



# nourished kitchen

## meal plans} spring: 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
<b>slowcooker chicken supper</b> <ul style="list-style-type: none"> <li>slowcooker chicken with spring vegetables</li> <li>salad with strawberries and lemon honey dressing</li> </ul>	<b>pizza night</b> <ul style="list-style-type: none"> <li>barbecue chicken pizza</li> <li>sourdough pizza crust OR grain-free pizza crust</li> <li>cut up vegetables</li> <li>yogurt-herb dipping sauce</li> </ul>	<b>thai-inspired supper</b> <ul style="list-style-type: none"> <li>red curry mussels</li> <li>gingered bok choy</li> <li>coconut rice OR riced cauliflower</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>spring vegetable stew</li> <li>coconut banana custard</li> <li>honey barbecue sauce</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>chicken stock</li> <li>barbecue sauce</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1/4 cup)<sup>SA</sup>
- \_\_\_ grated cheddar cheese (1 cup)<sup>SA</sup>
- \_\_\_ yogurt cheese (1 cup)<sup>SA</sup>
- \_\_\_ heavy cream (1 cup)<sup>SA</sup>
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>
- \_\_\_ **eggs (1 whole, 6 yolks)**

### meat, fish & fowl

- \_\_\_ chicken thighs (4)
- \_\_\_ chicken stock (3 qts)
- \_\_\_ pastured lard (2 tbsps)<sup>SA</sup>
- \_\_\_ cooked shredded chicken (1 1/2 cups)
- \_\_\_ mussels (2 1/2 lbs)

### fresh produce & herbs

- \_\_\_ yellow onion (3)
- \_\_\_ garlic cloves (5)
- \_\_\_ carrots (1 lb + 8)
- \_\_\_ asparagus (1/2 lb)

- \_\_\_ celery ribs (14)
- \_\_\_ leeks (2)
- \_\_\_ mushrooms (1/2 lb)
- \_\_\_ red potatoes (1 1/2 lbs)<sup>SA</sup>
- \_\_\_ fresh or frozen peas (1/2 lb)
- \_\_\_ parsley (1/4 cup, chopped)
- \_\_\_ lemons (2)
- \_\_\_ shallot (4)
- \_\_\_ salad greens (6 cups)
- \_\_\_ strawberries (1/2 lb)
- \_\_\_ scallions (6)
- \_\_\_ cilantro (1/2 cup, chopped)
- \_\_\_ basil (1/2 cup, chopped)
- \_\_\_ parsley (1/4 cup, chopped)
- \_\_\_ chives (1/4 cup, chopped)
- \_\_\_ mixed fresh herbs (1/2 cup, chopped)
- \_\_\_ lemongrass (1 stalk)<sup>SA</sup>
- \_\_\_ ginger (1 3-inch knob)
- \_\_\_ limes (1)
- \_\_\_ bok choy (1 large bunch)
- \_\_\_ fresh or frozen lima beans (1 cup)
- \_\_\_ fresh or frozen peas (1 cup)
- \_\_\_ **cauliflower (1 large head)**

### pantry items

- \_\_\_ honey (1 cup, 3 tbsps)
- \_\_\_ **brown jasmine rice (1 1/2 cups)**
- \_\_\_ **cider vinegar (1/2 cup, 1 tbsp)**
- \_\_\_ coconut oil (1/4 cup, 3 tbsps)
- \_\_\_ thai red curry paste (3 tbsps)
- \_\_\_ **coconut milk (1 quart, 1 cup)**
- \_\_\_ **shredded coconut (1 1/4 cup)**
- \_\_\_ sesame seeds (1 tbsp)
- \_\_\_ sesame oil (2 tps)
- \_\_\_ fish sauce (2 tbsps)
- \_\_\_ tomato paste (1/4 cup)
- \_\_\_ **olive oil (3/4 cup, 1 tsp)**
- \_\_\_ **whole wheat flour (4 cups)**
- \_\_\_ **almond flour (1 1/2 cups)**
- \_\_\_ **ground flax (1/4 cup)**

### spices & dried herbs

- \_\_\_ ground unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ crushed red pepper (1/2 tsp)
- \_\_\_ dried oregano (3/4 tsp)

- \_\_\_ dried basil (1/4 tsp)
- \_\_\_ paprika (1/2 tsp)
- \_\_\_ vanilla (1/2 tsp)
- \_\_\_ onion powder (2 tbsps)
- \_\_\_ garlic powder (2 tbsps)
- \_\_\_ allspice (1 tsp) mace (1/2 tsp)
- \_\_\_ cloves (dash)
- \_\_\_ cayenne (dash)

