



nourished kitchen

meal plans} summer: 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
Light Vietnamese Dinner <ul style="list-style-type: none"> Vegetable Noodle Salad Roasted Chicken Meatballs Nuoc Cham 	Pizza Boats <ul style="list-style-type: none"> Pizza Boats Summer Salad with Red Wine Vinaigrette 	Fish Tacos <ul style="list-style-type: none"> Grilled Halibut Tacos with All the Fixin's Pico de Gallo Guacamole with Lime 	Weekly Extras <ul style="list-style-type: none"> Ginger Limemade Avocado Lime and Coconut Popsicles Mulligitawny Supplemental Recipes <ul style="list-style-type: none"> Chicken Stock Ginger Bug

shopping list

dairy & eggs

- ___ shredded mozzarella (4 oz)SA
- ___ queso fresco or cheddar cheese (1/2 cup)
- O

meat, fish & fowl

- ___ ground chicken (1 lb)
- ___ fresh or canned clams (6 oz)
- ___ anchovies (4 oz)
- ___ halibut (1 lb)
- ___ chicken stock (2 qts)

fresh produce & fresh herbs

- ___ zucchini (3 medium)
- ___ carrots (4 large)
- ___ daikon radish (2)
- ___ mint (1/4 cup, chopped)
- ___ basil (1/4 cup, chopped)
- ___ cilantro (1 bunch, chopped)
- ___ scallions (4)

- ___ garlic cloves (19)
- ___ ginger (1 (2-inch) knob)
- ___ limes (14)
- ___ chile peppers (3)
- ___ mushrooms (1/2 cup, sliced)
- ___ parsley (2 tbsps, minced)
- ___ shallot (1)
- ___ salad greens (8 cups)
- ___ tomatoes (10)
- ___ red bell pepper (1)
- ___ red onion (3)
- ___ cabbage (1 small head)
- ___ over-ripe bananas (2)
- ___ avocados (5)

pantry items

- ___ unrefined sea salt
- ___ fish sauce (1/4 cup, 1 tbsp)SA
- ___ coconut oil (1/4 cup, 1 tbsp)
- ___ unrefined cane sugar (3/4 cup)SA
- ___ pureed tomatoes (1 qt)
- ___ pitted black olives (1/2 cup)
- ___ red wine vinegar (1/4 cup)

- ___ Dijon-style mustard (1 tbsp)
- ___ cider vinegar (2 tbsps)
- ___ extra virgin olive oil (3/4 cup)
- ___ corn tortillas (to wrap tacos)SA
- ___ coconut milk (2 cups)
- ___ brown lentils (2 cups)

spices, extracts & dried herbs

- ___ chili powder (1/4 tsp)
- ___ ground cumin (1/4 tsp)
- ___ ground coriander (1 1/2 tsps)
- ___ turmeric powder (1 tsp)
- ___ cayenne pepper (1/2 tsp)
- ___ bay leaves (2)

other ingredients

- ___ Ginger Bug (1/4 cup, see supplemental recipes)

menu #1} Vegetable Noodle Salad, Roasted Chicken Meatballs, Nuoc Cham

scheduled for: _____

I love the vibrant flavors that Vietnamese cooking is known for: mint and basil, hot chiles, salty fish sauce. It's a lovely cuisine. In this simple dinner, we pair a salad of fresh raw vegetables with roasted chicken meatballs and that classic Vietnamese sauce: nuoc cham - a combination of mineral-dense fish sauce, lime juice, chiles and a bit of sweetener. I recommend serving this meal with our ferment of the week: limeade.



Lighten your budget \$2

Substituting ground beef for chicken should save \$2.



Make it ahead:

Up to 3 Days Ahead: Thaw chicken if frozen.

About 12 Hours Ahead: Marinate chicken.

About 30 Minutes Ahead: Prepare roasted chicken meatballs.

About 10 Minutes Ahead: Prepare vegetable noodle salad and nuoc cham.

About 5 Minutes Ahead: Plate noodles, meatballs and dress with nuoc cham.



How this meal nourishes:

Fish sauce is a traditionally fermented sauce that is rich in iodine and other trace minerals.

Coconut oil is a healthy fat that supports immune system function and thyroid health.

