



nourished kitchen

meal plans} spring: week 1

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
greek supper for spring <ul style="list-style-type: none"> grilled lamb chops with lemon, garlic and oregano roasted new potatoes with garlic, lemon and oregano simple braised spinach with garlic 	light salmon supper <ul style="list-style-type: none"> chili-glazed salmon jicama and red cabbage salad sugar snap peas with garlic 	light spring supper <ul style="list-style-type: none"> asparagus frittata frisee salad with walnuts white wine vinaigrette sourdough bread OR almond flour bread 	bonus recipes <ul style="list-style-type: none"> strawberry ice cream fresh pea and asparagus coconut yogurt supplemental recipes <ul style="list-style-type: none"> chicken stock crispy nuts

shopping list

dairy & eggs

- ___ butter (1/2 cup, 2 tbsps)^{SA}
- ___ heavy cream (3 1/4 cup)^{SA}
- ___ whole milk (1 cup)^{SA}
- ___ **eggs (16 whole, 3 yolks)**
- ___ goat cheese (4 oz)^O

meat, fish & fowl

- ___ lamb chops (4, 4- to 6-oz each)
- ___ chicken stock (1 qt, 3/4 cup)^{HM}
- ___ salmon filets (4, 4- to 6-oz each)

fresh produce & herbs

- ___ lemons (2)
- ___ oregano (1/4 cup + 2 tbsps, chopped)
- ___ garlic (22 cloves)
- ___ new potatoes (1 lb)^{SA}
- ___ spinach (2 bunches)
- ___ cilantro (1/2 cup, chopped)
- ___ limes (2)
- ___ shallot (1)
- ___ red cabbage (1 small head)
- ___ red onion (2 small)
- ___ apples (2)
- ___ jicama (1/2 lb)^{SA}
- ___ carrots (2)
- ___ sugar snap peas (1 lb)
- ___ leeks (3)
- ___ asparagus (1 lb)
- ___ parsley (1/4 cup + 2 tbsps, chopped)
- ___ shallot (1)

- ___ frisee lettuce (1 head)
- ___ fresh or frozen shelled peas (1/2 lb)
- ___ chives (1/2 cup, snipped)
- ___ strawberries (1 lb)

pantry items

- ___ olive oil (1 1/4 cups)
- ___ coconut oil (2 tbsps)
- ___ coconut milk (1 quart)
- ___ unflavored gelatin (2 tbsps)
- ___ **honey (1 cup + 2 tbsps + 2 tsps)**
- ___ **cider vinegar (2 tbsps, 1/2 tsp)**
- ___ white wine vinegar (1/4 cup)^{SA}
- ___ walnuts (1 cup)
- ___ **wheat/spelt flour (3 cups)**
- ___ **almond flour (1 1/2 cups)**
- ___ **ground flax (1/4 cup)**
- ___ **whole flax seeds (1 tbsp)**
- ___ **baking soda (1/2 tsp)**

spices & dried herbs

- ___ ground unrefined sea salt
- ___ ground black pepper
- ___ crushed red pepper flakes (1/2 tsp)
- ___ dried ancho chili (1)
- ___ ground white pepper (1/2 tsp)
- ___ vanilla extract (2 tsps)

miscellaneous & specialty

- ___ proofed sourdough starter (1 cup)
- ___ dairy-free yogurt starter culture^{SA}

Making almond bread? Omit sourdough starter and wheat or spelt flour.

Making sourdough bread? Omit almond flour, ground flax, whole flax, baking soda, 4 eggs, 2 tsps honey and 1/2 tsp cider vinegar.

menu #1} lamb chops, roasted potatoes, braised spinach

I love traditional Greek foods—resonant with the flavors of garlic, herbs, olive oil and lemon. Here, I combine a few simple and easy-to-prepare dishes for a simple Greek-inspired supper for spring.



lighten your budget} \$8

You can save up to \$5 by substituting pork chops for lamb. Substitute 2 teaspoons dried oregano for fresh and save up to \$3.



make this meal}

3 days ahead: Thaw lamb, if frozen.

4 to 24 hrs ahead: Marinate lamb chops.

45 mins ahead: Roast potatoes.

10 mins ahead: Grill lamb chops. Braise spinach.

food for thought}

Grass-fed lamb is a good source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids. It is also rich in zinc, a mineral that supports reproductive and immune system health.

