



nourished kitchen

meal plans} spring: 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
one-dish meal <ul style="list-style-type: none"> sausages over a bed of greens almond flour bread OR sour-dough bread 	poached salmon salad <ul style="list-style-type: none"> poached salmon spring salad creamy dill dressing 	chicken in white wine <ul style="list-style-type: none"> slowcooked chicken in white wine with spring vegetables green salad with white wine vinaigrette 	bonus recipes <ul style="list-style-type: none"> beet kvass with ginger strawberry rhubarb crisp lentil and radish greens soup supplemental recipes <ul style="list-style-type: none"> roast chicken stock fresh whey/yogurt cheese 24-hour yogurt

shopping list

dairy & eggs

- ___ butter (1/4 cup, 3 tbsp)^O
- ___ **eggs (3 whole)**
- ___ fresh whey (1/4 cup)^{SA}

meat, fish & fowl

- ___ pork or beef sausage (1 lb)^{SA}
- ___ salmon filets (4 4- to 6-oz)
- ___ salmon roe (4 oz)^O
- ___ whole chicken, portioned (1)
- ___ chicken stock (2 qts)^{HM}

fresh produce & herbs

- ___ red onion (1)
- ___ kale (1 bunch)
- ___ mustard greens (1 bunch)
- ___ scallions (4)
- ___ dill (1 bunch)
- ___ mixed salad greens (20 cups/20 oz)
- ___ carrots (14)

- ___ radishes (2 bunches)
- ___ parsnips (2)^{SA}
- ___ pearl onions (1 cup)
- ___ new potatoes (1 lb)^{SA}
- ___ fresh or frozen shelled peas (1/2 lb)
- ___ shallot (1)
- ___ rhubarb (1 lb)
- ___ strawberries (1 lb)
- ___ orange (1)
- ___ celery (4 ribs)
- ___ rosemary (1 bunch)
- ___ beets (1 lb)
- ___ ginger (1 2-inch knob)

pantry items

- ___ almond flour (4 1/2 cups)
- ___ honey (1 tbsp)
- ___ mayonnaise (1 cup)^{HM}
- ___ white wine vinegar (1/2 cup, 1 tbsp)
- ___ unrefined extra virgin olive oil (3/4 cup)
- ___ coconut flour (1/4 cup)^{SA}

- ___ lentils (3 cups)
- ___ **cider vinegar (1/2 tsp)**
- ___ **coconut oil (for greasing a loaf pan)**
- ___ **sifted whole wheat or spelt flour (5 cups)**

spices & dried herbs

- ___ unrefined sea salt
- ___ ground black pepper
- ___ black peppercorns (1 tsp)
- ___ ground cinnamon (1 1/2 tsp)
- ___ **baking soda (1/2 tsp)**

miscellaneous & specialty

- ___ white wine (4 1/2 cups)^{SA}
- ___ **proofed sourdough starter (1 cup)**

If preparing almond flour bread for menu #1: You may omit sourdough starter and sifted flour.

If preparing sourdough bread for menu #1: You may reduce almond flour to 2 cups and omit baking soda, eggs, 1/2 tsp cider vinegar and coconut oil.

menu #1} sausages on a bed of greens, almond flour bread or sourdough bread

It's now, at the beginning of the summer season when things get a bit crazy and we rely on quick, simple and nourishing meals. I like to serve pasture-raised sausages on a bed of wilted spring greens. It's a simple dish, bouncing with flavor that comes together quickly. Consider serving it with sourdough bread or, if you're grain-free, try almond flour bread.



make this meal}

up to 3 days ahead: Thaw sausages, if frozen, in the refrigerator until ready to use.
up to 1 day ahead: Feed and proof sourdough starter, if preparing sourdough bread.
1 hr ahead: Begin preparing mushroom sauce.
about 12 hrs ahead: Begin mixing bread dough, allowing bread to rise. If rising too quickly, consider retarding the dough in the fridge.
about 1 hr to 45 mins ahead: Begin baking almond flour or sourdough bread.
25 mins ahead: Begin cooking sausages with greens.



sausages on a bed of greens}

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

ingredients

- 1 tbsp butter*
- 1 red onion, peeled and sliced in 1/4-inch rounds
- 1 lb pasture-raised nitrate/nitrite-free pork sausages**
- 1 bunch kale, trimmed of any tough stems and coarsely chopped
- 1 bunch mustard greens, trimmed of any tough stems and coarsely chopped
- 2 cups white wine***

method

1. Melt butter in a skillet over a moderately

high flame, then toss in sliced red onion, frying about four minutes until fragrant and slightly caramelized.

