



# nourished kitchen

## meal plans} spring: 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>lemon chicken</b> <ul style="list-style-type: none"> <li>lemon and chicken with spinach</li> <li>roasted asparagus</li> <li>cauliflower pilaf</li> </ul>	<b>fried clams</b> <ul style="list-style-type: none"> <li>fried clams</li> <li>aioli</li> <li>carrot raisin salad</li> <li>oven-fried french fries</li> </ul>	<b>steak and veggies</b> <ul style="list-style-type: none"> <li>steak bites</li> <li>rapini with lemon and garlic</li> <li>green salad with red wine vinaigrette</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>almond flour cowboy cookies</li> <li>brine-pickled sugar snap peas</li> <li>white bean and chicken chili</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>chicken stock</li> <li>yogurt</li> <li>fresh whey/yogurt cheese</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1 cup, 2 tbsps)<sup>SA</sup>
- \_\_\_ eggs (4 whole)
- \_\_\_ yogurt (1/3 cup)<sup>SA</sup>
- \_\_\_ fresh whey (1/4)

### meat, fish & fowl

- \_\_\_ boneless, skinless chicken breasts (4)
- \_\_\_ chicken stock (1 qt, 2 cups)
- \_\_\_ clam meat (2 lbs)
- \_\_\_ pastured lard (2 cups, 2 tbsps)<sup>SA</sup>
- \_\_\_ beef round steak (1 lb)
- \_\_\_ chicken meat (1 lb)

### fresh produce & herbs

- \_\_\_ lemon (6)
- \_\_\_ garlic cloves (13)
- \_\_\_ spinach (1 lb)
- \_\_\_ asparagus (1 lb)
- \_\_\_ scallions (4)
- \_\_\_ cauliflower (1 head)
- \_\_\_ carrots (1 lb + 2)
- \_\_\_ celery ribs (2)
- \_\_\_ parsley (3/4 cup, chopped)
- \_\_\_ rapini/broccoli raab (1 1/2 lbs)
- \_\_\_ shallot (1)
- \_\_\_ salad greens (8 cups)
- \_\_\_ red onion (2)
- \_\_\_ sugar snap peas (1 lb)
- \_\_\_ yellow onion (1)
- \_\_\_ cilantro (1/2 cup, chopped)

### pantry items

- \_\_\_ any style flour (2 cups)
- \_\_\_ raisins (3/4 cup)
- \_\_\_ red wine vinegar (1/4 cup)
- \_\_\_ dijon-style mustard (1 tbsps)
- \_\_\_ coconut oil (1/2 cup)
- \_\_\_ honey (1/2 cup)
- \_\_\_ blanched almond flour (3 cups)
- \_\_\_ coconut flour (1/4 cup)
- \_\_\_ pecans (1/4 cup)
- \_\_\_ desiccated unsweetened coconut (1/4 cup)
- \_\_\_ chocolate chips (1/4 cup)<sup>O</sup>
- \_\_\_ white beans (1 cup)
- \_\_\_ diced green chilies (1 cup)

### spices & dried herbs

- \_\_\_ ground unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ cayenne (1/2 tsp)
- \_\_\_ paprika (1/2 tsp)
- \_\_\_ vanilla extract (2 tsps)
- \_\_\_ cinnamon sticks (2)
- \_\_\_ whole cloves (2 tsps)
- \_\_\_ baking soda (1/4 tsp)
- \_\_\_ cumin (1 tbsps)
- \_\_\_ dried oregano (1 tbsps)
- \_\_\_ crushed red pepper (1/2 tsp)

### miscellaneous & specialty

- \_\_\_ white wine (1/2 cup)<sup>SA</sup>
- \_\_\_ red wine (1 cup)<sup>SA</sup>

## menu #1} lemon chicken with spinach, roasted asparagus, cauliflower pilaf

**S**pinach, lemon and chicken marry beautifully together in many dishes. Here we serve them with roasted asparagus and a simple pilaf made not from rice, but from cauliflower.



### make it for less} \$15

Substituting boneless, skinless chicken thighs for chicken breasts will save about \$6. Substituting chicken stock for wine will save about \$4. Substituting broccoli for asparagus will save about \$3. Using 2 tbsps dried parsley in place of fresh parsley in the pilaf will save about \$2.



### make this meal}

**3 days ahead:** Thaw chicken in the fridge.  
**about 30 mins ahead:** Prepare lemon chicken.  
**about 20 mins ahead:** Prepare roast asparagus and cauliflower pilaf.



### food for thought}

**Lemons** are rich in vitamin C, a potent immune booster that also supports skin health.

**Cauliflower** is a good source of indole-3 carbinols thought to mitigate the risk of certain cancers of the female reproductive system.