### miscellaneous & specialty

- \_\_\_ pizza crust (1)<sup>HM</sup>
- \_\_\_ barbecue sauce (1/4 cup)<sup>HM</sup>
- \_\_\_ white wine (1/2 cup)<sup>SA</sup>
- \_\_\_ **sourdough starter (1 cup)**

**Making grain-free pizza?** Omit sourdough starter, 1/4 cup olive oil, 4 cups flour.

**Making souldough pizza crust?** Omit almond flour, ground flax and 1 egg.

**Making rice cauliflower?** Omit jasmine rice, 1 tbsp cider vinegar, 1 tbsp coconut oil, 2 cups coconut milk and 1 cup shredded coconut.

**Making coconut rice?** Omit cauliflower

## menu #1} slowcooker chicken stew with spring vegetables, strawberry salad

**P**lan to make this slowcooker chicken stew when you're tight on time, but want a nourishing simple dinner. It takes very little advanced preparation, and stews in the slowcooker all day long so it's ready when you're ready.

I like to serve it with a crisp green salad, studded by fresh strawberries and scallions. The sweet-tart lemon and honey dressing is a nice accompaniment.



### lighten your budget} \$6

Substituting 2 tbsps dried parsley for fresh will save about \$3. Omitting strawberries in salad will save about \$3.



### make this meal}

**3 days ahead:** Thaw chicken in the refrigerator.

**at least 6 and up to 12 hrs ahead:** Prepare slowcooker chicken stew with spring vegetables.

**1 hr ahead:** Stir peas into the chicken stew.

**10 mins ahead:** Stir chopped parsley into the chicken stew. Prepare lemon honey dressing, plate salad and dress at the table.



### food for thought}

**Chicken stock** is rich in gelatin which supports skin health and digestive system health and in easy-to-absorb trace minerals like calcium.

**Strawberries** are rich in vitamin C and other antioxidants.



## slowcooker chicken stew with spring vegetables}

**skill level:** easy | **yield:** 4 servings | **time:** 10 mins (range), 6 to 12 hrs (slowcooker)

### ingredients

- 2 tbsps butter\*
- 4 chicken thighs
- 1 yellow onion, peeled and chopped
- 3 cloves garlic, peeled and chopped
- 1 lb carrots, scraped and chopped
- 6 ribs celery, peeled and chopped
- 1 1/2 lbs red potatoes\*\*, quartered
- 1 qt chicken stock
- 1/2 lb fresh or frozen peas
- 1/4 cup chopped fresh parsley
- unrefined sea salt, to taste
- freshly ground black pepper, to taste

### method

1. Melt butter over a medium flame in a cast iron skillet. Toss in chicken thighs and brown on each side for about 3 minutes, each.
2. Add browned chicken thighs, chopped yellow onion, garlic, carrots, celery and quartered potatoes to a slow cooker with chicken stock.
3. Cook chicken, vegetables and stock on high for 6 to 8 hours or on low for 10 to 12 hours. One hour before serving, stir in peas and continue cooking.
4. Just prior to serving, stir in parsley with unrefined sea salt and freshly ground black pepper to taste.

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



## salad with strawberries and lemon honey dressing}

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

### ingredients

#### for the dressing

- juice of 2 lemons
- 1 shallot, peeled and minced
- 1 tbsp honey
- 1/2 cup unrefined extra virgin olive oil
- unrefined sea salt, to taste
- ground black pepper, to taste

#### for the salad

- 6 cups salad greens
- 1/2 lb strawberries, hulled and thinly sliced
- 2 scallions, sliced thin

### method

1. Whisk the lemon juice together with minced shallot and honey. Whisk in unrefined extra virgin olive oil. Season, as it suits you, with unrefined sea salt and black pepper.
2. Plate greens, strawberries and scallions. Dress the salad at the table.

\***Dairy-free?** Substitute olive oil, bacon fat, tallow or lard for butter.

## menu #2} barbecue chicken pizza, yogurt-herb dipping sauce

We love pizza night in our home. It's a rare and occasional treat, but it doesn't have to be when you're serving up a wholesome sourdough or grain-free pizza topped by your favorite real food ingredients.

One of our favorite pizzas is barbecue chicken. I take the time to make my own sauce (see bonus recipes (pg 7) and crust. I usually serve it with cut up vegetables, dipping sauce or a simple salad.



