



nourished kitchen

meal plans} summer: week 7

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
Peruvian Supper <ul style="list-style-type: none"> • Anticuchos de Corazon • Mixed Summer Salad 	Italian-herb Roasted Chicken <ul style="list-style-type: none"> • Italian-herb Roasted Chicken • Baked Zucchini • Tomato and Basil Salad 	One-dish Meal <ul style="list-style-type: none"> • Thai-style Beef Salad • Thai Iced Tea 	Weekly Extras <ul style="list-style-type: none"> • Fermented Chili Garlic Sauce • Peach Gelatin • North African Chickpea Stew Supplemental Recipes <ul style="list-style-type: none"> • Chicken Stock

shopping list

dairy & eggs

- ___ butter (1/4 cup)^{SA}
- ___ fresh whey (1/4 cup)^{SA}
- ___ grated parmesan cheese (1/2 cup)^{SA}

meat, fish & fowl

- ___ beef heart (1)
- ___ whole chicken (3 to 4 lbs)
- ___ flank steak (1 1/2 lbs)
- ___ chicken stock (1 1/2 qts)

fresh produce & fresh herbs

- ___ garlic (11 cloves)
- ___ heads garlic (4)
- ___ frozen lima beans (1 1/2 cups)
- ___ carrots (3)
- ___ tomatoes (10)
- ___ red onion (2)
- ___ chopped parsley (1/4 cup)
- ___ basil (1 bunch plus 1/2 cup, 3 tbsps)

- ___ mint (1/2 cup, chopped)
- ___ oregano (2 tbsps, minced)
- ___ rosemary (1 tsp, minced)
- ___ yellow onion (3)
- ___ limes (3)
- ___ zucchini (4 medium)
- ___ ginger (1 1-inch knob)
- ___ salad greens (8 cups)
- ___ cucumber (1 medium)
- ___ green onions (1 bunch)
- ___ jalapeno chilies (2 cups, chopped)
- ___ cilantro (1 bunch)
- ___ peaches (2)
- ___ lemon (1)
- ___ carrots (2)
- ___ red bell peppers (1)

pantry items

- ___ unrefined sea salt
- ___ red wine vinegar (1 cup)
- ___ black olives (1/2 cup)
- ___ olive oil (3/4 cup, 1 tbsp)
- ___ balsamic vinegar (to serve)

- ___ fish sauce (2 tbsps)
- ___ unrefined cane sugar (1/4 cup, 2 tbsps)
- ___ red (rooibos) tea (2 tbsps)
- ___ coconut milk (1/2 cup)
- ___ honey (1/4 cup)
- ___ gelatin (2 tbsps)
- ___ chickpeas (1 cup)

spices, extracts & dried herbs

- ___ ground cumin (2 tbsps)
- ___ ground chili powder (3 tbsps)
- ___ cumin (1/2 tsp)
- ___ turmeric (1/4 tsp)
- ___ cayenne pepper (1/4 tsp)
- ___ ground ginger (1/4 tsp)

other ingredients

- ___ peach juice (4 cups)

menu #1} Anticuchos de Corazon, Mixed Summer Salad

Anticuchos de corazon are a well-loved Peruvian dish. Beef heart is marinated in cumin and spices, then skewered and grilled. Beef heart is extraordinarily rich in co-enzyme Q10 a nutrient that is critical to cardiovascular health. Of course, if you can't find beef heart or feel squeamish about preparing it, know that you can substitute beef steak or chicken meat and still enjoy a lovely and nutrient-dense meal. We recommend pairing anticuchos with the ferment of the week: fermented garlic-chili sauce which is based on another Peruvian classic - aji sauce.



Make it ahead:

3 to 5 Days Ahead: Prepare Fermented Garlic Chili Sauce (see weekly extras).

Up to 2 Days Ahead: Thaw beef heart in fridge, if frozen.

12 to 18 Hours Ahead: Marinate beef heart.

