ul>	<b>Asian-style Street Food</b> <ul style="list-style-type: none"> <li>Asian-style Ribs</li> <li>Asian-style Slaw</li> <li>Lactofermented Limeade</li> </ul>	<b>Eggplant Parmesan</b> <ul style="list-style-type: none"> <li>Eggplant Parmesan</li> <li>Chopped Italian Salad</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>Giardiniera</li> <li>Panna Cotta</li> <li>Tomato and Summer Vegetable Soup</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>Chicken Stock</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ grated parmesan cheese (1 1/2 cups)<sup>O, SA</sup>
- \_\_\_ fresh whey (1/4 cup)SA
- \_\_\_ eggs (4 whole)
- \_\_\_ butter (1/4 cup, 1 tbsp)SA
- \_\_\_ mozzarella (1 cup)SA
- \_\_\_ heavy cream (1 qt)

### meat, fish & fowl

- \_\_\_ salmon (4 (4- to 6-oz) filets)
- \_\_\_ nitrate-/nitrite-free pepperoni (1/4 lb)O
- \_\_\_ pork ribs (2 lbs)SA
- \_\_\_ chicken stock (1 1/2 qts)

### fresh produce & fresh herbs

- \_\_\_ basil (5 large bunches, plus 1/2 cup)
- \_\_\_ cherry tomatoes (1 lb)
- \_\_\_ garlic (22 cloves)
- \_\_\_ shallot (1)
- \_\_\_ mixed salad greens (8 cups)

- \_\_\_ tomatoes (2 large)
- \_\_\_ limes (4)
- \_\_\_ ginger (1 (3-inch) knob)
- \_\_\_ napa cabbage (1 medium head)
- \_\_\_ red bell pepper (3)
- \_\_\_ carrots (10)
- \_\_\_ serrano chili peppers (2)
- \_\_\_ eggplants (2 large)
- \_\_\_ scallions (1 bunch)
- \_\_\_ cilantro (1/4 cup, chopped)
- \_\_\_ mint (1/4 cup, chopped)
- \_\_\_ romaine lettuce (1 head)
- \_\_\_ red onion (1)
- \_\_\_ cauliflower (1 head)
- \_\_\_ celery (10 ribs)
- \_\_\_ yellow onion (1 small)
- \_\_\_ zucchini (2 medium)
- \_\_\_ crookneck squash (2 medium)
- \_\_\_ green beans (2 cups)

### pantry items

- \_\_\_ unrefined sea salt
- \_\_\_ pine nuts (1/4 cup)

- \_\_\_ extra virgin olive oil (1 1/2 cups, 2 tbsps)
- \_\_\_ white wine vinegar (1/4 cup)
- \_\_\_ unrefined cane sugar (1/2 cup)SA
- \_\_\_ honey (1/3 cup, 2 tbsps)
- \_\_\_ naturally fermented soy sauce (3 tbsps)SA
- \_\_\_ rice wine vinegar (1/2 cup, 1 tbsp)
- \_\_\_ rice wine (1 tbsp)
- \_\_\_ sesame oil (2 tbsps, 1 tsp)
- \_\_\_ coconut oil (2 tbsps)
- \_\_\_ flour (1 cup, any kind of flour)
- \_\_\_ roasted, pureed tomatoes (1 qt, 2 cups)
- \_\_\_ artichoke hearts (1 cup)
- \_\_\_ pitted black olives (1 cup)
- \_\_\_ balsamic or red wine vinegar (to serve)
- \_\_\_ powdered, unflavored gelatin (4 1/2 tsps)

### spices, extracts & dried herbs

- \_\_\_ crushed red pepper flakes (1/2 tsp)
- \_\_\_ five spice powder (1 tsp)
- \_\_\_ dried oregano (1/4 tsp)
- \_\_\_ vanilla extract (2 tsps)

# menu #1} Grilled Salmon, Pesto, Melted Cherry Tomatoes with Basil, Green Salad with White Wine Vinaigrette

In summer, it's nice to offer simple and light dinners for your family. One of our favorite dinners is grilled salmon served with a simple salad and roasted tomatoes. I enjoy serving this menu with a classic pesto.



## Lighten your budget \$8

Substituting Arctic Char for salmon and omitting parmesan cheese will save about \$8.