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

Olive oil is a good source of vitamin E and other antioxidants.



grilled lamb chops with lemon, garlic and oregano}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 4 to 24 hrs (marinade), 8 to 10 mins (grill)

ingredients

- 1/4 cup unrefined extra virgin olive oil
- juice of 2 lemons
- 1/4 cup chopped fresh oregano
- 6 cloves garlic, peeled and minced
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 4 lamb chops* (4- to 6-oz each)

method

1. Whisk olive oil with lemon juice, oregano, garlic, salt and pepper.
2. Place lamb chops into a resealable plastic bag, cover with marinade and place in the fridge for at least 4 hours and up to 1 day.
3. Preheat the grill, remove chops from the marinade and grill about 4 minutes on each side or until done to your liking. Chops can also be pan-seared or broiled if a grill is unavailable.



roasted new potatoes with garlic, lemon, and oregano}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 40 mins (oven)

ingredients

- 1 lb new potatoes**, left whole if small or chopped if large
- 2 tbsps butter***, melted
- 4 cloves garlic, peeled and minced
- zest of 2 lemons
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper

scheduled for: _____

- 2 tbsps chopped fresh oregano

method

1. Preheat oven to 425° F.
2. Toss potatoes in a large mixing bowl, stir in melted butter, garlic, lemon zest, salt and pepper to coat.
3. Layer potatoes on a baking sheet and bake for 40 minutes, turning once or twice.
4. Transfer to a serving dish, toss with chopped fresh oregano to coat and serve.



simple braised spinach with garlic and crushed red pepper}

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

ingredients

- 2 tbsps butter*
- 2 cloves garlic, peeled and minced
- 1/4 tsp crushed red pepper flakes
- 2 bunches spinach, trimmed and chopped
- 1/4 cup chicken stock

method

1. Melt butter in a skillet. When the butter froths, toss in garlic and crushed red pepper flakes. Fry until fragrant, 1 to 2 minutes.
2. Toss in spinach and fry for a further two minutes. Deglaze the pan with chicken stock and simmer, uncovered, until the liquid is reduced. Serve.

***Can't find lamb?** Substitute pork chops.

****On GAPS/SCD?** Substitute small turnips for potatoes.

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

menu #2} chili-glazed salmon, jicama and red cabbage salad, sugar snap peas

scheduled for: _____

In spring, when the weather begins to warm if only for a touch, we crave lighter, livelier fare. This is a simple salmon supper that takes less than a half hour to prepare. Serve the salmon over a generous portion of jicama and red cabbage salad with a side of sugar snap peas.



Lighten your budget} \$3

Omit fresh cilantro to save about \$3.



make this meal}

up to 3 days ahead: Thaw fish in fridge. Prepare dressing for jicama and red cabbage salad.

about 25 mins ahead: Prepare fish.

about 10 mins ahead: Prepare sugar snap peas.

about 5 mins ahead: Sprinkle salmon with cilantro. Dress salad at the table.



food for thought}

Wild-caught salmon is a good source of protein and is rich in omega-3 fatty acids, DHA and EPA, and vitamin B6.

Coconut oil is rich in healthy fats including monolaurin which helps to boost the immune system.

Apples is a good source of antioxidants including quercetin, thought to reduce inflammation.



chili-glazed salmon}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), 5 mins (blender), 10 mins (broiler)

ingredients

- 1 dried ancho chili, seeded if desired
- 6 cloves garlic, peeled and minced
- 1 tbsp coconut oil
- 1/4 cup honey
- 1/2 tsp unrefined sea salt
- 2 tbsps apple cider vinegar
- 4 salmon filets (4- to 6-oz each)
- 1/4 cup chopped fresh cilantro

method

1. Soak the chili in hot water for 15 minutes, drain and place in a food processor with garlic, coconut oil, honey, salt, cider vinegar. Blend until you form a smooth paste.
2. Line a baking sheet with parchment paper, and place salmon on the baking sheet. Spread the chili paste over the salmon filets and broil for 8 to 10 minutes or until the fish flakes easily when pierced by a fork. Sprinkle with chopped fresh cilantro and serve.