1 Hour to 1 Day Ahead: Prepare mixed summer salad.

15 Minutes Ahead: Grill Anticuchos de Corazon.



How this meal nourishes:

Beef heart is rich in protein and is rich in minerals including iron. It is also a good source of co-enzyme Q10, thought to promote heart health.

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.



Anticuchos de Corazon} skill level:

easy | **yield:** 4 servings | **time:** 12 - 18 hours

(marinade), 10 minutes (grill)

ingredients

- 4 cloves garlic, peeled and finely minced
- 2 tablespoons ground cumin
- 2 tablespoons ground chili powder
- 3/4 cup red wine vinegar
- 1 beef heart*, trimmed and cut into 1- to 1 1/2-inch pieces

method

1. Whisk garlic, cumin, chili powder and wine vinegar together and pour over trimmed beef heart. Marinate for 12 to 18 hours.
2. Preheat grill.
3. Skewer beef heart and grill until cooked through, about 5 minutes on each side. Serve with fermented chili-garlic sauce.

scheduled for: _____



Mixed Summer Salad} skill level:

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

1 hour to 1 day (refrigerator)

ingredients

Vinaigrette

- 1 tablespoon chili powder
- 1 clove garlic, peeled and minced
- 1/4 cup red wine vinegar
- 3/4 cup unrefined extra virgin olive oil

Salad

- 1 1/2 cup frozen lima beans, thawed and cooked
- 1 1/2 cups cooked corn kernels*
- 3 carrots, scraped and diced
- 2 tomatoes, seeded and diced
- 1 small red onion, peeled and diced
- 1/2 cup black olives, sliced cross-wise
- 1/4 cup chopped fresh parsley

method

1. Whisk chili powder, garlic, red wine vinegar and extra virgin olive oil together and set aside.
2. Toss all salad ingredients together and dress with vinaigrette as it suits you. Chill at least 1 hour and up to 1 day before serving.

***Don't do organ meats?** Substitute beef tenderloin for beef heart.

****Don't do grains?** Substitute chopped crookneck squash for corn kernels.

menu #2} Italian Herb-roasted Chicken, Baked Zucchini, Tomato Basil Salad

We try to roast a chicken weekly in our home and while we often enjoy roasting chicken with minimal additions: often just butter, salt and pepper. In this menu, Italian herbs - basil, oregano and rosemary - provide a beautiful lift to a classic dish and it pairs well with baked zucchini and a simple tomato and basil salad.



Lighten your budget \$6

Substituting half the amount of dried herbs for fresh in the chicken and zucchini should save about \$3. Omitting grated parmesan should save about \$3.



Make it ahead:

5 Days Ahead: Thaw chicken.

3 Hours Ahead: Bake chicken.

45 minutes ahead: Turn oven to 375 F, continue roasting chicken and bake zucchini.

10 minutes ahead: Remove chicken from oven and allow to rest before carving.

5 minutes ahead: Prepare salad.



Italian Herb-roasted Chicken}

skill level: easy | **yield:** 4 serving s+ leftovers |

time: 5 minutes (active), 3 hours (oven)

ingredients

- 2 tbsps olive oil
- 2 tbsps minced fresh basil
- 1 tbsp minced fresh oregano
- 1 tsp minced fresh rosemary
- 4 cloves garlic, peeled and finely minced
- 1 yellow onion, quartered
- 1 3- to 4-lb whole chicken, giblets and organs removed
- 1/2 tsp unrefined sea salt

- 1/2 tsp ground black pepper
- #### method

1. Preheat oven to 275 F.
2. Whisk olive oil with basil, oregano, rosemary and garlic. Set aside.
3. Truss the chicken, fill its cavity with quartered onion and brush the chicken with seasoned olive oil.
4. Place the chicken into a clay baker, Dutch oven or baking dish, cover, and bake 2 1/2 hours. Increase the temperature to 375 F and continue roasting for an additional 30 to 45 minutes.
5. Remove from the oven allow to rest for 10 minutes before carving and roasting.