2. Toss in sausages, searing on all sides. Pour wine into the skillet and simmer until the sausages are cooked through and the wine is reduced to a fine syrup.
3. Reduce the heat to moderately low, stir in greens, cover, and continue cooking until greens are wilted, about five minutes.



almond flour bread}

skill level: easy | **yield:** 1 loaf | **time:** 45 mins (oven)

ingredients

- 2 1/2 cups blanched almond meal
- 1/2 tsp unrefined sea salt
- 1/2 tsp baking soda
- 3 eggs, beaten
- 1 tbsp honey, optional
- 1/2 tsp apple cider vinegar
- coconut or butter, for greasing the pan

method

1. Preheat oven to 300° F. Grease a loaf pan.
2. Beat all ingredients together and spoon into a loaf pan. Bake at 300° F for 45 minutes to one hour, or until a toothpick inserted into the bread's center comes out clean. Cool completely before slicing.

scheduled for: _____



whole-grain sourdough bread}

skill level: easy | **yield:** 1 loaf | **time:** 45 mins (oven)

ingredients

- 1 cup proofed, bubbly sourdough starter
- 1 1/2 cups warm water
- 1 tbsp honey, optional
- 2 1/2 tsps unrefined sea salt
- 5 cups sifted whole wheat or spelt flour*

method

1. Combine all ingredients together then knead into a smooth dough.
2. Allow the dough to rise, covered, until doubled in bulk. Divide the dough in half.
3. Shape each half of the dough into an oval loaf, cover and let rise for one to two hours.
4. Preheat the oven to 425° F.
5. Spray loaves with water. With a very sharp knife, slash the loaves diagonally about 1/4 to 1/2 inch deep. Bake for 30 minutes, or so, in an oven preheated to 425° F.

NOTE: This produces a dense loaf. For a cheater's bread, substitute half of the whole grain flour for unbleached bread flour.

***Dairy-free?** Substitute grass-fed tallow, sustainably harvested palm kernel oil or olive oil.

****Don't do pork?** Substitute grass-fed beef sausages or, if you can't find nitrate-/nitrite-free sausages, consider substituting ground pork.

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

menu #2} poached salmon salad, creamy dill dressing

Sometimes you just want something light for supper, easy, fresh and satisfying. And on these days, I like to serve large salads for supper, not on their own but with nutrient-dense additions like meat, fish and eggs. Dressed simply, these main course salads can be immensely satisfying in late spring and summer when the idea of a heavy meal is unappealing.



make it for less} \$13

Substituting chicken or fish stock for wine should save about \$2. Omitting salmon roe should save about \$8 and substituting dried dill for fresh should save about \$3.



make this meal}

up to 1 week ahead: Prepare mayonnaise, if making from scratch, using supplemental recipes.

up to 2 days ahead: Thaw salmon, if frozen, in the refrigerator. Prepare vegetables according to recipe requirements and store in airtight containers in the refrigerator.

about 20 mins ahead: Poach salmon.

about 15 mins ahead: Transfer salmon, if cooked to your liking, to the refrigerator to cool. Prepare creamy dill dressing.

about 5 mins ahead: Remove salmon from the refrigerator, plate salads and dress them with creamy dill dressing at the table.



poached salmon salad}

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

ingredients

- 2 scallions
- 1/2 bunch dill
- 1 tsp black peppercorns
- 4 4- to 6-oz salmon filets
- 1/2 cup white wine*
- 12 cups mixed greens and herbs of choice
- 1 bunch radishes, greens removed and radishes sliced into rounds**
- 4 carrots, scraped and sliced into rounds
- 4 oz salmon roe***, optional

method

1. Layer scallions, dill and peppercorns in a skillet and place salmon filets skin-down over them. Pour in white wine and about one-half to one cup water. Bring to a simmer and cover until the salmon flakes easily when pierced by a fork, about five minutes. After the salmon has cooked through, transfer it to a plate, cover it, and allow it to cool in the refrigerator for about 10 minutes lest it wilt your lettuce.
2. As the salmon cools, plate greens, radishes and carrots on individual dishes.
3. Once the salmon has cooled, remove it from the refrigerator and place a filet over each bed of lettuce and vegetables, dress with creamy dill dressing and garnishing with salmon roe, if available.

scheduled for: _____



creamy dill dressing}

skill level: easy | **yield:** about 1 cup | **time:** 5 mins

ingredients

- 1 cup mayonnaise
- 1/4 cup white wine vinegar
- 2 scallions, white and light green parts only, minced**
- 1/2 tsp unrefined sea salt
- 1 tsp ground black pepper
- 1/2 bunch dill, finely minced

method

1. Whisk all ingredients together until thoroughly combined. Then transfer from the mixing bowl into a salad dressing cruet or mason jar with lid. Allow guests to dress their salads to their liking at the table.

***Alcohol-free!** Omit wine and use only water.

****Waste-not/Want-not!** Save those radish greens and include them in this week's lentil and greens soup! Add the remaining bits of scallion to the bed of seasonings for poached salmon.