**Asparagus** is rich in folate, a B vitamin that is critical to women of reproductive age for its protection of fertility and its prevention of neural tube defects in their babies.



### lemon chicken with spinach}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 20 mins (stove)

#### ingredients

- 1/2 cup flour (any will do including unbleached, sprouted, gluten-free and nut flours)
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- zest and juice of 2 lemons
- 4 boneless, skinless chicken breasts
- 1/4 cup butter\*
- 4 cloves garlic
- 1/2 cup chicken stock
- 1/2 cup white wine\*\*
- 1 lb spinach, trimmed and chopped

#### method

1. Whisk flour, salt, pepper and lemon zest together in a medium-sized bowl. Dredge the chicken in the seasoned flour.
2. Melt butter in skillet, stir in garlic and fry until fragrant for about three minutes.
3. Add chicken to the pan and fry 3 to 5 minutes on each side. Remove the chicken from the pan.
4. Stir stock, lemon juice and wine into the pan and simmer for about 5 minutes. Add spinach to the liquids, return chicken to the pan and continue to cook for a further five to 6 minutes until the spinach is wilted. Plate and serve.



### roasted asparagus with garlic and lemon}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 15 mins (oven)

#### ingredients

- 1 lb asparagus spears, trimmed ends
- 2 tbsps butter, melted
- 1 clove garlic, peeled and minced

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- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- zest and juice of 1 lemon

#### method

1. Preheat oven to 425° F.
2. In a large mixing bowl, toss asparagus with melted butter, minced garlic, sea salt, pepper and the zest of one lemon.
3. Arrange asparagus on a baking sheet, and bake for 15 minutes or until tender, stirring once or twice.
4. Transfer from the baking sheet to a serving dish, toss with lemon juice and serve.



### cauliflower pilaf}

**skill level:** easy | **yield:** 4 | **time:** 5 mins (stove)

#### ingredients

- 1/4 cup butter\*
- 4 scallions, sliced thin
- 4 cloves garlic, peeled and sliced thin
- 1 head cauliflower, grated
- 2 carrots, scraped and cut into 1/4-inch dice
- 2 celery ribs, chopped fine
- 1/4 cup chopped fresh parsley
- 1 cup chicken stock

#### method

1. Melt butter in a skillet. Stir in sliced scallions and garlic and fragrant. Stir in cauliflower, carrots and celery and continue frying a further 2 to 3 minutes.
2. Stir in stock and continue stirring until the stock is absorbed into the vegetables.
3. Remove from heat, stir in chopped parsley and fluff with a fork.

**\*Don't do dairy?** Substitute coconut oil, olive oil, bacon fat, lard or tallow for butter.

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

## menu #2} fried clams, aioli, carrot salad, french fries

Clams are extraordinarily rich in iron and one of the tastiest ways to consume them is fried. Here we serve them sprinkled with parsley and alongside a classic carrot raisin salad and ovenfried french fries.



### make this meal}

**up to 2 days ahead:** Thaw clams, if frozen. Prepare vegetables and store in fridge. Make aioli. Make yogurt using supplemental recipes.  
**about 45 mins ahead:** Bake french fries. Make carrot raisin salad and refrigerate.  
**about 25 mins ahead:** Make clams.



### food for thought}

Clams are extraordinarily rich in iron and vitamin B12.

Yogurt is an excellent source of beneficial bacteria and, when made from raw milk, food enzymes.



### fried clams}

**skill level:** easy | **serves:** 4 | **time:** 10 mins (active), 10 mins (stove)

#### ingredients

- 1 1/2 cups flour (any style including gluten-free, sprouted, unbleached or nut flours)
- 1 tsp unrefined sea salt
- 1/2 tsp cayenne
- 1/2 tsp paprika
- 2 lbs fresh or frozen clam meat
- 2 eggs, beaten
- pastured lard\* (for frying, about 2 cups)
- 1/2 cup chopped fresh parsley
- 1 lemon, quartered

#### method

1. Whisk flour with salt, cayenne and paprika. Dredge clams in seasoned flour, dip in beaten egg and dredge once more in flour.
2. Melt lard in a frying pan and, working in batches, fry clams for about two minutes then drain on a plate lined with a kitchen towel. Sprinkle with chopped fresh parsley and serve with quartered lemons.



### aioli}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active)

#### ingredients

- 4 cloves garlic, crushed
- 2 pastured egg yolks
- juice of 1 lemon
- 1 tbsp water
- dash unrefined sea salt
- 1/2 cup unrefined extra virgin olive oil

#### method

1. Combine garlic, egg yolks, the juice of one lemon, water and a dash unrefined sea salt into the basin of a food processor or blender. Pulse once or twice to mix ingredients. Then process while slowly, drop-by-drop, pouring unrefined extra virgin olive oil into the blender or food processor until the ingredients form a smooth emulsified aioli.
2. Refrigerate for 10 to 15 minutes to stiffen the aioli, if necessary, and consume within one week.