Baked Zucchini} **skill level:** easy |

yield: 1 pint | **time:** 5 minutes (active), 40 minutes (oven)

ingredients

- 2 medium zucchini, cut into rounds no thicker than 1/4 inch
- 1 yellow onion, peeled and cut into rounds no thicker than 1/4 inch
- 2 tbsps butter*, melted
- 1 tbsp minced fresh oregano
- 1 tbsp minced fresh basil
- 1/4 cup grated parmesan cheese*

method

1. Preheat oven to 375 F.
2. Arrange zucchini and onion rounds in a baking dish, season with melted butter, oregano and basil before topping with parmesan cheese. Bake for 30 to 40 minutes until golden brown.

scheduled for: _____



Tomato Basil Salad} **skill level:** easy

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

ingredients

- 6 tomatoes, sliced in rounds no thicker than 1/4 inch
- leaves of 1 bunch of basil
- unrefined extra virgin olive oil, as needed
- balsamic vinegar**, as needed

method

1. Arrange sliced tomato and basil leaves on a plate, dress with olive oil and vinegar and season with unrefined sea salt and ground black pepper as needed.

***Don't do dairy?** Substitute olive oil for butter and blanched almond flour for parmesan cheese.

****On GAPS?** Substitute apple cider vinegar for balsamic vinegar.

menu #3} Thai-style Beef Salad, Thai Coconut Iced Red Tea

My family thrives on one-dish meals. When work has my husband and I occupied (and when doesn't it?), we rely on simple nourishing dishes. In the wintertime, slow-cooked stews and pot roasts nourish us, but in summer time we rely instead on something decidedly more fresh: simple salads packed with herbs, vegetables and wholesome meats. To complete the meal, I often serve fresh fruit or a special drink like this herbal version of the classic Thai iced tea.



Lighten your budget \$8

Substituting bottled lime juice for fresh should save about \$2. Omitting basil and mint should save about \$6.



Make it ahead:

About 2 days ahead: Thaw beef in fridge, if frozen.

About 8 to 12 hours ahead: Marinate meat.

About 1 hour ahead: Prepare iced tea.

30 Minutes Ahead: Grill steak.

15 Minutes Ahead: Allow steak to rest.

5 Minutes Ahead: Plate and serve.



How this meal nourishes:

Grass-fed Beef is rich in protein and healthy fats like conjugated linoleic acid and trans-palmitoleic acid. It is also a good source of iron, B vitamins and zinc.

Basil and Mint are a potent source of antioxidants.

Coconut milk is a good source of healthy fats including lauric acid, it is also thought to support thyroid health.



Thai-style Beef Salad} skill level:

easy | **yield:** 4 servings | **time:** 5 minutes (active), 8 to 12 hours (marinade), 15 minutes (grill), 10 minutes (resting)

ingredients

for the steak

- juice of 1 lime
- 2 tbsps fish sauce
- 2 tbsps unrefined cane sugar or palm sugar
- 2 cloves garlic, peeled and minced
- 1 1-inch knob ginger, peeled and grated
- 1 to 1 1/2 lb flank steak
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for the dressing

- juice of 2 limes
- 1 tsp fish sauce
- 1/2 cup sesame oil
- for the salad
- 8 cups mixed salad greens
- 1 medium cucumber, peeled, seeded and diced
- 1 bunch green onions, sliced thin
- 1 or 2 serrano chilis, seeded if desired and
- sliced in rounds
- 1/2 cup chopped fresh basil
- 1/2 cup chopped fresh mint

method

1. Stir lime juice, fish sauce, palm sugar, garlic and ginger together in a bowl. Toss in flank steak and marinate overnight, 8 to 12 hours turning if necessary to promote even marinating.
2. After marinating for eight to twelve hours, preheat the grill. Remove the steak from the marinade and grill it until done to your liking, about 5 to 15 minutes. Set aside to cool for 10 minutes then slice as

scheduled for: _____

thinly as you can.

