



nourished kitchen

meal plans} winter: week 9

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
simple chicken dinner <ul style="list-style-type: none"> chicken en papillote with spiced carrots curry-roasted cauliflower green salad with ginger-orange vinaigrette 	moroccan supper <ul style="list-style-type: none"> braised chicken thighs with lemons and olives oven-baked french fries raw beet and orange salad 	pan-fried cod <ul style="list-style-type: none"> pan-fried cod lemon butter sauce roasted broccoli with crushed red pepper 	bonus recipes <ul style="list-style-type: none"> cream of cauliflower soup baked pears with citrus and spice coconut water kefir supplemental recipes <ul style="list-style-type: none"> chicken stock

shopping list

dairy & eggs

- ___ butter (1 3/4 cups, 1 tsp)^{SA}
- ___ egg (1 whole)
- ___ heavy cream (2 cups)^{SA}

meat, fish & fowl

- ___ boneless, skinless chicken breasts (4 (6 oz each))
- ___ bone-in, skin-on chicken thighs (4)
- ___ chicken stock (2 qts)
- ___ cod filets (1 1/2 lbs)

fresh produce & herbs

- ___ leeks (2)
- ___ carrots (8)
- ___ celery (4 ribs)
- ___ cauliflower (1 large head)
- ___ oranges (5)
- ___ ginger (1 (1-inch) knob)
- ___ shallots (3)
- ___ mixed salad greens (8 cups)

- ___ red onion (1)
- ___ yellow onion (1 large)
- ___ garlic (9 cloves)
- ___ russet potatoes (3 large)^{SA}
- ___ parsley (2 1/4 cups plus 2 tbsps, chopped)
- ___ beets (4 large)
- ___ lemons (2)
- ___ leeks (2)
- ___ broccoli (1 large head)
- ___ pears (4 medium)

pantry items

- ___ olive oil (1/2 cup)
- ___ green olives (1 cup)
- ___ pine nuts (1/4 cup)
- ___ any kind of flour including whole grain, unbleached or nut flours (3/4 cup)
- ___ honey (4 tsps)
- ___ coconut water (1 qt)
- ___ whole grain sourdough bread crumbs (1/2 cup)^{SA}

spices & dried herbs

- ___ unrefined sea salt
- ___ ground white pepper (1/2 tsp)
- ___ cayenne pepper (1/2 tsp + 1/8 tsp)
- ___ powdered ginger (2 1/2 tsps)
- ___ ground allspice (1/2 tsp)
- ___ curry powder (2 tsps)
- ___ powdered turmeric (1/2 tsp)
- ___ ground cumin (1 1/2 tsps)
- ___ cinnamon sticks (2)
- ___ paprika (1/2 tsp)
- ___ garlic powder (1/2 tsp)
- ___ onion powder (1/2 tsp)
- ___ crushed red pepper flakes (1/4 tsp)
- ___ ground cinnamon (1/2 tsp)

miscellaneous & specialty

- ___ kefir starter culture (1 packet)^{SA}
- ___ white wine (1 3/4 cup)^{SA}
- ___ preserved lemons (2)^{SA}

menu #1} chicken w/ spiced carrots, curried cauliflower, ginger-orange vinaigrette

scheduled for: _____

Super simple with easy clean-up, this meal combines succulent chicken en papillote with spiced carrots served alongside curry-roasted cauliflower and a fresh green salad.



lighten your budget} #3

Substituting chicken thighs for chicken breasts should save about \$3.



make this meal}

5 days ahead: Thaw chicken, if frozen.

Prepare vegetables, store in an airtight container in fridge. Prepare vinaigrette, store at room temperature.

40 mins ahead: Preheat the oven and begin to prepare chicken en papillote.

30 mins ahead: Prepare and roast cauliflower.

5 mins ahead: Allow chicken en papillote to rest. Toss salad, dress at the table.