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### classic carrot and raisin salad}

**skill level:** easy | **time:** 5 mins (active), 30 mins (fridge)

#### ingredients

- 1 lb carrots, peeled and grated
- 1/2 cup raisins
- 1/3 cup yogurt\*

#### method

1. Toss carrots and raisins together in a mixing bowl. Stir in yogurt until the carrots and raisins are well-coated. Refrigerate for at least 30 minutes before serving.



### oven-fried french fries}

**skill level:** easy | **time:** 5 mins (active), 45 mins (oven)

#### ingredients

- 2 lbs russet potatoes\*\*\*, sliced in length-wise 1/4-inch thick
- 1/4 cup grass-fed lard\*, melted
- unrefined sea salt, to taste
- black pepper, to taste

#### method

1. Preheat oven to 400° F.
2. In a large mixing bowl, toss sliced potatoes with one-quarter cup melted grass-fed tallow and season with unrefined sea salt and black pepper as it suits you.
3. Spread seasoned potatoes on a baking sheet and bake at 400° F for 30 minutes until the potatoes become tender and begin to brown a bit. Shake once or twice during baking to redistribute the French fries and to ensure even heating.

\***Don't do lard?** Substitute coconut oil, ghee/clarified butter or tallow.

\*\***Don't do dairy?** Substitute mayonnaise for yogurt.

\*\*\***On GAPS/SCD?** Substitute celery root or rutabaga for potato.

## menu #3} steak bites, rapini with lemon and garlic, green salad, vinaigrette

While I love a good, barely seared steak, these steak bites are a fun way to get the same flavor, without the more expensive cuts. Kids love their small size, too.



### make it for less} \$6

Substitute broccoli or braising greens for rapini will save about \$2 while substituting beef stock for wine will save about \$4.



### make this meal}

**up to 1 week ahead:** Prepare vinaigrette, store at room temperature.

**about 3 days ahead:** Thaw steak.

**about 15 mins ahead:** Prepare steak bites. Prepare rapini.

**about 5 mins ahead:** Toss salad, dress at the table.



### food for thought}

**Grass-fed beef** is rich in zinc and other minerals and a good source of conjugated linoleic acid.

**Olive oil** is rich in antioxidants, including vitamin E and is an excellent source of fat-soluble vitamins.



### steak bites}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 10 mins (stove)

#### ingredients

- 1 lb beef round steak, trimmed and cut into 1-inch bites
- 1/2 tsp unrefined sea salt
- 1 tsp ground black pepper
- 1/4 cup butter\*, divided
- 1 cup red wine\*\*
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#### method

1. Toss steak into a mixing bowl and season with salt and black pepper.
2. Melt 2 tablespoons butter in a skillet over high heat. When it froths, toss in seasoned steak and brown the steak, about 2 minutes on each side. Remove from the pan and plate on a serving dish.
3. Deglaze the pan by pouring in stock and using a metal spatula to scrape up any browned bits off the bottom of the pan, stir in butter and continue to cook until the liquid is reduced by half, about 5 minutes. Pour sauce over the steak and serve.



### rapini with lemon and garlic}

**skill level:** easy | **yield:** 4 | **time:** 15 mins

#### ingredients

- 1/4 cup butter\*
- 4 cloves garlic, peeled and sliced thin
- juice and zest of one lemon
- 1 1/2 pounds rapini
- 1/4 cup chicken stock, preferably home-made

#### method

1. Heat butter over medium heat until melted. Then toss in sliced garlic and zest

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of one lemon. Fry the garlic in butter until fragrant.

2. Reduce the heat to medium-low, add rapini to the skillet, deglazing the pan with chicken stock. Cover the skillet and continue to simmer, about 4 minutes or until the vegetables become tender.
3. After about 4 minutes, remove the cooked broccoli or rapini from the skillet, season with the juice of one lemon and serve.



### green salad with red wine vinaigrette}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active)

#### ingredients

##### for the vinaigrette

- 1/4 cup red wine vinegar
- 1 shallot, peeled and minced
- 1 clove garlic, peeled and minced
- 1 tbsp Dijon-style mustard
- 3/4 cup unrefined extra virgin olive oil

##### for the salad

- 8 cups salad greens
- 1 red onion, peeled and sliced thin

#### method

1. Whisk red wine vinegar with minced shallot, minced garlic and Dijon-style mustard. Whisk in extra virgin olive oil and transfer to a salad dressing cruet or mason jar. Store at room temperature for up to one week.
2. Toss salad greens with red onion and dress with vinaigrette at the table.

\***Don't do dairy?** Substitute olive oil, tallow or lard for butter.