*****Can't find roe?** Look online or omit.

menu #3} chicken in white wine with spring vegetables, green salad with white wine vinaigrette

Slowly baked in an oven over a bed of carrots and parsnips, this chicken in white wine is deeply fragrant and extraordinarily tender. If you're lucky enough to have access to meat rabbits in your area, you can substitute rabbit for chicken. This meal pairs well with the dessert of the week: strawberry-rhubarb crisp.



make this meal}

up to 1 week ahead: Prepare white wine vinaigrette, storing at room temperature until ready to use.

up to 4 days ahead: Thaw chicken in the refrigerator until ready to prepare chicken with white wine. Prepare vegetables according to recipe requirements, storing in airtight containers in the refrigerator until ready to use.

about 3 hrs ahead: Prepare chicken in white wine according to recipe instructions.

10 to 15 mins ahead: Remove chicken from the oven, stir in peas and cover for 5 to 10 minutes.

about 5 mins ahead: Prepare salads, dressing at the table.



food for thought}

Pasture-raised chicken is an excellent source of complete protein and is richer in vitamins A, D and E and the antioxidant beta carotene than conventionally raised chicken. It offers a favorable ratio of omega-3 to omega-6 fatty acids.

Lettuce is a cooling, watery vegetable and is recommended by Dr. Price, nutrition pioneer of the early 20th century, as one of the few vegetables to eat raw.



chicken in white wine with spring vegetables}

skill level: easy | **serves:** 4+ leftovers | **time:** 5 mins (active), 5 mins (stove), 2 hrs 30 mins (oven)

ingredients

- 6 carrots, scraped and cut into matchsticks no thicker than 1/4-inch
- 2 parsnips, scraped and cut into matchsticks no thicker than 1/4-inch*
- 1 cup pearl onions, peeled of any rough layers
- 1 lb of new potatoes*, quartered if large or left whole if small
- 1 whole chicken, portioned
- 1 tsp unrefined sea salt
- 1/2 tsp ground black or white pepper
- 2 tbsps butter**
- 2 cups white wine***
- 1/2 lb fresh or frozen shelled peas

method

1. Preheat the oven to 275° F.
2. Arrange carrots, parsnips onions and new potatoes in the bottom of a Dutch oven, clay baker or baking dish.
3. Season chicken pieces with unrefined sea salt and ground pepper.
4. Melt butter in a skillet over a moderate flame and brown seasoned chicken for a minute or two on each side, then place the browned chicken pieces over your bed of vegetables in the Dutch oven, clay baker or baking dish.
5. Once all chicken is browned and transferred, pour in white wine and bake the chicken, covered, in an oven preheated to 275° F for two hours. Increase the oven

scheduled for: _____

temp to 375° and continue baking for an additional 30 to 45 minutes.

6. Remove chicken and vegetables from the oven, uncover, and stir in peas. Recover and allow the peas to cook in the residual heat of the chicken and vegetables for five to ten minutes before serving.



green salad with white wine vinaigrette}

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

ingredients

for the dressing

- 1/4 cup white wine vinegar
- 1 shallot, peeled and minced
- 1/4 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 3/4 cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed salad greens
- 1 bunch radishes, trimmed of greens and sliced thin****

method

1. Whisk vinegar with shallot, salt and pepper. Whisk in olive oil.
2. Plate salad greens and sliced radishes. Dress at the table with white wine vinaigrette.

***On GAPS?** Substitute additional carrots for parsnips and turnips for new potatoes.

****Dairy-free?** Substitute grass-fed tallow, schmaltz, pasture-raised lard or bacon fat, or olive oil for butter.

*****Alcohol-free?** Substitute chicken stock for white wine.

******Waste-not/Want-not!** Save those radish greens and include them in this weeks lentil and greens soup!

bonus recipes} beet kvass with ginger, strawberry-rhubarb crisp

Beet kvass is a lovely tonic but can be a bit salty, so in this recipe we reduce the customary amount of salt and include ginger root for a light spark to an otherwise earthy tonic. If it's too strong for you, consider diluting it with sparkling mineral water. Our grain-free strawberry-rhubarb crisp is a springtime classic and is equally good for breakfast as it is for dessert.



make this meal}

up to 1 week ahead: Prepare fresh whey.
Prepare chicken stock.

