



nourished kitchen

meal plans} spring: week 5

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 |
|--|--|--|--|
| lamb chops <ul style="list-style-type: none"> grilled lamb chops carrots with peas and mint green salad with radishes, carrots and honey dijon vinaigrette | green curry with chicken <ul style="list-style-type: none"> green curry with chicken coconut rice OR riced cauliflower simple bok choy salad | pizza casserole <ul style="list-style-type: none"> pizza casserole green salad with homemade ranch dressing | bonus recipes <ul style="list-style-type: none"> vanilla mint soda leek soup strawberry rhubarb crumble supplemental recipes <ul style="list-style-type: none"> chicken stock kefir mayonnaise ginger bug |

shopping list

dairy & eggs

- ___ butter (1/2 cup, 1 tbsp)^{SA}
- ___ shredded mozzarella cheese (1 cup)^{SA}
- ___ kefir (1/2 cup)^{SA, HM}
- ___ heavy cream (2 serve)^O

meat, fish & fowl

- ___ lamb chops (4, 4- to 6-oz each)
- ___ boneless, skinless chicken breasts or thighs (4)
- ___ tallow (2 tbsps)^{SA}
- ___ ground beef (1 lb)
- ___ beef liver (1/4 lb)^{SA}
- ___ anchovies (1 4-oz can)
- ___ chicken stock (2 qts)^{HM}

fresh produce & herbs

- ___ lemon (1)
- ___ garlic (6 cloves)
- ___ carrots (14)
- ___ fresh or frozen peas (2 cups)
- ___ chopped fresh mint (1 cup)
- ___ salad greens (12 cups)
- ___ radishes (6)
- ___ snow peas (1 cup)
- ___ ginger (1 2-inch knob)
- ___ shallots (2)
- ___ limes (4)
- ___ scallions (10)
- ___ bok choy (1 large head)
- ___ yellow onion (1)
- ___ parsley (1/4 cup, chopped)
- ___ chives (2 tbsps, chopped)
- ___ red onion (1)
- ___ leeks (2 lbs)
- ___ celery root (1 lb)

- ___ rhubarb (2 lbs)
- ___ strawberries (1 lb)
- ___ oranges (2)
- ___ **cauliflower (1 large head)**

pantry items

- ___ **cider vinegar (1/4 cup, 2 tbsps)**
- ___ dijon-style mustard (1 tbsp)
- ___ honey (2 tbsps)
- ___ olive oil (3/4 cup)
- ___ coconut oil (3 tbsps)
- ___ coconut milk (2 cups)
- ___ fish sauce (1 tbsp, 1/2 tsp)
- ___ crushed tomatoes (1 14-oz jar)
- ___ pitted black olives (1 cup)
- ___ unrefined cane sugar (1 1/4 cup)^{SA}
- ___ blanched almond flour (1/2 cup)
- ___ **brown jasmine rice (1 1/2 cups)**
- ___ **coconut milk (2 cups)**
- ___ **shredded unsweetened coconut (1 cup)**

spices & dried herbs

- ___ ground unrefined sea salt
- ___ ground black pepper
- ___ thai green curry paste (1 tbsp)
- ___ dried oregano (2 tps)
- ___ dried basil (1 tsp)
- ___ dried parsley (1 tsp)
- ___ vanilla beans (2)

miscellaneous & specialty

- ___ mayonnaise (1 cup)^{HM}
- ___ ginger bug (1/4 cup)^{HM}

If making riced cauliflower: Omit rice, 1 tbsp cider vinegar, coconut milk and shredded unsweetened coconut.

If making brown rice: Omit cauliflower.

menu #1} grilled lamb chops, peas and carrots, salad with honey dijon vinaigrette

scheduled for: _____

Lamb always reminds me of spring, and we eat it often during the early months of the season, pairing it with new potatoes, herbs or, in this menu, carrots and peas. If you don't have access to lamb, substitute pork chops.



make it for less}

Substituting pork chops for lamb chops will save about \$7.



make this meal}

up to 1 week ahead: Prepare honey dijon vinaigrette

3 days ahead: Thaw lamb in the fridge.

about 30 mins ahead: Preheat your grill.
10 mins ahead: Grill lamb chops. Prepare peas and carrots with mint.