- 1/8 tsp cayenne
- 1/4 tsp ground ginger
- 1/4 tsp ground allspice
- 1/4 cup chilled butter**, cubed

equipment

- 4 sheets parchment paper (12x16 inches)

method

1. Preheat the oven to 400° F, and fold each sheet parchment paper in half cross-wise.
2. Place one chicken breast on one side of each sheet and season with unrefined sea salt and ground black pepper. Evenly distribute leeks, carrots and celery over the chicken. Pour one tablespoon white wine over the chicken and vegetables, top with an even sprinkling of cayenne, ginger and allspice. Evenly dot with cubed butter.
3. Fold the other half of the parchment paper over the chicken and vegetables, crimp its sides together to form a tight package and bake for 25 to 30 minutes in an oven preheated to 400° F.
4. After about 30 minutes, remove the packets from the oven. Slice open to release the hot steam and allow them to rest for three to five minutes before opening and serving.

method

1. Preheat oven to 400° and line a baking sheet with parchment paper.
2. Toss cauliflower florets, sea salt, curry powder and melted butter into a mixing bowl until the cauliflower is well-coated. Spread seasoned cauliflower onto a baking sheet and roast at 400° F for 20 to 25 minutes, stirring once or twice.



green salad with ginger-orange vinaigrette}

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

ingredients

for vinaigrette

- juice of 1 orange
- 1 1-inch knob ginger, peeled, finely grated
- 1 shallot, peeled and minced
- 1/4 cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thin segments of 1 orange
- 1/4 cup pine nuts

equipment

- mixing bowl
- whisk
- mason jar or salad dressing cruet

method

1. Prepare the orange-ginger vinaigrette up to a week ahead by whisking orange juice, ginger, shallot and olive oil together. Store in a mason jar or salad dressing cruet.
2. Just before serving, toss greens with sliced onion, orange segments and pine nuts. Dress at the table.

***Alcohol-free?** Substitute chicken stock.

****Dairy-free?** Substitute coconut oil for butter.



chicken en papillote with spiced carrots}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 30 mins (oven), 5 mins (rest)

ingredients

- 4 6-oz boneless, skinless chicken breasts
- 1 1/2 tsps unrefined sea salt
- 1/2 tsp ground black pepper
- 2 leeks, white and light-green parts only, sliced thin
- 8 carrots, scraped and sliced into matchsticks
- 4 ribs celery, sliced thin
- 1/4 cup white wine*



curry-roasted cauliflower}

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

ingredients

- florets of 1 large head cauliflower
- 1/2 tsp unrefined sea salt
- 2 tsps curry powder
- 1 tbsp butter**, melted

equipment

- mixing bowl
- baking sheet
- parchment paper

menu #2} chicken with lemons & olives, french fries, raw beet & orange salad

Slow-braised chicken thighs in the Moroccan style are paired with a raw beet salad and french fries - a ubiquitous addition to Moroccan cuisine. If you don't have any leftover preserved lemons that we made in January, substitute regular lemons and an additional 1/2 teaspoon unrefined sea salt.



lighten your budget} \$4

Omitting olives and substituting dried herbs for fresh should save about \$4.



make this meal}

up to 3 days ahead: Thaw chicken in fridge. Prepare vegetables and store in fridge. Prepare vinaigrette for salad, store at room temperature.

about 50 mins ahead: Prepare braised chicken.

about 30 mins ahead: Prepare oven-baked French fries.

about 5 mins ahead: Toss salad with vinaigrette. Sprinkle chicken with parsley and serve.



braised chicken thighs with lemon and olives}

skill level: easy | **servs:** 4 | **time:** 45 mins (stove)

ingredients

- 1/4 cup butter*
- 4 bone-in, skin-on chicken thighs
- 1 large yellow onion, peeled, and finely chopped
- 6 cloves garlic, peeled and minced