3. While the steak rests, prepare the dressing by whisking lime juice with fish sauce and sesame oil.
4. Plate the salad greens, cucumber, green onions, serrano chilis, basil and mint. Top with grilled beef and allow your guests to dress their salads at the table.



Thai Coconut Iced Red Tea} skill

level: easy | **yield:** 4 servings | **time:** 5 minutes (active), 5 minutes (steeping), 1 hour (fridge)

ingredients

- 1 quart filtered water
- 2 tbsps rooibos (red) tea
- 1/4 cup unrefined cane sugar or palm sugar
- 1/2 cup coconut milk

method

1. Bring one quart water to boil. Pour over red tea and allow the tea to steep for 5 minutes, strain the tea and stir in sugar until dissolved. Transfer to the refrigerator and allow to cool.
2. Once cool, stir in coconut milk and serve over ice

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

weekly extras} Fermented Garlic Chili Sauce, Peach Gelatin, North African Chickpea Stew

Giardiniera 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.



Make it ahead:

Fermented Garlic Chili Sauce needs to ferment for 3 to 5 days.



Fermented Garlic Chili Sauce}

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

ingredients

- 2 cups chopped fresh jalapeno chilies, seeded if desired
- 4 heads garlic, peeled
- 1 bunch fresh cilantro
- 1 small red onion, peeled and chopped
- juice of 1 lime
- 1 tbsp unrefined sea salt
- 1/4 cup fresh whey*

method

1. Toss jalapeno chilies, garlic cloves, cilantro, lime juice, sea salt and fresh whey into the basin of a food processor and process until smooth. Transfer to a mason jar or vegetable fermenter and ferment at room temperature for 3 to 5 days before transferring to cold storage.



Peach Gelatin} **skill level:** easy | **yield:**

4 servings | **time:** 5 minutes (stove), 10 minutes (stove), 4 hours (fridge)

ingredients

- 4 cups peach juice
- 1/4 cup honey
- 1/4 cup plus 2 tbsps water
- 2 tbsps gelatin
- 2 peaches, skinned, pitted and chopped

method

1. Warm juice and honey together in a saucepan. While the juice warms, soften gelatin in 1/4 cup plus 2 tablespoons cold water.
2. Whisk warm juice and honey with softened gelatin and pour into a gelatin mold. Gently place chopped peaches into the mold and refrigerate until set, about 4 hours.

***Don't do dairy?** Substitute brine of fermented vegetables or 1/2 package vegetable starter culture dissolved in 1/4 cup water for whey and substitute olive oil or coconut oil for butter.

scheduled for: _____



North African Chickpea Stew}

skill level: easy | **yield:** 4 servings | **time:** 35 minutes (stove)

ingredients

- 1 cup chickpeas
- juice of 1 lemon
- 2 tbsps butter*
- 2 carrots, peeled and finely chopped
- 1 small yellow onion, peeled and finely chopped
- 1 red bell pepper, seeded and finely chopped
- 2 roma tomatoes, peeled, seeded and finely chopped
- 1/2 tsp ground cumin
- 1/4 tsp ground turmeric
- 1/4 tsp ground cayenne pepper
- 1/4 tsp ground ginger
- 2 medium zucchini, diced
- 1 1/2 quarts chicken broth

method

1. Toss chickpeas into a large mixing bowl with lemon juice and enough hot water to cover by 2 inches. Cover and allow to soak for 24 to 48 hours. Drain the chickpeas and rinse them well. Bring a kettle of water to a boil, and simmer until tender about 40 minutes. Drain and rinse.
2. Melt butter in a kettle over a moderately high flame, toss in carrots, onion and bell pepper, frying until fragrant - about 5 minutes. Stir in chopped tomatoes, cumin, turmeric, cayenne, ginger, zucchini, chicken broth and cooked chickpeas.
3. Simmer until cooked through and deeply fragrant about 35 minutes.

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.

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

support@nourishedkitchen.com