jicama and red cabbage salad}

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

ingredients

for the dressing

- juice of 2 limes
- 1 shallot, peeled and minced
- 2 tbsps honey
- 1/4 tsp crushed red pepper flakes
- 1/2 cup unrefined extra virgin olive oil

for the slaw

- 1 small head red cabbage, cored and

shredded

- 1 small red onion, peeled and sliced thin
- 2 apples, cored and sliced into matchsticks
- 1/2 lb jicama*, peeled and sliced into matchsticks
- 2 carrots, scraped and sliced into matchsticks
- 1/4 cup chopped fresh cilantro

method

1. Whisk lime juice with minced shallot, honey, crushed red pepper flakes and olive oil. Set aside.
2. Toss cabbage, onion, apples, jicama, carrots and cilantro together. Dress at the table.



sugar snap peas with garlic}

skill level: easy | **yield:** 4+ leftovers | **time:** 10 mins (stovetop)

ingredients

- 1 tbsp coconut oil
- 1 lb sugar snap peas, trimmed
- 4 cloves garlic, peeled and sliced thin
- 1/2 cup chicken stock

method

1. Melt oil in a skillet over medium high heat. Stir in sugar snap peas and cook for about two minutes. Reduce heat to medium low and stir in garlic, continue cooking for a further 3 minutes. Deglaze the pan with chicken stock and continue cooking a further five minutes or until liquid is largely reduced.

*On GAPS/SCD? Substitute additional apples for jicama.

menu #3} asparagus frittata, frisee salad, sourdough bread or almond bread

While you might typically serve eggs for breakfast; many culinary traditions value eggs as a feature of lunch or dinner menus. Serve this frittata with a big salad and a slice of fresh bread.



make this meal}

up to 5 days ahead: Prepare vinaigrette, store at room temperature and shake vigorously before using.

about 18 hrs ahead: Begin no-knead sourdough bread.

about 1 hr ahead: Bake no-knead sourdough or almond flour bread (can be made up to 3 days ahead)

about 20 mins ahead: Prepare frittata.

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



food for thought}

Pasture-raised eggs are a good source of healthy fats and are rich in biotin and choline. They also have a favorable ratio of omega-3 to omega-6 fatty acids.

Asparagus are a good source of folate and are a good source of the prebiotic inulin.

Walnuts are a good source of antioxidants.



asparagus frittata}

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

ingredients

- 1/4 cup butter*
- 1 leek, white and light-green parts only, sliced thin
- 1/2 lb asparagus, trimmed of woody ends and chopped
- 1/4 cup chopped fresh parsley
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground white pepper
- 1 dozen eggs, beaten
- 1/4 cup heavy cream*
- 4 oz. goat cheese, crumbled, optional

emethod

1. Melt butter in an oven proof skillet over a medium-high flame. When it froths, stir in leek and asparagus and fry for three minutes, until fragrant.
2. Reduce the heat to medium, stir in parsley, salt, pepper and continue frying for another minute.
3. In a separate bowl, beat eggs with cream. Pour liquid ingredients over asparagus and leeks, drop in goat cheese (if using), piece by piece.
4. Reduce heat to medium-low and continue cooking until firm on the edges and slightly runny in the center for about 10 minutes. Transfer to the oven and broil for three to five minutes or until set.

scheduled for: _____



frisee salad with walnuts and white wine vinaigrette}

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

ingredients

for the vinaigrette

- 1/4 cup white wine vinegar
- 1 shallot, peeled and minced
- 2 tbsps chopped fresh parsley
- 1/2 cup unrefined extra virgin olive oil

for the salad

- 1 head frisee lettuce, torn into pieces
- 1 cup walnuts, preferably soaked and dried
- 1 small red onion, peeled and sliced thin

method

1. Whisk white wine vinegar, shallot, parsley and olive oil together. Transfer to a salad dressing cruet or a mason jar and store until ready to dress the salad. Shake vigorously before serving.
2. Toss frisee with walnuts and onion, dress at the table with white wine vinaigrette.