Mint, Basil and Cilantro are rich in antioxidants.



Vegetable Noodle Salad} skill level:

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

ingredients

- 2 medium zucchini
- 4 large carrots, scraped
- 2 daikon radish, scraped
- 1 shallot, peeled and sliced paper-thin
- 1/4 cup chopped fresh mint
- 2 tbsps chopped fresh basil
- 2 tbsps chopped fresh cilantro

method

1. Run zucchini, carrots and radish through a spiral slicer. If you do not have a saladaco spiral slicer, use a vegetable peeler to form thin shreds.
2. Toss the vegetables with mint, basil and cilantro and arrange on individual serving dishes. Serve with roasted chicken meatballs dressed with nuoc cham.



Roasted Chicken Meatballs} skill

level: easy | yield: 4 servings | time: 5 minutes

(active), 8 to 12 hours (marinade), 20 minutes (oven)

ingredients

- 1 lb ground chicken
- 4 scallions, minced
- 4 cloves garlic, peeled and minced
- 1 1-inch knob ginger, peeled and grated
- 2 tbsps chopped fresh cilantro
- 1 tbsps fish sauce*
- 1 tbsps coconut oil, melted

method

1. Toss all ingredients together in a mixing bowl and knead until well combined. Cover with a kitchen towel, transfer to the refrigerator and allow the meat to

marinate for 8 to 12 hours.

2. Preheat the oven to 425 F, and remove the meat from the fridge.
3. Form the seasoned ground meat into balls about 1 inch in diameter. Bake about 20 minutes, turning once or twice, until the meatballs are cooked through and nicely browned. Serve over vegetable noodles, dressed by nuoc cham.



Nuoc Cham} skill level: easy | yield: 4

servings | time: 5 minutes (active)

ingredients

- 1/4 cup unrefined cane sugar**
- 1/2 cup warm water
- 1/4 cup fish sauce*
- juice of 4 limes
- 4 cloves garlic, peeled and minced
- 3 chile peppers (such as serranos or jalapenos), seeded if desired and minced

method

1. Whisk sugar into water until it is fully dissolved, then whisk in fish sauce, lime juice, garlic and chilies.

*Can't find fish sauce? Try substituting coconut aminos or unrefined soy sauce.

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

menu #2} Pizza Boats, Summer Salad with Red Wine Vinaigrette

Pizza boats are my go-to recipe for busy nights when we're desperate for something simple, easy and delicious. It's also a favorite with my child who loves to choose his own toppings when preparing his boat. If your family doesn't care for clams or anchovies as toppings, consider using sausage, roasted vegetables or ground beef in these pizza boats. I typically serve these with a big green salad and a simple dressing of olive oil and vinegar. I like the nutrient-dense additions of clams and anchovies in my pizza boats, but you might find that other toppings fit your family's preferences as well.



Lighten your budget \$6

Substitute dried herbs for fresh to save about \$2. Omit bell pepper to save a further \$4.



Make it ahead:

Up to 1 Week Ahead: Prepare vinaigrette, store at room temperature and shake vigorously before serving.

30 Minutes Ahead: Prepare Pizza Boats.

5 Minutes Ahead: Remove Pizza Boats from the oven and allow to cool. Plate salad and dress at the table with Red Wine Vinaigrette.



How this meal nourishes:

Clams are an excellent source of B vitamins and one of the best food sources for iron.

Anchovies are an excellent source of omega-3 fatty acids and calcium.

Olive oil is rich in vitamin E, monounsaturated fat and antioxidants.



Pizza Boats} skill level: easy | yield: 4 servings | Time: 5 minutes (active), 15 minutes (oven), 5 minutes (to cool)

ingredients

- 1 quart pureed roasted tomatoes
- 6 ounces canned (or fresh) clams, drained
- 4 ounces anchovies
- 1/2 cup pitted black olives
- 1/2 cup sliced mushrooms
- 2 tbsps minced fresh parsley
- 2 tbsps minced fresh basil
- 4 ounces shredded mozzarella cheese*

method

1. Preheat your oven to 425 F.
2. Pour 1/4 cup roasted tomato puree into each individual baking dish, top with clams, anchovies, olives, mushrooms, parsley and basil. Cover with an additional 1/4 cup tomato puree and shredded cheese.
3. Bake the individual pizza boats until cheese is bubbling and the casseroles are cooked through - about 15 minutes. Allow to cool 5 minutes before serving.

scheduled for: _____



Summer Salad with Red Wine Vinaigrette} skill level: easy | yield: 4 servings | time: 5 minutes (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
- 4 tomatoes, quartered
- 1 red bell pepper, seeded and sliced into 1/4-inch thick rounds
- 1 medium zucchini (sliced into 1/4-inch thick rounds)
- 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 1 week.
2. Toss salad greens with red onion and dress with vinaigrette at the table.