## Make it ahead:

**Up to 2 Days Ahead:** Thaw salmon in fridge. Make pesto, store in fridge. Make vinaigrette.

**10 Minutes Ahead:** Grill salmon. Make Melted Cherry Tomatoes with Basil.

**5 Minutes Ahead:** Plate salad, dress at the table. Spoon pesto over grilled salmon and serve.



## How this meal nourishes:

**Wild-caught salmon** is extraordinarily rich in omega-3 fatty acids and is an excellent source of vitamin B6.



## Grilled Salmon} skill level: easy |

yield: 4 servings | time: 10 minutes (grill)

### ingredients

- 4 (4- to 6-oz) filets of salmon

### method

1. Preheat grill.
2. Grill salmon, skin-side down, for two to three minutes. Flip the salmon and grill for an additional two to five minutes until cooked to your liking. to marinate for at least two and up five minutes. Top with pesto and serve.



## Pesto} skill level: easy | yield: 1 pint | time:

5 minutes (active)

### ingredients

- 4 large bunches basil
- 4 cloves garlic
- 1/4 cup pine nuts
- 1/4 tsp crushed red pepper flakes
- 1/2 cup grated parmesan cheese, optional (omit for dairy-free)
- 1/2 cup unrefined extra virgin olive oil

### method

1. Combine basil, garlic, pine nuts and red pepper flakes in a food processor until finely minced or mince with a mezzaluna.
2. Stir in parmesan cheese and olive oil. Transfer to a mason jar and keep, refrigerated, for a month.



## Melted Cherry Tomatoes with Basil} skill level: easy | yield: 1 pint | time:

5 minutes (stove)

### ingredients

- 2 tbsp olive oil
- 2 cloves garlic, peeled and minced
- 1 lb cherry tomatoes
- 1/2 cup chopped fresh basil

### method

1. Heat olive oil in a skillet and toss in garlic, stirring until the garlic releases its fragrance, about three minutes.
2. Toss in cherry tomatoes and basil, stir-frying for two to three minutes, and serve.

scheduled for: \_\_\_\_\_



## Green Salad with White Wine Vinaigrette} skill level: easy | yield: 1

pint | time: 5 minutes (active)

### ingredients

#### for the vinaigrette

- 1/4 cup white wine vinegar
- 1 shallot, peeled and minced
- 1/4 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 3/4 cup unrefined extra virgin olive oil

#### for the salad

- 8 cups mixed salad greens
- 2 large tomatoes, quartered

### method

1. Whisk vinegar with shallot, salt and pepper. Whisk in olive oil.
2. Plate salad greens and tomatoes. Dress at the table with white wine vinaigrette.

## menu #2} Asian-style Ribs, Asian-inspired Slaw, Lactofermented Limemade

I love ribs - barbecued, slow-cooked, grilled, but I particularly like the flavor imparted by classic Asian ingredients: naturally fermented soy sauce, five spice powder, cilantro and other bright flavors. All ribs pair well with cole slaw, but these are particularly good with the matching flavors of an Asian-inspired slaw.



### Lighten your budget \$9

Substituting apple cider vinegar for rice wine and rice wine vinegar should save about \$1. Omitting red bell pepper should save \$4. Omitting fresh herbs should save \$4.



### Make it ahead:

**3 Days Ahead:** Thaw ribs. Begin fermenting limemade.

**1 day ahead:** Marinate ribs.

**2 1/4 hours ahead:** Bake ribs.

**30 minutes ahead:** Make slaw and transfer to fridge.

**10 minutes ahead:** Grill ribs.



### Lactofermented Limeade} skill

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

(stove)

#### ingredients

- juice of 4 limes
- 1/2 cup unrefined cane sugar\*
- 1/4 cup fresh whey\*\*
- 1 quart filtered water

#### method

1. Whisk all ingredients together. Place in a warm spot on your kitchen counter and ferment for two to three days. Transfer to the fridge and consume within two weeks. Serve over ice.



### Asian-style Grilled Ribs} skill level:

easy | yield: 4 servings | time: 5 minutes (active), 6 to 12 hours (marinade), 2 hours (baking), 8 minutes (grill)

#### ingredients

- 1 1-inch knob ginger, peeled and grated
- 4 cloves garlic, peeled and finely minced
- 2 tbsps honey
- 2 tbsps naturally fermented soy sauce\*\*\*
- 1 tbsp rice wine vinegar
- 1 tbsp rice wine
- 1 tsp five-spice powder
- 1 tsp sesame oil
- 2 tbsps coconut oil, melted
- 2 lbs pork ribs\*\*\*\*

#### method

1. Whisk ginger, garlic, honey, soy sauce, rice wine vinegar, rice wine, five spice powder and sesame oil and coconut oil together in mixing bowl. Toss in ribs and allow them to marinate for six to twelve hours in the refrigerator.
2. After marinating for six to twelve hours in the refrigerator, transfer them and the remaining marinade to a baking dish and bake, covered, for two hours at 325 degrees Fahrenheit.
3. Preheat the grill.
4. Once the grill is preheated, remove the ribs from the baking dish and grill until slightly charred on both sides, about eight minutes. Serve hot over slaw.



