



# nourished kitchen

## meal plans} summer: week 13

### 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>south of the border</b> <ul style="list-style-type: none"> <li>• shrimp veracruz</li> <li>• cumin-roasted carrots</li> <li>• ensalada mixta</li> </ul>	<b>polynesian-inspired supper</b> <ul style="list-style-type: none"> <li>• slowcooker kaluah pork</li> <li>• coconut sweet potatoes</li> <li>• avocado and pineapple salad</li> </ul>	<b>swiss steak</b> <ul style="list-style-type: none"> <li>• swiss steak</li> <li>• steamed green beans</li> <li>• green salad with red wine vinaigrette</li> </ul>	<b>ferments, soups, desserts</b> <ul style="list-style-type: none"> <li>• sour onion relish</li> <li>• plum sauce</li> <li>• watermelon gazpacho</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>• beef stock</li> <li>• roasted tomatoes</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (2 tbsps)<sup>SA</sup>
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ pink shrimp (1 lb)<sup>SA</sup>
- \_\_\_ pork roast (4 lbs)
- \_\_\_ round steak (2 lbs)
- \_\_\_ beef stock (1 1/2 cups)

### fresh produce & herbs

- \_\_\_ garlic (1 head)
- \_\_\_ bell pepper (4)
- \_\_\_ onion (8)
- \_\_\_ tomatoes (5)
- \_\_\_ mixed greens (24 cups, loosely packed)
- \_\_\_ cucumber (2)
- \_\_\_ carrot (2 lbs + 2)
- \_\_\_ sweet potato (1 1/2 lbs)
- \_\_\_ ginger (2 1-inch knobs)
- \_\_\_ pineapple (1)

- \_\_\_ red onion (3)
- \_\_\_ avocado (2)
- \_\_\_ limes (as needed)
- \_\_\_ celery (4 ribs)
- \_\_\_ fresh oregano (2 tbsps, chopped)
- \_\_\_ shallot (2)
- \_\_\_ green beans (1 1/2 lbs)
- \_\_\_ plums (3 lbs)
- \_\_\_ cilantro (1/4 cup, chopped)
- \_\_\_ watermelon (6-lb melon)
- \_\_\_ basil (1/4 cup, chopped)
- \_\_\_ flat-leaf parsley (1/4 cup, chopped)

### pantry items

- \_\_\_ coconut oil (1/2 cup)
- \_\_\_ coconut milk (1/4 cup)
- \_\_\_ shredded unsweetened coconut (1/2 cup)
- \_\_\_ red wine vinegar (1/4 cup, 2 tbsps)
- \_\_\_ unrefined olive oil (3/4 cup, 2 tbsps)

### spices, extracts & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ bay leaf (1)
- \_\_\_ red pepper flakes (1 tsp)
- \_\_\_ powdered mustard (1/4 tsp)
- \_\_\_ powdered cinnamon (1/2 tsp)
- \_\_\_ cumin powder (1 tsp)
- \_\_\_ whole mustard seeds (1/2 tsp)
- \_\_\_ cayenne pepper (1/4 tsp)

### miscellaneous & specialty

- \_\_\_ green olives (1 1/2 cup)
- \_\_\_ liquid smoke (1 tbsps)<sup>SA</sup>
- \_\_\_ roasted pureed tomatoes (2 cups)
- \_\_\_ apple juice or cider (1 cup)

## menu #1} shrimp veracruz, cumin-roasted potatoes, ensalada mixta

It's nearly the end of summer, and it's time to take advantage of all those wonderful summer crops, but tomatoes and peppers in particular which shine in this Mexican-inspired dish. Shrimp is extraordinarily rich in iodine, a nutrient that is essential to thyroid function; however, if you cannot find, cannot afford or do not wish to consume shrimp for personal or religious reasons, consider substituting any firm white fish.



### Lighten your budget \$11}

Omitting bell pepper will save about \$4.  
Substituting cod for shrimp will save about \$4.  
Omitting cilantro will save about \$3.