***Don't do dairy?** Substitute 1/2 cup blanched almond flour mixed with 1 tbsp dried parsley, 1 tsp dried basil and 1 tsp dried oregano for shredded cheese.

menu #3} Halibut Tacos, Fixin's, Pico de Gallo, Guacamole with Lime

When it get hot in the summertime, we look to fish tacos not only for their excellent, light flavor but also for their simplicity. We typically serve them wrapped in warm corn tortillas, but if you adhere to a grain-free diet, you might try wrapping them in loose-leaf lettuce for an equally good alternative.



Lighten your budget \$15

Substituting sustainably raised tilapia for halibut will save about \$15.



Make it ahead:

About 2 Days Ahead: Thaw fish, if frozen.

About 30 Minutes Ahead: Prepare pico de gallo, guacamole with lime and taco fixin's.

About 20 Minutes Ahead: Prepare Halibut Tacos.

About 5 Minutes Ahead: Plate halibut, taco fixin's, pico de gallo and guacamole. Allow guests and family to serve themselves.



How this meal nourishes:

Wild-caught halibut is rich in niacin, vitamin B6 and vitamin B12. It is also a good source of magnesium, phosphorus and selenium. Its plentiful omega-3 fatty acids ensure that halibut is a moderately anti-inflammatory food.

Avocados are an excellent source of monounsaturated fat - a healthy fat also found in lard and olive oil.



Halibut Tacos} skill level: easy | yield:

4 servings | time: 5 minutes (active), 10 minutes

(stove)

ingredients

- 1 lb halibut filets
- 1/2 tsp unrefined sea salt
- 1/4 tsp chili powder
- 1/4 tsp ground cumin
- 2 tbsps coconut oil

method

1. Season fish with unrefined sea salt, chili powder and cumin, then melt coconut oil in a skillet. When the oil is hot, transfer the seasoned fish to the oil and fry for about three minutes on each side until the fish flakes easily with a fork.
2. Serve on organic corn tortillas or over large loose-leaf lettuce leaves with accompaniments of choice.



Taco Fixin's} skill level: easy | yield: 4

servings | time: 5 minutes (active)

ingredients

- guacamole (recipe follows)
- pico de gallo (recipe follows)
- 1 small head cabbage, cored and finely shredded
- 1 small red onion, peeled and finely diced
- 1 bunch cilantro, minced
- 1/2 cup crumbled queso fresco or cheddar cheese, optional
- 2 limes, quartered
- organic corn tortillas OR loose-leaf lettuce leaves, to wrap tacos

method

1. Plate ingredients and allow guests to dress their tacos to taste.

scheduled for: _____



Pico de Gallo} skill level: easy | yield: 4

servings | time: 5 minutes (active)

ingredients

- 6 tomatoes, cored, seeded and diced
- 1/2 small red onion, peeled and diced
- 3 cloves garlic, peeled and minced
- juice of 1 lime

method

1. Toss all ingredients together in a bowl and mix gently until coarsely combined so as not to bruise the tomatoes.
2. Serve with fish tacos.



Guacamole with Lime} skill level:

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

(active)

ingredients

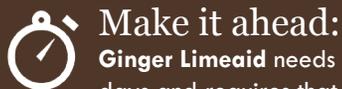
- 3 large avocados
- 1/2 small red onion, peeled and minced
- 3 cloves garlic, peeled and minced
- dash chili powder
- dash powdered cumin
- juice of 2 limes

method

1. Combine all ingredients together in a mixing bowl and mash with a fork or potato masher until well-combined, about three minutes.
2. Serve with fish tacos. If not serving immediately, you can prevent your guacamole from oxidizing by covering its top directly with plastic wrap.

weekly extras} Ginger Limeaid, Avocado Lime and Coconut Popsicles, Mulligitawny Soup

Probiotic, naturally fermented sodas and tonics are an excellent source of beneficial bacteria, further, they taste great and can provide a much-needed alternative to commercial sodas. We like to serve this Ginger Limeaid with Vietnamese- and Thai-inspired menus like the one featured in menu #1. Avocado lime popsicles require no sweetener and, instead, acquire their sweetness from bananas and their creaminess from a combination of coconuts and avocados.