- 1/2 tsp ground turmeric
- 2 tsps powdered ginger
- 1 tsp ground cumin
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1/2 tsp cayenne
- 2 cinnamon sticks
- 1 cup green olives
- 2 preserved lemons***, chopped
- 2 cups chicken stock
- 1/4 cup chopped fresh parsley

equipment

- wide skillet with lid

method

1. Melt butter over medium-high heat. Sear chicken, about three minutes per side and set aside.
2. Stir onion and garlic into the pan and fry until translucent. Whisk in turmeric, ginger, cumin, sea salt, pepper and cayenne. Add chicken back into the pan and drop in two cinnamon sticks.
3. Simmer, covered, for 30 to 35 minutes. Stir in olives and lemons and continue simmering, uncovered, for a further 10 minutes or until sauce is thickened. Sprinkle with parsley and serve.



oven-baked french fries}

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

ingredients

- 3 large russet potatoes**, scrubbed clean and cut into half-inch thick slices
- 2 tbsps butter*, melted
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper

equipment

- mixing bowl

scheduled for: _____

- baking sheet
- parchment paper

method

1. Preheat oven to 425° F and line a baking sheet with parchment paper.
2. Toss potatoes in melted butter and sprinkle with sea salt and black pepper. Transfer to a parchment-lined baking sheet and bake for 45 minutes in an oven preheated to 425° F, turning two or three times.



raw beet and orange salad}

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

ingredients

for vinaigrette

- juice of 1 orange
- 1 shallot, peeled and minced
- 1/2 tsp ground cumin
- 1/4 cup unrefined extra virgin olive oil

for the salad

- 4 large beets, peeled and grated
- segments of 2 oranges
- 1/4 cup chopped fresh parsley

equipment

- mixing bowl and whisk
- mason jar or salad dressing cruet

method

1. Prepare the vinaigrette up to a week in advance by whisking orange juice, cumin, shallot and olive oil together. Store in a mason jar or salad dressing cruet.
2. Just before serving, beets with orange segments and chopped parsley, dress at the table to suit your tastes.

***Dairy-free?** Substitute olive oil for butter.

****Don't do potatoes?** Substitute 1 medium butternut squash, peeled, halved, seeded and cut into thick half-inch thick slices.

*****Don't have preserved lemons?** Substitute regular lemons and additional 1/2 teaspoon unrefined sea salt.

menu #3} pan-fried cod, lemon butter sauce, roasted broccoli with red pepper

scheduled for: _____

Simple fried fish over roasted broccoli and topped with lemon butter sauce is so simple to prepare, and delights many small children, too.



make this meal}

up to 3 days ahead: Thaw cod, if frozen.

Prepare vegetables, store in airtight containers in the refrigerator.

about 25 mins ahead: Prepare roasted broccoli.

about 15 mins ahead: Prepare lemon butter sauce.

about 10 mins ahead: Prepare pan-fried cod.



food for thought}

Grass-fed butter is a good source of conjugated linoleic acid and is rich in vitamins A, D, E and K2.

Cod is rich in omega-3 fatty acids and B vitamins, particularly niacin, B6 and B12. It is also a good source of phosphorus and selenium.

Broccoli is a good source of vitamin C and beta carotene.



pan-fried cod}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 8 mins (stovetop)

ingredients

- 3/4 cup flour (such as nut flour, whole grain, unbleached or sprouted flour)
- 1/2 tsp unrefined sea salt
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 1/2 lbs boneless cod filets
- 1 egg, beaten
- clarified butter*, for frying (about 1/2 cup)

equipment

- skillet

method

1. Whisk flour with sea salt, paprika, garlic and onion powders.
2. Dip cod filets in egg yolk, then dredge in seasoned flour.
3. Melt clarified butter in a heavy-bottomed skillet and fry cod in the butter until cooked through and golden on both sides, turning once.



lemon butter sauce}

skill level: easy | **serves:** 4 | **time:** about 10 mins

ingredients

- 1/2 cup white wine**
- 1 clove garlic, peeled and minced
- 1 shallot, peeled and minced
- juice of 2 lemons
- 1/4 cup butter*
- 2 tbsps chopped fresh parsley

equipment

- saucepan
- whisk

method

1. Heat white wine, garlic, shallot and lemon juice in a saucepan over medium heat, bring to a simmer and continue cooking about five minutes.
2. Whisk in butter, a tablespoon at a time, until fully incorporated into the sauce. Remove from heat and continue whisking for about minute. Stir in parsley and serve.