### Asian-inspired Slaw} skill level: easy

| yield: 4 servings | time: 5 minutes (active), 20 minutes (refrigeration)

#### ingredients

- 1 medium head napa cabbage, shredded
- 1 red bell pepper, seeded and sliced thin
- 2 carrots, scraped and grated
- 2 serrano chili peppers seeded if desired, and sliced thin
- 1 bunch scallions, sliced thin
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 1 2-inch knob ginger, peeled and grated
- 1/2 cup rice wine vinegar
- 1 tbsp naturally fermented soy sauce\*\*\*
- 2 tbsps sesame oil

#### method

1. Toss cabbage, bell pepper, carrots, chili peppers, scallions, cilantro and mint together in a large mixing bowl.
2. In a separate bowl whisk together ginger, rice wine vinegar, soy sauce and sesame oil until roughly combined. Pour the dressing over the vegetables and allow them to marinate in the dressing for at least twenty minutes before serving.

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

\*\***Don't do dairy?** Substitute 1/2 packet vegetable or kefir starter culture dissolved in 1/4 cup water.

\*\*\***Don't do soy?** Substitute coconut aminos or fish sauce.

\*\*\*\***Don't do pork?** Substitute beef ribs.

## menu #3} Eggplant Parmesan, Chopped Italian Salad

I'm not much of an eggplant fan, but in the summer time I prepare eggplant parmesan at least a few times. It's a wonderful dish, deeply soothing and packed with flavor. And with simple variations, even those who adhere to a dairy-free diet either by choice or necessity can enjoy this classic dish. Consider serving this with our dessert of the week: panna cotta, another Italian favorite as well as the ferment of the week: giardiniera.



### Lighten your budget \$11

Substituting half the amount of cheese will save about \$2. Omitting bell pepper and pepperoni will save about \$9.



### Make it ahead:

**About 2 hours ahead:** Salt eggplant to remove bitterness.

**About 1 hour ahead:** Prepare Eggplant Parmesan.

**10 Minutes Ahead:** Remove Eggplant Parmesan from oven and allow to rest before serving.

**10 Minutes Ahead:** Plate chopped salad.



### How this meal nourishes:

**Olive Oil** is rich in monounsaturated fatty acids, thought to promote heart health. It is also a good source of vitamin A and other antioxidants.

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

**Basil** is a potent source of antioxidants.



### Eggplant Parmesan} skill level: easy

| **yield:** 4 servings | **time:** 5 minutes (active), 1 hour, 10 minutes (resting), 45 minutes (oven)

#### ingredients

- 2 large eggplants, peeled and sliced in 1/4-inch rounds
- 1/2 tsp unrefined sea salt
- 4 eggs, beaten
- 1 cup any flour including sprouted, unbleached, nut flour or gluten-free flour
- 1/4 cup butter\*
- 1 quart roasted tomatoes, pureed
- 4 cloves garlic, peeled and finely minced
- 1 bunch fresh basil leaves
- 1 cup shredded mozzarella cheese\*
- 1 cup grated parmesan cheese\*

#### method

1. Sprinkle eggplant slices with salt and transfer them to a collander so that they might shed a bit of their bitterness.
2. After about 1 hour, return to the eggplant, dredge each slice in flour, then in beaten egg and in flour again.
3. Preheat your oven to 350 F.
4. Melt butter in a skillet over a moderate flame and gently fry seasoned eggplant slices in hot butter on each side until golden brown.
5. Working in layers, transfer eggplant slices to a baking dish and spoon tomato sauce over them, followed by minced garlic, fresh basil leaves and mozzarella and parmesan cheeses. Continue layering until all ingredients are exhausted, ending on a layer of cheese.
6. Bake for 45 minutes. Allow to cool for 10 minutes before serving.

scheduled for: \_\_\_\_\_



### Chopped Italian Salad} skill level:

easy | **yield:** 4 servings | **time:** 5 minutes (active), 2 to 24 hours (refrigeration)

#### ingredients

- 1 head romaine lettuce, chopped
- 1 red bell pepper, seeded and chopped
- 1 red onion, peeled and chopped
- 1 cup artichoke hearts, chopped
- 1 cup pitted black olives
- 1/4-lb nitrate-/nitrite-free pepperoni, chopped (optional)
- unrefined extra virgin olive oil, as needed
- balsamic or red wine vinegar, as needed

#### method

1. Toss lettuce, bell pepper, onion, artichoke hearts, black olives and pepperoni into a large salad bowl. Dress as needed with olive oil and vinegar.