Make it ahead:

Ginger Limeaid needs to ferment for 2 to 3 days and requires that you make a starter (Ginger Bug) in advance, though you can use fresh whey as an alternative.

Avocado Lime and Coconut Popsicles will need to freeze for at least 24 hours before serving.

Mulligitawny Soup requires lentils that need to soak 10 to 12 hours in advance.



How this meal nourishes:

Lentils are rich in folate. In a letter to his nieces and nephews, nutrition pioneer Dr. Weston Price extols the virtue of lentils - outlining their low expense and high nutrient content. To maximize nutrition and digestibility, lentils should be soaked in a slightly acidic solution for 10 to 12 hours before cooking

Avocados are an excellent source of monounsaturated fat - a healthy fat also found in lard and olive oil.

Lime is an excellent source of vitamin C which helps to boost skin health and immune system function.



Ginger Limeaid} skill level: easy | yield: 1 quart | time: 5 minutes (active), 2 to 3 days (fermentation)

ingredients

- juice of 4 limes
- 1/2 cup unrefined cane sugar*
- 1/4 cup Ginger Bug (see supplemental recipes)
- 1 quart filtered water

method

1. Whisk all ingredients together. Place in a warm spot on your kitchen counter and ferment for 2 to 3 days. Transfer to the fridge and consume within 2 weeks.



Avocado Lime and Coconut Popsicles} skill level: easy | yield: about 6 popsicles depending on mold size | time: 5 minutes (active), 24 hours (freezing)

ingredients

- 1 cup coconut milk
- 2 over-ripe bananas
- the flesh of 2 avocados
- juice and zest of 1 lime
- dash unrefined sea salt

method

1. Combine all ingredients in a blender and process until smooth. Transfer to popsicle molds and freeze for at least 24 hours before serving.

*Don't do cane sugar? Substitute honey.

scheduled for: _____



Mulligitawny Soup} skill level: easy | yield: about 2 quarts | time: 5 minutes (active), 10 to 12 hours (soaking), 1 hour (stove)

ingredients

- 2 cups brown lentils
- 2 tbsps fresh whey
- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled and grated
- 4 cloves garlic, minced
- 1 1/2 tpsps ground coriander
- 1 tsp turmeric powder
- 1/2 tsp cayenne powder
- 2 bay leaves
- 2 qts fresh chicken broth
- 1 cup coconut milk

method

1. Place lentils in a mixing bowl with hot water to cover by two inches, stir in 2 tbsps fresh whey and allow them to sit, covered by a kitchen towel, undisturbed for 10 to 12 hours.
2. After 10 to 12 hours, drain the lentils and rinse them well. Set aside.
3. Heat coconut oil in a heavybottomed stock pot over medium heat. Once the coconut oil has melted, stir in grated ginger, minced garlic, coriander, turmeric and cayenne. Fry until fragrant, about 2 minutes.
4. Add bay leaves, reserved lentils and chicken broth to the pot and simmer, covered, until the lentils are tender about 1 hour.
5. Remove bay leaves from the soup, stir one cup coconut milk into the soup and serve hot.

weekly extras} Chicken Stock, Ginger Bug



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.



Ginger Bug} skill level: easy | yield: 2

quarts | time: 5 minutes (active), 1 week (fermentation)

ingredients

- 2 tablespoons grated fresh ginger
- 2 tablespoons unrefined cane sugar
- 1/2 cup filtered water

method

1. Mix all ingredients together. Every day for a week, stir in an additional two tablespoons ginger and two tablespoons unrefined cane sugar. After one week, store in the fridge and feed two tablespoons cane sugar and two tablespoons ginger and 1/2 cup water at least weekly.

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