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



food for thought}

Grass-fed lamb is rich in complete protein and in the immune-boosting mineral zinc. It is a great source of conjugated linoleic acid, thought to reduce the risk of certain cancers and of metabolic syndrome.

Carrots are an excellent source of the antioxidant beta carotene, a precursor to vitamin A, and which is best absorbed by your body in conjunction with healthy fats that can include butter, coconut oil and olive oil.



grilled lamb chops}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 10 mins (grill or broiler)

ingredients

- 1 tsp unrefined sea salt
- 1 tsp ground black pepper
- zest and juice of 1 lemon
- 1 clove garlic, peeled and minced

method

1. Preheat your grill or broiler.
2. Stir salt, pepper, lemon juice and zest and garlic together in a small bowl and pour over lamb chops. Ensure each side of the chop is coated in spices and lemon zest.
3. Grill lamb chops three to five minutes on each side and serve.



peas and carrots with mint}

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

ingredients

- 8 carrots, scraped and sliced into 1/4-inch rounds
- 1 cup fresh or frozen peas
- 1 tbsb butter*
- 1/4 cup chopped fresh mint

method

1. Steam carrots and peas until tender, six to eight minutes.
2. Meanwhile melt butter in a skillet over medium heat. Toss in steamed carrots and peas and stir to coat for about two minutes. Sprinkle with chopped fresh mint.



salad of spring lettuce, carrots and radishes and with honey dijon vinaigrette}

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

ingredients

for the vinaigrette

- 1/4 cup apple cider vinegar
- 1 tbsb Dijon-style mustard
- 1 tbsb honey
- 1/2 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 1/2 cup unrefined extra virgin olive oil

for the salad

- 4 cups salad greens
- 4 carrots, scraped and sliced thin
- 6 radishes, sliced thin
- 1 cup snow peas, trimmed, sliced thin

method

1. Whisk vinegar, mustard, honey, sea salt and black pepper together with olive oil. Transfer to a mason jar or salad dressing cruet and store at room temperature for up to a week.
2. When you're ready to serve the meal, plate the greens, carrots, radishes and snow peas and dress with the vinaigrette at the table, as needed.

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

menu #2} green curry with chicken, rice or cauliflower, bok choy salad

scheduled for: _____

Like other greens, bok choy is abundant in spring. We serve it in a big salad, paired with Thai green curry and rice.



make this meal}

up to 1 week ahead: Prepare ginger lime vinaigrette.

up to 3 days ahead: Thaw chicken in fridge. Prepare vegetables and store in fridge.

about 13 hrs ahead: Soak rice.

about 40 mins ahead: Cook rice.

about 25 mins ahead: Prepare green curry.

about 15 mins ahead: Prepare riced cauliflower.

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



thai green curry with chicken}

skill level: easy | **serves:** 4 | **time:** 20 mins (stove)

ingredients

- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled and sliced into matchsticks
- 2 shallots, peeled and finely sliced
- 4 boneless, skinless chicken breasts or thighs, chopped into bite-sized pieces
- 1 tbsp Thai green curry paste
- 2 cups coconut milk
- 1 tbsp fish sauce
- 1 cup fresh or frozen peas
- 2 limes, quartered
- 4 scallions, sliced thin

method

1. Melt oil in a heavy-bottomed saucepan over a moderately high flame. Stir in shallots and ginger, frying until fragrant,

then stir in chopped chicken breasts and cook through.

2. Whisk in curry paste, coconut milk and fish sauce and simmer, uncovered, for about five minutes. Stir in peas and continue simmering for a further five minutes.
3. Serve over rice/riced cauliflower garnished with quartered limes and sliced scallions.