**\*Don't do dairy?** Substitute olive oil, tallow or lard for butter. Substitute 1 cup blanched almond flour, 1/2 tsp salt and 4 cloves chopped garlic for cheeses.

## weekly extras} Giardiniera, Panna Cotta, Tomato and Vegetable Soup

**G**iardiniera is a classic Italian dish that was originally fermented, though many modern versions acquire their sourness through the use of vinegar. We like to pair it with roast meats, sausages or eggplant parmesan. Panna Cotta is another Italian favorite - and a great way to get your kids to enjoy the benefits of gelatin which is good for the skin, hair and digestive system.



### Lighten your budget \$2

Substituting half the amount of dried herbs for fresh herbs will save about \$2.



### Make it ahead:

**Giardiniera** needs to ferment for 5 to 7 days.



### Giardiniera} skill level: easy | yield: 1

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

#### ingredients

- 1 head cauliflower, chopped into small florets
- 6 ribs celery, finely chopped
- 4 carrots, scraped and finely chopped
- 4 cloves garlic, minced
- 1 red bell pepper, seeded and finely chopped
- 1 tsp dried oregano
- 1/4 tsp crushed red pepper flakes
- 2 tbsps unrefined sea salt
- 1/4 cup extra virgin olive oil

#### method

1. Combine all ingredients together, except olive oil, in a large mixing bowl. Crush with your hands to release some liquid and transfer to a quart-sized mason

jar or vegetable fermenter. Press each layer down firmly to release the brine. The ferment should be well-covered by liquid, if it is not, top with salt water and ferment at room temperature for 5 to 7 days.

2. Pour giardiniera into a large bowl, stir in olive oil and transfer into a mason jar. Will store in the fridge for at least 6 weeks.



### panna cotta} skill level: easy | yield: 4

servings | time: 5 minutes (stove), 10 minutes (resting), 4 to 12 hours (refrigeration)

#### ingredients

- 1 quart heavy cream\*
- 1/3 cup honey
- 2 tsps vanilla extract
- 4 1/2 tsps powdered gelatin
- 6 tbsps cold water

#### method

1. Heat cream and honey together in a saucepan and whisk until well-combined. Remove from heat and stir in vanilla extract.
2. Sprinkle gelatin in a separate bowl and cover with cold water. Allow the water to soften the gelatin for 5 to 10 minutes. Pour the warm cream and honey mixture over the gelatin and whisk until thoroughly combined.
3. Pour the mixture into molds such as individual ramekins or custard cups, and transfer to the refrigerator to allow them to firm up. They should rest for at least 4 hours.
4. Gently unmold and serve.

scheduled for: \_\_\_\_\_



### Tomato and Summer Vegetable Soup} skill level: easy | yield: 4 servings |

time: 35 minutes (stove)

#### ingredients

- 1 tbsp butter\*
- 1 small yellow onion, peeled and finely chopped
- 4 cloves garlic, peeled and finely chopped
- 4 carrots, scraped and chopped
- 4 ribs celery, scraped and chopped
- 2 medium zucchini, chopped
- 2 medium crookneck squash, chopped
- 1/2 lb new potatoes\*\*, chopped
- 2 cups green beans, trimmed and chopped into 1-inch lengths
- 1 1/2 quarts chicken stock
- 2 cups roasted pureed tomatoes
- 2 tbsps fresh thyme leaves
- 2 tbsps chopped fresh flat-leaf parsley

#### method

1. Melt butter in a heavy-bottomed stock pot, and, when it foams, toss in onion, garlic, carrots and celery - sauteeing until fragrant, about 5 minutes. Stir in zucchini, crookneck squash, potatoes, green beans, chicken stock and roasted pureed tomatoes. Simmer, covered, for 20 to 30 minutes until the vegetables are softened.
2. Stir in parsley and thyme, then season to taste with salt and pepper.

\***Don't do dairy?** Substitute coconut milk for heavy cream. Substitute olive oil for butter.

\***On GAPS/SCD?** Substitute turnips for potatoes.

## weekly extras} Chicken Stock



### 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.

### Got Questions?

If you have a specific question about the recipes contained in the meal plan, email [jenny@nourishedkitchen.com](mailto:jenny@nourishedkitchen.com).

To manage your account or cancel a recurring order email your request one week in advance to

[support@nourishedkitchen.com](mailto:support@nourishedkitchen.com)