### make this meal}

**up to 2 days ahead:** Thaw shrimp in the refrigerator.

**about 40 minutes ahead:** Prepare Cumin-roasted carrots.

**about 20 mins ahead:** Prepare shrimp veracruz

**about 5 to 10 mins ahead:** Plate salads and dress at the table.



### food for thought}

**Oregon pink shrimp** are small shrimp sourced from clean, sustainable fisheries. They are rich in vitamin D and iodine, and is a "best choice" sustainable seafood as ranked by the Monterey Bay Aquarium's Seafoodwatch.org.

**Tomatoes** are rich in lycopene, an antioxidant that accounts for their bright color and also known to protect against prostate cancer. They are better served cooked which renders their nutrients more bioavailable.



### shrimp veracruz

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

#### ingredients

- 2 tbsps coconut oil
- 4 cloves garlic, peeled and chopped
- 1 bell pepper, any color, seeded and sliced thin
- 1 yellow onion, peeled and sliced thin
- 1 lb pink shrimp\*
- 5 tomatoes, peeled, seeded and chopped
- 1 cup green olives, pitted and halved
- 1 bay leaf
- 4 scallions, chopped

#### method

1. Melt coconut oil in a cast-iron or enameled cast-iron skillet. Stir in chopped garlic, sliced pepper and sliced onion, stirring until softened.
2. Stir in pink shrimp and cover with chopped tomatoes, olives and bay leaf continue cooking until liquid is reduced to a thick syrup and serve topped with chopped scallions.

\***Don't do shrimp?** Prepare the sauce, excluding shrimp, and pour over grilled white fish.

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



### ensalada mixta}

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

#### ingredients

- 8 cups mixed greens
- 2 tomatoes, quartered
- 1 cucumber, peeled (if skin is tough), seeded and chopped
- 1 red bell pepper, seeded and sliced thin
- ½ cup olives, sliced thin
- 2 carrot, scraped and finely grated
- olive oil, to serve
- red wine vinegar, to serve
- unrefined sea salt, as needed

#### method

1. Plate greens with quartered tomato, cucumber bell pepper, olives and carrots. Then dress, as needed, with olive oil, vinegar and unrefined sea salt.



### cumin-roasted carrots}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 35 minutes (oven)

#### ingredients

- 2 lbs carrots, scraped and chopped into 1/2-inch pieces
- 2 tbsps coconut oil, melted
- 1 tsp cumin powder
- 1/2 tsp unrefined sea salt
- 1/4 tsp cayenne pepper
- 1/4 cup chopped fresh cilantro

#### method

1. Preheat oven to 425° F.
2. Toss carrots into a large bowl with coconut oil, cumin, salt and cayenne. Spread in a single layer on a baking sheet and roast for 35 minutes, stirring once half-way through. Transfer to a serving dish, toss with cilantro and serve.

## menu #2} kaluah pork, coconut sweet potatoes, avocado and pineapple salad

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

Perfect for a block party, potluck or home-cooked meal on the patio, this combination of dishes take their inspiration from the flavors of Hawaii with coconut, kaluah pork and avocado-pineapple salad.



### Lighten your budget \$6}

Substituting 1 tsp powdered ginger for fresh will save about \$1. Omitting pineapple will save about \$5.



### make this meal}

**up to 5 days ahead:** Thaw pork in the fridge.  
**up to 1 day ahead:** Roast sweet potatoes.  
**about 5 mins ahead:** Prepare avocado and pineapple salad.



### food for thought}

**Pasture-raised pork** is an excellent source of complete protein, and is rich in vitamin D and monounsaturated fat, a healthy fat also found in avocados and olive oil.

**Avocados** are rich in monounsaturated fat, a healthy fat also found in olive oil and pork.

**Coconut oil** is rich in lauric acid, a fatty acid thought to support immune system health.



### kaluah pork}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 18-24 hrs (slowcooker)

#### ingredients

- 4 lbs pork roast
- 1 tablespoon coarse unrefined sea salt
- 1 tbsp liquid smoke, optional

#### method

1. Prick the roast all over with a fork.
2. Sprinkle with salt and drizzle with liquid smoke, if using. Place seasoned roast in a slowcooker and cook on low for 18 to 24 hours, turning once during cooking. The meat should shred easily when pierced by a fork.