8 to 12 hrs ahead: Begin soaking lentils.



beet kvass with ginger}

skill level: easy | **yield:** 1 qt | **time:** 10 mins
(active), 48 to 72 hrs (fermentation)

ingredients

- 1 lb beets, peeled and chopped coarsely
- 1 2-inch knob ginger, peeled and chopped coarsely
- 1/4 cup fresh whey*
- 2 tsps unrefined sea salt
- 1 qt filtered water

method

1. Place beets and ginger in a jar.
2. Sprinkle with sea salt and fresh whey.
3. Pour in one quart filtered water.
4. Allow the the kvass to ferment at room temperature for 48 to 72 hours.
5. Strain the beets from the kvass and reserve them for culturing your next batch. These reserved beets should be good for two to three additional batches and can be consumed on salads. Kvass should be transferred to the refrigerator.



strawberry-rhubarb crisp}

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

ingredients

for the filling

- 1 tablespoon butter*
- 1 lb rhubarb, trimmed and diced
- 1 lb strawberries, hulled and diced
- about 1/2 cup honey
- zest and juice of 1 orange
- 2 tsps ground cinnamon

scheduled for: _____

for the topping

- 2 tbsps butter*
- 2 cups almond flour
- 1/4 cup coconut flour**
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground cinnamon

method

1. To make the filling, melt butter in a saucepan over a moderate flame, then toss in rhubarb and sautee in butter until softened, about five to six minutes.
2. Stir in strawberries, honey (as needed), and the juice and zest of one orange and cinnamon; reduce the heat to medium-low and continue to cook another three to four minutes until the berries are softened, but not mushy. Transfer to a baking dish and prepare the topping.
3. Prepare the topping by beating two tablespoons butter with two cups almond flour, one-quarter cup coconut flour, salt and cinnamon. Crumble the dough over the strawberry-rhubarb topping and bake in an oven preheated to 375 ° F for 30 minutes. Cool before serving.

***Dairy-free?** Substitute 1 package vegetable starter culture dissolved in one-quarter cup water or the brine of a previous batch of fermented vegetables for fresh whey. Substitute coconut oil for butter for the crisp.
****Can't find coconut flour?** You can order it online or substitute 1/2 cup sprouted whole grain flour or unbleached flour.



food for thought}

Strawberries are rich in vitamin C and antioxidants.

Beets are quite rich in folate, a nutrient critical to women of reproductive age and essential in the prevention of neural tube defects. They are also rich in betacyanin, a phytonutrient that accounts for beets' vivid color and that is also linked to a reduction in the risk of certain cancers.

Lentils are recommended in a letter to his nieces and nephews by Dr. Price, a nutritional researcher of the early 20th century, as one of the most affordable and nourishing legumes. They are rich in folate and in trace minerals, which become more bioavailable after a process of soaking or sprouting to release naturally occurring antinutrients like food phytate.



lentil and radish green soup}

skill level: easy | **yield:** 1 1/2 qts | **time:** 30 mins (stove)

ingredients

- 3 cups lentils
- 1 tbsp vinegar
- 2 tbsps butter
- 4 carrots, scraped and finely chopped
- 4 ribs celery, finely chopped
- 1 yellow onion, peeled, finely chopped
- 1 bunch rosemary
- 2 qts chicken stock
- 2 bunches radish greens*, trimmed of any stems and coarsely chopped
- olive oil, as needed

method

1. Toss lentils into a mixing bowl, cover with warm water by two inches and stir in vinegar. Allow the lentils to soak, covered, for at least 8 hours and up to 12 before draining them in a collander or sieve and rinsing them well.
2. Melt butter in a heavy-bottomed stock pot, and stir in carrots, celery, onion and rosemary when it froths. Fry celery, carrot and onion in butter until they release their fragrance, about five minutes, then remove rosemary and stir in soaked and rinsed lentils and stock. Bring the soup to a simmer and simmer for 30 to 45 minutes.
3. Season with olive oil, salt and pepper as needed.

***Dairy-free?** Substitute olive oil for butter and use additional chicken stock in place of heavy cream.

supplemental recipes} roast chicken stock, fresh whey/yogurt cheese, 24-hour yogurt



roast chicken stock}

skill level: easy

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



fresh whey/yogurt cheese}

skill level: easy

ingredients

- 1 quart raw milk
- 1/4 cup fresh plain yogurt

method

1. Heat milk in a saucepan over a medium-low flame until it reaches 110° F. Remove the milk from the heat and whisk in one-quarter cup fresh plain yogurt.
2. Pour milk and starter into a yogurt maker and allow it to culture according to your yogurt maker's instructions for 8 to 12 hours.
3. Once the yogurt has finished culturing, place it in the fridge to chill for several hours before serving



24-hour yogurt}

skill level: easy | time: 24 hrs (fermentation)

ingredients

- 1 quart milk, preferably raw
- 1/4 cup yogurt from a previous batch

method

1. Heat milk to 110° F in a saucepan. Remove from heat and whisk in one-quarter cup yogurt from a previous batch. Transfer to a yogurt maker and ferment between 108° and 112° F for 24 hours. Transfer to the fridge and use within a month.

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