roasted broccoli with crushed red pepper}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), 20 mins (oven)

ingredients

- 1 florets of 1 large head broccoli
- 2 tbsps butter*, melted
- 2 cloves garlic, peeled and minced
- 1/2 tsp unrefined sea salt
- 1/4 tsp crushed red pepper flakes
- 1/2 cup whole grain sourdough bread crumbs***

equipment

- baking dish

method

1. Preheat oven to 425° F.
2. Toss broccoli with melted butter, minced garlic, sea salt, crushed red pepper flakes and sourdough bread crumbs. Spread evenly in a baking dish and roast for 20 minutes in an oven preheated to 425° F, stirring once or twice.

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

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

*****Don't grains?** Substitute almond flour for breadcrumbs.

bonus recipes} cream of cauliflower soup, baked pears with citrus and spices, coconut water kefir

I love this simple cream of cauliflower soup on a cold winter day served with a winter salad with bitter radicchio. Coconut water kefir is an excellent probiotic tonic, and we serve it in lieu of soda.



make this meal}

up to 1 week ahead: Make chicken stock for soup.



food for thought}

Chicken stock is rich in amino acids including glycine and proline and is a good source of minerals.

Coconut water is an excellent source of minerals.

Cauliflower is a good source of vitamin K1, vitamin C and folate.



cream of cauliflower soup}

skill level: easy | **yield:** about 2 qts | **time:** 40 mins (stovetop)

ingredients

- 1/4 cup butter*
- 2 leeks, white and light green parts only, sliced thin
- 1 cup white wine**
- 1 1/2 quarts chicken stock
- florets of 1 head cauliflower
- 2 cups heavy cream*
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground white pepper

equipment

- heavy-bottomed stock pot
- immersion blender

method

1. Melt butter in a heavy-bottomed skillet. Stir in sliced leeks and fry until fragrant, about three minutes. Stir in white wine, chicken stock and cauliflower florets. Simmer until the cauliflower is fall-apart tender, about 30 minutes.
2. Puree the soup with an immersion blender, stir in heavy cream and season with sea salt and white pepper.



baked pears with citrus and spices}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), 20 mins (oven)

ingredients

- 4 medium pears, peeled, halved and seeded
- 4 tsps butter*
- 4 tsps honey
- juice and zest of 1 orange
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground allspice

equipment

- baking dish

method

1. Preheat oven to 375° F.
2. Place pears in a baking dish, dot the cavity of each pear with a teaspoon of butter and a teaspoon of honey. Sprinkle with orange juice and zest, cinnamon, ginger and allspice.
3. Bake about 20 minutes in an oven preheated to 375° F.

scheduled for: _____



coconut water kefir}

skill level: easy | **yield:** 1 qt | **time:** 5 mins (active), 24 to 48 hrs

ingredients

for the pies

- 1 quart coconut water
- 1 packet kefir starter culture***

equipment

- flip-top bottle or mason jar with tightfitting lid

method

1. Warm coconut water until it becomes blood-warm (about 90 to 94° F). It should feel neither hot nor cold. Whisk in kefir starter culture and continue whisking until it is fully dissolved in coconut water.
2. Transfer to a flip-top bottle or a mason jar with a tight-fitting lid and ferment for 24 to 48 hours at room temperature before transferring to the refrigerator.

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

****Don't do alcohol?** Substitute additional chicken stock?

*****Don't do have kefir starter culture?** You can find a prepackaged kefir starter culture online or in most well-stocked health food stores. You may also use 2 tbsps water kefir or milk kefir grains to culture coconut water.

supplemental recipes} chicken stock



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 hours or longer. Strain the broth through a fine mesh sieve and pour into mason jars.

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