### coconut sweet potatoes}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 95 mins (oven)

#### ingredients

- 1½ lbs sweet potatoes\*
- ¼ cup coconut milk
- 1 1-inch knob ginger, peeled and grated
- ½ tsp unrefined sea salt
- ¼ cup coconut oil
- ½ cup shredded unsweetened coconut

#### method

1. Preheat oven to 375° F.
2. Prick each sweet potato with a fork, then wrap with parchment paper and aluminum foil. Bake the potatoes in a preheated oven for 1½ hours until they're pierced easily by a fork. (This step can be completed up to a day in advance.)
3. Remove the sweet potatoes from the oven and allow them to cool enough handle.

- Scoop out their insides and puree them with coconut milk, ginger and coconut oil.
4. Spoon the potatoes into a baking dish. Sprinkle with coconut and place under broiler until the coconut is browned.



### avocado and pineapple salad}

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

#### ingredients

- 8 cups mixed salad greens
- 1 pineapple, peeled, cored and chopped
- 2 red onion, sliced thin
- 2 medium avocados, peeled, pitted and sliced thin
- ½ tsp red pepper flakes
- unrefined sea salt, as needed
- lime juice, to serve

#### method

1. Plate greens, pineapple, red onion, avocades and sprinkle with red pepper flakes, unrefined sea salt and lime juice.

\***On GAPS?** Substitute an equivalent amount of cooked winter squash and begin at step #3.

## menu #3} swiss steak, steamed green beans, green salad with red wine vinaigrette

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

**R**ound steak, an otherwise tough cut, is excellent when served as Swiss steak. In this classic dish, we pair it with simple steamed green beans and a huge green salad with red wine vinaigrette.



### Lighten your budget \$1}

Substituting 1 tsp dried oregano for fresh will save about \$1.



### make this meal}

**up to 1 week ahead:** Prepare vinaigrette, storing at room temperature until ready to serve.

**about 2 1/2 hours ahead:** Prepare Swiss Steak.

**5 mins ahead:** Plate salad and dress with vinaigrette at the table.



### food for thought}

**Grass-fed beef** is an excellent source of complete protein and is rich in B vitamins and trace minerals like iron and zinc. It's a good source of conjugated linoleic acid and offers a favorable ratio of omega-3 to omega-6 fatty acids.

**Raw red wine vinegar** may help to lower blood sugar levels when eaten with meals and can be a source of beneficial bacteria.



### swiss steak}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 2 hours, 15 minutes (stove)

#### ingredients

- 2 lbs round steak
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 2 tbsps butter\*
- 1 onion, peeled and thinly sliced
- 2 cloves garlic, peeled and minced
- 4 ribs celery, chopped
- 2 cups roasted pureed tomatoes
- 1 1/2 cups beef 1/2 tsp stock
- 2 tbsps chopped fresh oregano

#### method

1. Cut the meat into 1/2-inch thick slices and season with salt and pepper.
2. Melt butter in a dutch oven. Sear steaks on each side, about 2 minutes per side. Remove steaks from the pan and set aside.
3. Stir in onion, garlic, and celery and fry until fragrant, about 5 minutes.
4. Return steaks to the pan, covered with tomatoes and chicken stock. Simmer, covered over medium-low heat, for 2 hours or until meat is tender. Stir in chopped fresh oregano.



### greens with red wine vinaigrette}

**skill level:** easy | **yield:** about 1 qt | **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
- 1/4 tsp unrefined sea salt
- 1/4 tsp powdered mustard
- 3/4 cup unrefined extra virgin olive oil

##### for the salad

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

#### method

1. Whisk vinegar with shallot, garlic and salt. Whisk in olive oil.
2. Plate salad greens and onion, dress at the table with vinaigrette.



### steamed green beans}

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

#### ingredients

- 1 1/2 lbs green beans, trimmed
- butter or olive oil, to serve

#### method

1. Bring 2 quarts water to a boil.
2. Place trimmed green beans in a mixing bowl and cover with boiling water. Cover with a kitchen towel and allow the green beans to cook in the residual heat of the water for 10 minutes. Drain and serve with butter or olive oil.