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



no-knead sourdough bread}

skill level: easy | yield: 1 loaf | time: 5 mins (active), 18 mins (rising), 45 mins (oven)

ingredients

- 1 cup proofed sourdough starter
- 3 cups whole wheat or spelt flour*
- 1 cup water
- 2 tsps unrefined sea salt

method

1. Combine all ingredients together and transfer to a mixing bowl, cover, and allow it to rest for 18 hours.
2. Preheat the oven to 425° F. Sprinkle a dish cloth with flour and turn out the dough onto the dish cloth, folding in any hard or dried-out bits. Allow it to rest until doubled in bulk.
3. Form into torpedo shape or boule.
4. Slash into the dough with a sharp knife, diagonally about one-half inch deep.
5. Transfer to a baking stone and bake until cooked through for 45 to 50 minutes. Cool completely on wire rack before serving.



almond-flax bread}

skill level: easy | yield: 1 loaf | time: 5 mins (active), 45 mins (oven)

ingredients

for the vinaigrette

- 1 1/2 cups blanched almond flour
- 1/4 cup ground flax seeds
- 1 tbsp whole flax seeds
- 1/2 tsp unrefined sea salt
- 1/2 tsp baking soda
- 4 eggs, beaten
- 2 teaspoons honey, optional
- 1/2 tsp raw cider vinegar
- butter, to grease a loaf pan

method

1. Preheat the oven to 300° F.
2. Grease a loaf pan.
3. Mix all ingredients together until thoroughly combined, then pour into a greased loaf pan and bake at 300° F for 45 minutes, or until a toothpick inserted into the bread's center comes out clean.
4. Cool completely before serving.

*Don't do dairy? Want a lighter bread? Substitute up to two cups unbleached bread flour.

weekly extras} fresh pea and asparagus soup, strawberry ice cream, coconut yogurt

Tender sweet peas and sharp asparagus combine in this simple recipe for pea and asparagus soup. We also feature some other favorites this week like strawberry ice cream.



make this meal}

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



food for thought}

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

Milk from grass-fed cows is rich in conjugated linoleic acid and is a good source of food enzymes and beneficial bacteria, when raw.

Coconut supports the immune system and thyroid system health.



fresh pea and asparagus soup}

skill level: easy | **yield:** about 2 qts | **time:** 30 mins (stovetop)

ingredients

- 2 tbsps butter*
- 2 leeks, white and light green parts only, finely sliced
- 1 qt chicken stock
- 1/2 lb fresh shelled peas or frozen peas
- 1/2 lb fresh asparagus, trimmed of woody ends
- 1/2 cup snipped chives

method

1. Melt butter in a stock pot over a moderate flame and toss in leeks and fry until

fragrant, about three minutes.

2. Add chicken stock, peas and asparagus to the pot, simmering the vegetables until tender for about 25 minutes.
3. Puree the soup with an immersion blender, stir in fresh chives and serve.



strawberry ice cream}

skill level: easy | **yield:** 1 qt | **time:** 5 mins (active), freezing time depends on ice cream maker's manufacturer's instructions

ingredients

- 1 lb fresh strawberries, hulled and chopped coarsely
- 3 cups heavy cream*
- 1 cup whole milk*
- 2 tsps vanilla extract
- 3 egg yolks
- 3/4 cup honey

method

1. Separate the strawberries into two equal portions. Reserve one half of the strawberries.
2. Place half of the strawberries into a blender with cream, milk, vanilla, egg yolks and honey. Blend until smooth, stir in the remaining half of the strawberries, pour into an ice cream maker and process according to ice cream maker's manufacturer's instructions.

scheduled for: _____



coconut milk yogurt}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), 8 to 12 hrs (fermentation)

ingredients

- 1 quart coconut milk
- dairy-free yogurt starter culture**
- 2 tbsps unflavored gelatin

method

1. Whisk starter culture coconut milk, transfer to a yogurt maker and culture for 8 to 12 hours.
2. In a saucepan, heat 2 tbsps of water until it simmers. Whisk in gelatin and then thoroughly whisk this mixture into the cultured coconut milk. Transfer to the refrigerator and chill overnight.
3. After the yogurt has chilled overnight in the refrigerator, transfer it to a blender and blend until well combined. It should keep about two weeks in the refrigerator.

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

****Don't have dairy-free starter culture?** Substitute 1/4 cup regular yogurt OR 1 probiotic capsule, emptied into your coconut milk.

supplemental recipes} chicken stock, crispy nuts



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.



crispy nuts}

skill level: easy

ingredients

- 2 cups nuts
- 1 tsp unrefined sea salt

equipment

- mixing bowl
- kitchen towel
- dehydrator

method

1. Toss nuts into a large mixing bowl, cover with hot water by two inches, stir in salt and let the nuts soak for 8 to 12 hours.
2. Rinse, drain and transfer to a dehydrator. Dehydrate until crispy, approximately 12 hours, depending on the ambient moisture of your home.

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