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 dry.
2. Transfer the soaked rice to a saucepan with coconut oil, coconut milk, two 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 5 to 10 minutes, covered. Fluff with a fork before serving.



riced cauliflower}

skill level: easy

ingredients

- florets of 1 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. Steam the grated cauliflower in the sieve until tender, about six to eight minutes.



simple bok choy salad with ginger lime vinaigrette}

skill level: easy

ingredients

for the vinaigrette

- 1/4 cup olive oil
- 1 1-inch knob ginger, peeled and grated
- juice of 2 limes
- 1 tbsp honey
- 1/2 tsp fish sauce

for the salad

- 1 large head bok choy, trimmed, chopped
- 6 scallions, sliced thin
- 1 cup snow peas, trimmed and sliced thin

method

1. Whisk olive oil with ginger, lime juice, honey and fish sauce. Store in a mason jar or salad dressing cruet for up to one week.
2. Before serving, toss all chopped bok choy together with scallions and snow peas, dress at the table with vinaigrette.

menu #3} pizza casserole, green salad with ranch dressing

Pizza casserole is a fun dish and also packed with healthy ingredients like liver and anchovies, or make your own version with your favorite pizza toppings.



make this meal}

up to 3 days ahead: Thaw beef and liver, if frozen. Prepare mayonnaise, using supplemental recipes.

about 45 mins ahead: Prepare pizza casserole. Prepare ranch dressing.

about 5 mins ahead: Plate greens, dress at the table.



food for thought}

Grass-fed beef is rich in zinc and other minerals and a good source of conjugated linoleic acid.

Grass-fed beef liver is extraordinarily rich in vitamin A, folate, as well as minerals like iron and phosphorus.

Anchovies are an inexpensive, sustainable fish choice and rich in omega-3 fatty acids and calcium.

Milk kefir is rich in folate and a potent source of food enzymes and beneficial bacteria.



pizza casserole}

skill level: easy | **yield:** 4+ leftovers | **time:** 10 mins (stove), 30 mins (oven)

ingredients

- 2 tbsps tallow*
- 1 lb ground beef
- 1/4 lb beef liver**, timmed and minced
- 1 large yellow onion, peeled, sliced thin
- 4 cloves garlic, peeled and sliced thin
- 2 tsps dried oregano
- 1 tsp dried basil
- 1 tsp dried parsley
- 1 14-oz jar crushed tomatoes
- 1 cup pitted black olives, chopped
- 1 4-oz can anchovies, chopped
- 1 cup shredded mozzarella cheese***

method

1. Preheat the oven to 375° F.
2. Melt tallow in an oven-proof skillet over a moderately high flame. When it melts, stir in ground beef and minced liver, frying until well-browned. Stir in onion and garlic and continue to fry until cooked through.
3. Remove from heat, stir in oregano, basil, parsley, crushed tomatoes, pitted black olives and anchovies. Top with shredded cheese and bake for 30 minutes.

scheduled for: _____



green salad with ranch dressing}

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

ingredients

for the vinaigrette

- 1 clove garlic, peeled and minced
- 1/2 tsp unrefined sea salt
- 1/4 cup chopped fresh parsley
- 2 tbsps chopped fresh chives
- 1 cup mayonnaise
- 1/2 cup kefir***
- 1 tbsp apple cider vinegar

for the salad

- 8 cups salad greens
- 1 red onion, peeled and sliced thin
- 2 carrots, scraped and sliced thin

method

1. Whisk garlic, sea salt, parsley, chives, mayonnaise, kefir and cider vinegar together until well combined and store in the fridge for up to five days.
2. Toss salad greens together with red onion and carrots, serve with ranch dressing at the table.

***Don't have tallow?** Substitute olive oil, palm kernel oil, coconut oil or butter/ghee.

****Still can't do liver?** It's good for you! But if you still can't stomach it, substitute an additional 1/4 lb ground beef or omit.

*****Dairy-free?** Substitute blanched almond flour and 1/2 tsp sea salt for mozzarella cheese and substitute 1/2 cup cashews soaked overnight in water and blended until smooth for kefir.

bonus recipes} leek and celery root soup, vanilla mint soda, strawberry rhubarb crumble

serve this strawberry rhubarb crumble not only as a dessert, but also for breakfast with a good cup of herbal tea. Herbal sodas like this vanilla mint soda are a lovely way to get plenty of probiotics into your diet. If you can't find celery root for the leek soup, then substitute potato.



make it for less} \$3

Substitute 1/4 cup dried mint for fresh and substitute 1 tsp vanilla extract for vanilla beans in the soda should save about \$3.



make this meal}

up to 1 week before serving: Make chicken stock for soup. Make ginger bug for soda.