### lighten your budget} \$8

Omitting cilantro will save about \$3. Substituting 1 tbsp mixed dried herbs for 1/2 cup mixed fresh herbs will save about \$5.



### make this meal}

**about 5 days ahead:** Make honey barbecue sauce. Strain yogurt for yogurt cheese.

**up to 3 days ahead:** Cook chicken and store in the fridge.

**about 12 hrs ahead:** Proof sourdough starter (if serving sourdough crust).

**about 4 1/2 hrs ahead:** Prepare sourdough pizza crust.

**about 1 hr ahead:** Prepare grain-free pizza crust.

**about 40 mins ahead:** Assemble and bake pizza.

**about 10 mins ahead:** Prepare yogurt-herb dipping sauce.

**about 5 mins ahead:** Allow pizzas to cool and sprinkle them with chopped fresh cilantro.



### barbecue chicken pizza}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 10 mins (range), 25 mins (oven)

#### ingredients

- 2 tbsps pastured lard\*
- 1 large yellow onion, peeled, sliced thin
- 1 1/2 cups cooked shredded chicken
- 1 16-inch pizza crust
- 1 tsp olive oil
- 1/4 tsp crushed red pepper
- 1/2 tsp dried oregano
- 1/4 cup honey barbecue sauce (recipe to follow on page 7)
- 1 cup grated cheddar cheese\*\*
- 2 scallions, sliced thin
- 1/4 cup chopped fresh cilantro

#### method

1. Preheat oven to 425° F.
2. Melt lard in as skillet over a moderately high flame, stir in sliced onion and fry until fragrant and translucent for about five minutes. Stir in chicken and heat through.
3. Spread a pizza crust with olive oil, crushed red pepper, dried oregano and barbecue sauce. Top with cooked onions and chicken. Sprinkle on cheddar cheese and scallions and bake for 20 to 25 minutes. Turn on the broiler and broil a further three to five minutes, if a crisper pizza is desired.
4. Sprinkle with cilantro and serve.

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



### yogurt-herb dipping sauce with cut-up vegetables}

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

#### ingredients

##### for the yogurt-herb dipping sauce

- 1 cup yogurt cheese\*
- 1/2 cup minced mixed fresh herbs (tarragon, parsley, dill, chives, etc.)
- 1 shallot, peeled and finely minced
- juice of 1 lemon
- 1/2 tsp paprika
- unrefined sea salt, to taste
- ground black pepper, to taste

##### for the vegetables

- 6 carrots, scraped and sliced into finger-length sticks
- 8 celery ribs, cut into finger-length strips

#### method

1. Fold herbs, minced shallot, lemon juice, paprika, salt and pepper into yogurt cheese until well-combined. Transfer to a serving bowl and serve with cut-up vegetables.

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

\*\***Don't do dairy?** Substitute 1/2 cup toasted pine nuts for cheese. Substitute 1 cup homemade mayonnaise for yogurt cheese.

## menu #2 continued} sourdough OR grain-free pizza crust



### food for thought}

**Pasture-raised chicken** is rich in protein and offers a favorable ratio of omega-3 to omega-6 fatty acids.

**Yogurt** is rich in beneficial bacteria and high in protein and fat, but low in sugar as it is metabolized by beneficial bacteria.



### sourdough pizza crust}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 4 hrs (rising), 25 mins (pizza baking)

#### ingredients

- 1 cup proofed sourdough starter
- 1 cup warm water
- 1/4 cup unrefined extra virgin olive oil
- 4 cups whole wheat flour, well-sifted
- 1/2 tsp dried oregano
- 1/4 tsp dried basil
- 1/4 tsp crushed red pepper
- 2 tsps unrefined sea salt

#### method

1. Stir proofed starter, warm water, olive oil, whole grain flour, herbs, spices and sea salt together until well combined. Pour the dough into the bowl of a stand mixer equipped with a dough hook and mix the ingredients together at a low speed; alternatively, flour your counter and knead the ingredients together until a smooth, pliable ball of dough forms.
2. Grease a mixing bowl with a bit of olive oil; place the dough in the bowl and cover the bowl with plastic wrap or a slightly damp kitchen towel.
3. Allow the dough to rise at room temp for about four hours.
4. Punch it down, and allow it to rise again, until doubled in bulk. After it has doubled in bulk, roll the dough into a rectangle about 3/4-inch thick. Top it with your preferred toppings and bake about 25 minutes at 425° F.