\*\***Don't do alcohol?** Substitute beef stock for red wine.

## bonus recipes} grain-free cowboy cookies, brine-pickled sugar snap peas, white bean and chicken chili

We love these cowboy cookies made with almond flour. They're great to take on long hikes or as snacks for active children. If you're wondering how to serve pickled snap peas - it's easy, they're great served as a small side dish for roast chicken and grilled fish.



### make this meal}

**up to 1 week before serving:** Make chicken stock for soup. Make whey for sugar snap peas.  
**the day before you plan to make chili:** Soak beans.



### almond flour cowboy cookies}

**skill level:** easy | **yield:** about 2 qts | **time:** 10 mins (active), 8 mins (baking per batch)

#### ingredients

- 1/2 cup coconut oil, softened
- 2 eggs, beaten
- 2 tsps vanilla extract
- 1/2 cup honey
- 3 cups blanched almond flour
- 1/4 cup coconut flour
- 1/2 tsp unrefined sea salt
- 1/4 cup pecans, soaked overnight
- 1/4 cup desiccated unsweetened coconut
- 1/4 cup raisins
- 1/4 cup chocolate chips\* optional

#### method

1. Preheat oven to 350° F and line a baking sheet with parchment paper.
2. Beat coconut oil, eggs, vanilla and honey together until smooth and then beat in almond and coconut flours and unrefined sea salt until a smooth dough is formed.
3. Fold in pecans, coconut, raisins and

chocolate chips.

4. Scoop one to two tablespoons of cookie dough into your hand and form it into a ball. Place the balls of cookie dough about two inches apart on a parchment paperlined baking sheet and bake in an oven preheated to 350° F for about eight minutes per batch. Allow the cookies to cool completely before handling.



### brine-pickled sugar snap peas}

**skill level:** easy | **yield:** about 1 qt | **time:** 5 mins (active), 10 days (fermentation)

#### ingredients

- 1 lb sugar snap peas, trimmed
- 1 small red onion, peeled and sliced thin
- 2 tsps whole cloves
- 2 cinnamon sticks
- 2 tsps unrefined sea salt
- 1/4 cup fresh whey\*

#### method

1. Place snap peas, onion, cloves and cinnamon sticks in a quart-sized jar.
2. In a separate bowl, whisk sea salt with fresh whey until it dissolves. Pour the liquids into the jar and cover with filtered water until it reaches within one inch of the lip of the jar. Weigh down the peas, if necessary, to keep them from floating, cover loosely, and ferment for one week to ten days before tasting. Ferment longer if you desire a sourer flavor.

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



### slowcooker white bean and chicken chili}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 10 mins (stove), 10 to 12 hrs (slowcooker)

#### ingredients

- 1 cup white beans
- 1/4 tsp baking soda
- 2 tbsps lard\*
- 1 yellow onion, peeled and chopped
- 3 cloves garlic, peeled and minced
- 1 lb chopped chicken meat
- 1 tbsp ground cumin
- 1 tbsp dried oregano
- 1/2 tsp crushed red pepper
- 1 quart chicken stock
- 1 cup diced green chilies
- 1/2 cup chopped fresh cilantro, to serve

#### method

1. Place white beans in a large mixing bowl. Sprinkle with baking soda and cover with hot water by 2 inches. Allow them to soak for 18 to 24 hours. Drain and rinse well.
2. Melt lard in a skillet. Stir in onion and garlic, frying until fragrant for about three minutes. Stir in chicken and brown.
3. Transfer chicken, onions, garlic, spices, stock and chilies to a slowcooker and cook on low for 12 to 14 hours. Serve sprinkled with chopped cilantro.

\***Don't do chocolate?** Substitute carob chips or omit.

\*\***Don't do dairy?** Substitute the brine of previously fermented vegetables or 1/2 packet vegetable starter culture dissolved in 1/4 cup water.

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

## supplemental recipes} chicken stock, fresh whey/yogurt cheese, yogurt



### chicken stock}

skill level: easy

#### ingredients

- frame of 1 chicken
- vegetable scraps
- 2 bay leaves
- 1 tbspn 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 leafs 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 and pour into mason jars.



### fresh whey/yogurt cheese}

skill level: easy

#### ingredients

- 1 quart yogurt

#### method

1. Line a fine-mesh sieve with cheesecloth or butter muslin over a mixing bowl.
2. Pour yogurt into the muslin or cheesecloth.
3. Allow the yogurt to strain for 12 to 24 hours.
4. Reserve the whey for fermentation.



### yogurt}

skill level: easy

#### ingredients

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

#### method

1. Heat milk to 110° F in a saucepan. Remove from heat and whisk in one-quarter cup yogurt from a previous batch. Transfer to a yogurt maker and ferment between 108° and 112° 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](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)