food for thought}

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

Strawberries is rich in antioxidants and vitamin C.



vanilla mint soda}

skill level: easy | **yield:** about 3 cups | **time:** 20 mins (stove), 1 hr (countertop), 5 mins (active), 3 to 5 days (fermentation)

ingredients

- 1/4 cup unrefined cane sugar**
- 1 cup chopped fresh mint
- 2 vanilla beans, split
- 1/4 cup ginger bug

method

1. Bring about one quart of water to a boil and stir in sugar, whisking until dissolved.
2. Pour sweetened water over fresh mint and split vanilla beans; allow the mint to steep in the water until the water has cooled to blood temperature. Strain herbs from liquid, but reserve the vanilla beans.
3. Stir ginger bug into the vanilla and mint infusion. Pour into mason jars, and return the vanilla bean to the jar, leaving at least one-inch headspace and cap tightly.
4. Allow the soda to ferment at room temp for three to five days, then transfer to the refrigerator for cold storage.



strawberry rhubarb crumble}

skill level: easy | **yield:** 4 servings | **time:** 20 mins (stove), 40 mins (oven)

ingredients

- 2 lbs rhubarb, chopped
- 1 lb strawberries, hulled and chopped
- 1 cup unrefined cane sugar**
- juice and zest of 2 oranges
- 1/2 cup blanched almond flour
- 2 tbsps butter*
- 1/4 tsp unrefined sea salt

method

1. Preheat oven to 350° F.
2. Place rhubarb, strawberries, sugar, orange juice and zest into an oven proof skillet and simmer, covered, until softened for about 20 minutes. Stir periodically.

scheduled for: _____



leek and celery root soup}

skill level: easy | **yield:** about 2 qts | **time:** 20 mins (stove), 5 mins (active)

ingredients

- 2 tbsps butter*
- 2 lbs leeks, white and light-green parts only, sliced thin
- 1 lb celery root, peeled and chopped
- 2 quarts chicken stock
- heavy cream, optional, to serve

method

1. Melt butter in a heavy-bottomed stock pot over moderate heat. Stir in leeks and fry until fragrant, about five minutes. Stir in celery root and continue frying a further three to five minutes. Pour in chicken stock and bring to a boil.
2. Simmer for 20 minutes. Remove from heat, stir in salt and pepper, and blend with an immersion blender until smooth.
3. Stir in heavy cream and serve.

***Don't do dairy?** Substitute olive oil, lard, bacon fat or tallow for butter in the soup and coconut oil for butter in the crumble.

****On GAPS/SCD?** Substitute honey for sugar.

supplemental recipes} chicken stock, kefir, homemade mayonnaise, ginger bug



chicken stock}

skill level: easy

ingredients

- frame of 1 chicken
- vegetable scraps
- 2 bay leaves
- 1 tbsp 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 leafs 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.



kefir}

skill level: easy

ingredients

- 1 quart milk or coconut water
- 1 heaping tbsp active kefir grains

method

1. Place milk kefir grains in the bottom of a clean mason jar.
2. Cover with 1 quart fresh milk.
3. Very loosely, place the lid and band on the mason jar. You do not want to tighten it because, as with all fermentation, carbon dioxide is created and needs to escape.
4. Culture for 24 to 48 hours at room temperature (68 to 78° F). For a for a thin,

- mild kefir you can culture for 12 hours.
5. Once culturing is complete, strain milk kefir into a new mason jar, cap and refrigerate.
 6. Begin reculturing a new batch of kefir, if desired or allow your kefir grains to rest in water in the refrigerator for a few days until you're ready to make kefir again.



homemade mayonnaise}

skill level: easy

ingredients

- 2 egg yolks
- 1 tbsp apple cider vinegar
- 1 tbsp water
- 1/4 tsp unrefined sea salt
- 3/4 cup unrefined extra virgin olive oil

method

1. Toss egg yolks, cider vinegar, water and unrefined sea salt into the basin of a food processor. Pulse two or three times until well-combined.
2. In a smooth a steady stream, pour in olive oil and continue pouring slowly until the mayonnaise is thoroughly emulsified.

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



ginger bug}

skill level: easy

ingredients

- 2 tbsps grated fresh ginger
- 2 tbsps 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.