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



### grain-free pizza crust}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 15 mins (blind baking), 25 mins (pizza baking)

#### ingredients

- 1 1/2 cups blanched almond flour
- 1/4 cup ground flax
- 1 egg, beaten
- 1/2 tsp dried oregano
- 1/4 tsp dried basil
- 1/4 tsp crushed red pepper
- 1/2 tsp unrefined sea salt

#### method

1. Preheat oven to 375° F.
2. Beat all ingredients together and form into a ball of dough. Roll out the dough between two pieces of parchment paper.
3. Place the dough, still resting between pieces of parchment paper, on a baking sheet. Peel off top piece of parchment paper and bake for 15 minutes.
4. Remove from oven and cool for 20 minutes, top with toppings of choice and bake for a further 20 to 25 minutes at 425° F.

## menu #3} red curry mussels, gingered bok choy

**M**ussels are sweet and briney, and the red curry in this recipe acts as a beautiful foil for them. I like to serve red curry mussels (or salmon) over coconut rice and gingered bok choy. Consider serving this dish with the dessert of the week: coconut banana custard.



### lighten your budget} \$15

Omitting lemongrass, cilantro and basil will save about \$9. Substituting chicken or fish stock for wine will save a further \$4.



### make this meal}

**8 to 12 hrs ahead:** Soak rice (coconut rice only).

**about 50 mins ahead:** Prepare coconut rice.

**about 20 mins ahead:** Prepare red curry mussels.

**about 10 mins ahead:** Prepare riced cauliflower (riced cauliflower only). Prepare gingered bok choy.



### red curry mussels}

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

#### ingredients

- 2 tbsps coconut oil
- 1 stalk lemongrass\*, crushed
- 1 2-inch knob ginger, peeled and cut into matchsticks
- 3 tablespoons Thai red curry paste
- 1/2 cup white wine\*\*
- 2 cups full-fat coconut milk
- 2 tbsps fish sauce
- juice of 1 lime
- 2 1/2 pounds mussels, debearded and scrubbed
- 1/4 cup chopped cilantro
- 1/2 cup chopped basil
- 2 scallions, sliced thin

#### method

1. Melt coconut oil in a Dutch oven or wok, then stir in crushed lemongrass and ginger, frying in coconut oil until fragrant.
2. Stir in curry paste, white wine, coconut milk and fish sauce. Bring to a simmer, then add mussels.
3. Cover the pot and simmer the mussels in the curry-coconut mixture until they open, about five minutes. Discard any that do not open after six to seven minutes.
4. Transfer the mussels to serving bowls, season with lime juice, and dress with cilantro, basil and scallions.

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



### gingered bok choy}

**skill level:** easy | **serves:** 4 | **time:** 10 mins (range)

#### ingredients

- 1 tbsp coconut oil
- 1 1-inch knob ginger, peeled and grated
- 2 shallots, peeled and finely minced
- 1 large bunch bok choy, trimmed and chopped coarsely
- 1 tbsp sesame seeds
- 2 tsps toasted sesame oil

#### method

1. Melt coconut oil in a skillet over a moderate flame, then stir in grated ginger and minced shallots. Fry until they release their fragrance, then stir in coarsely chopped bok choy.
2. Fry the bok choy until wilted, then remove from heat and season with sesame seeds and sesame oil.

\***Can't find lemongrass?** Substitute the grated zest of 1 lime.

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



### coconut rice}

skill level: easy | serves: 4 | time: 5 mins (active), 8 to 12 hrs (soaking), 45 mins (stove)

#### ingredients

- 1 1/2 cups brown jasmine rice
- 1 tablespoon cider vinegar
- warm water, to cover
- 1 tbsp coconut oil
- 2 cups coconut milk
- 1 cup shredded unsweetened coconut
- 1/2 tsp unrefined sea salt

#### method

1. Toss rice into a mixing bowl with cider vinegar and cover with hot water, soaking for 8 to 12 hours. After the rice has soaked, drain and rinse until the water runs clear.
2. Transfer the soaked rice to a saucepan with coconut oil, coconut milk, shredded coconut, 2 cups water. Bring rice to a boil, uncovered, and immediately reduce heat, cover, and simmer until liquid is absorbed by rice for about 45 minutes.
3. Remove from heat and allow it to rest a further five to ten minutes, covered. Fluff with a fork before serving.



### riced cauliflower}

skill level: easy | serves: 4 | time: 5 mins (active), 10 mins (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 until tender, about six to eight minutes.



### food for thought}

**Mussels** are strongly anti-inflammatory and rich in vitamin C, B12, folate, riboflavin and thiamin. They are a good source of iron, manganese, phosphorus, selenium and zinc, and rich in omega-3 fatty acids.