\*Don't do dairy? Substitute olive oil.

# ferments, soups, desserts} sour onion relish, cinnamon plum sauce, watermelon gazpacho

This sour onion relish pairs well with the kaluah pork in this week's menu #2. The plum sauce is lovely on its own or as an accompaniment to yogurt where its sweetness marries well with the yogurt's tartness.



## food for thought}

**up to 1 week ahead:** Prepare fresh whey  
**up to 6 months:** Plum sauce can be frozen with no loss of flavor.



## sour onion relish}

**skill level:** easy | **yield:** 1 qt | **time:** about 5 mins (active), 48-72 hrs (fermentation)

### ingredients

- 6 large onions, peeled and shredded
- 2 red bell peppers, seeded, sliced thinly
- ½ tsp crushed red pepper flakes
- ½ tsp whole mustard seeds
- 2 tsps unrefined sea salt

### method

1. Toss shredded onion, sliced and chopped bell pepper, crushed red pepper flakes, and sea salt in a mixing bowl until well combined.
2. Spoon mixture into a mason jar or vegetable fermenter and mash down with a wooden spoon until the liquid created by the onion juice, salt and whey covers the solids. Cover loosely and ferment at room temperature for 2 to 3 days, transfer to the refrigerator and use within two months.

**NOTE:** Consider shredding your onions in a food processor.



## cinnamon plum sauce}

**skill level:** easy | **yield:** 1 qt | **time:** about 30 mins

### ingredients

- 3 lbs plums, peeled and pitted
- 1 1-inch knob ginger, peeled and grated
- ½ tsp cinnamon
- 1 cup apple juice or cider

### method

1. Combine all ingredients in a saucepan over moderately low heat and simmer until the plums are fall-apart tender, about 30 minutes.
2. Puree with an immersion blender and serve or freeze to store.

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



## watermelon gazpacho}

**skill level:** easy | **yield:** about 4 servings | **time:** about 5 mins

### ingredients

- chopped and seeded flesh of a 5- to 6-lb watermelon
- 1 medium cucumber, peeled, seeded and diced
- ¼ cup chopped fresh basil
- ¼ cup chopped flat-leaf parsley
- 1 shallot, minced
- 2 tsps red wine vinegar
- 2 tsps extra virgin olive oil
- unrefined sea salt

### method

1. Toss watermelon, cucumber, basil, parsley and shallot together. Puree half the mixture in a blender, then stir in the blended portion into the unblended portion.
2. Season with vinegar, olive oil and sea salt, as needed.

**\*Dairy-free?** Substitute 1 package vegetable starter culture dissolved in ¼ cup water or the brine of a previous batch of fermented vegetables for fresh whey.

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



### homemade beef stock}

skill level: easy

#### ingredients

- 3 to 5 lbs beef bones
- vegetable scraps
- 2 tbsps red wine vinegar
- 3 bay leaves

#### equipment

- baking dish
- heavy-bottomed stock pot

#### method

1. Preheat oven to 400° F.
2. Roast bones at 400° F for 45 minutes to one hour.
3. Place roasted bones, vegetable scraps, wine, vinegar and bay leaves in a heavy-bottomed stock pot, cover with water and bring to a simmer. Simmer for up to 24 hours, adding water as necessary. Strain and refrigerate.



### roasted tomatoes}

skill level: easy | time: 5 mins (active), 2½ hrs (soven)

#### ingredients

- 2 lbs roma tomatoes, halved
- 2 tbsps olive oil
- ½ tsp unrefined sea salt

#### method

1. Preheat the oven to 225° F. Line a baking sheet with parchment paper.
2. Layer tomatoes on the parchment paper-lined baking sheet, drizzle with olive oil and sprinkle with unrefined sea salt. Roast the tomatoes in an oven preheated to 225° F for 2½ to 3 hours
3. Use immediately or store in the refrigerator, covered with olive oil, for up to one week.

### 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)