**Coconut oil** is rich in monolaurin, a healthy fat known to promote immune system health, and is thought to support thyroid function.

**Bok choy** is rich in indole-3 carbinols, thought to mitigate the risk of cancer.

## bonus recipes} spring vegetable stew, coconut banana custard, honey barbecue sauce

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



### make this meal}

**for the soup:** Make chicken stock for soup up to a week in advance.

**for the barbecue sauce:** Prepare whey up to 1 week before serving the limeade.



### spring vegetable stew with chives and parsley}

**skill level:** easy | **yield:** about 2 1/2 qts | **time:** 55 mins (range)

#### ingredients

- 2 tbsps butter\*
- 2 leeks, white and light green parts only, sliced thin
- 1/2 lb mushrooms, trimmed, sliced thin
- 2 carrots, scraped and diced
- 1/2 lb asparagus spears, trimmed and coarsely chopped
- 2 quarts chicken stock
- 1 cup fresh or frozen lima beans
- 1 cup fresh or frozen English peas
- juice of 1 lemon
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh chives

#### method

1. Melt butter in a stock pot over medium heat. When it froths, stir in leeks and fry until fragrant for about five minutes.
2. Stir in mushrooms, carrots and asparagus and fry for a further five minutes, stirring frequently.
3. Reduce heat to medium-low. Pour in chicken stock. Cover, simmer for 30 minutes.
4. Stir in lima beans and peas. Increase heat to medium and continue cooking for a fur-



### coconut banana custard}

**skill level:** easy | **serves:** 4 | **time:** 10 mins (range)

#### ingredients

- 1 cup coconut milk
- 1/2 cup heavy cream\*
- 1 over-ripe banana
- 6 egg yolks
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 2 tbsps honey
- 1/4 cup shredded unsweetened coconut
- coconut oil, to grease your custard dish or ramekins

#### method

1. Grease your custard dish or 4 six-ounce ramekins. Preheat the oven to 325° F.
2. Beat all ingredients, except shredded coconut, together. Pour into prepared ramekins. And place them in a deep baking dish. Top each ramekin with shredded coconut.
3. Fill the baking dish with warm water so that it reaches 1/2-way up the sides of the ramekins. Bake until custard is set for about 45 minutes.



### honey barbecue sauce}

**skill level:** easy | **serves:** 4 | **time:** 10 mins (range)

#### ingredients

- 3 tbsps coconut oil
- 1 yellow onion, minced
- 2 garlic cloves, minced

- 1/4 cup tomato paste
- 1 cup honey
- 2 teaspoons unrefined sea salt
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 1 tsp allspice
- 1/2 tsp mace
- dash cloves
- dash powdered cayenne pepper
- 1/4 cup fresh whey\*
- 1/2 cup raw apple cider vinegar

#### method

1. Melt coconut oil over a medium flame, then toss in the minced onion and garlic. Fry the minced onion and garlic in the hot fat until fragrant and translucent.
2. Reduce the heat to low, then spoon about 1/4 cup tomato paste into the saucepan. Take care because the tomato paste could splatter in the hot fat.
3. Stir honey into the tomato paste. Continue to stir the sauce together until the honey completely dissolves into the tomato paste and the sauce becomes uniform in color.
4. Stir unrefined sea salt and spices into the sauce and continue to stir until the flavorings are fully dissolved in the sauce.
5. Continue to cook over a low flame for another 20 minutes.
6. Pour the sauce into a mixing bowl and allow it to cool to blood temp. Stir in fresh whey and transfer to a mason jar, allowing to ferment at room temp for 3 to 5 days.
7. Whisk in vinegar, as needed. Transfer to the fridge where it will keep for 6 months.

**\*Don't do dairy?** Substitute olive oil, tallow or bacon fat for butter. Substitute coconut cream for heavy cream. Substitute 1 vegetable starter culture packet dissolved in 1/4 cup water or 1/4 cup juice of fermented vegetables for fresh whey.

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



### chicken stock}

skill level: easy

#### ingredients

- frame of 1 chicken
- vegetable scraps
- 2 bay leaves
- 1 tablespoon apple cider vinegar

#### equipment

- slowcooker
- sieve or fine mesh strainer

#### 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 and pour into mason jars.



### fresh whey/yogurt cheese}

skill level: easy

#### ingredients

- 1 quart yogurt

#### equipment

- fine-mesh sieve
- cheesecloth
- mixing bowl

#### 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.

### 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)