



# nourished kitchen

## meal plans} spring: week 11

### 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
<b>chicken salad salads</b> <ul style="list-style-type: none"> <li>chicken salad</li> <li>fresh greens with spring vegetables</li> </ul>	<b>one-dish meal</b> <ul style="list-style-type: none"> <li>lemon-roasted chicken with pan vegetables</li> <li>green salad with vinaigrette</li> </ul>	<b>stir-fried beef with snow peas</b> <ul style="list-style-type: none"> <li>stir-fried beef with snow peas</li> <li>sprouted brown rice OR riced cauliflower</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>curried mayonnaise</li> <li>strawberry rhubarb crisp</li> <li>carrot and ginger soup</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>roast chicken stock</li> <li>fresh whey/yogurt cheese</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ eggs (7 yolks)
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ chicken (1 whole, 3 to 4 lbs)
- \_\_\_ shreddd cooked chicken (4 cups, such as from leftover roast chicken)
- \_\_\_ flank steak (1 lb)
- \_\_\_ chicken stock (1 1/2 qts, 1/2 cup)

### fresh produce & herbs

- \_\_\_ lemons (4)
- \_\_\_ carrots (2 1/2 lbs)
- \_\_\_ beets (2)
- \_\_\_ red onion (1)
- \_\_\_ garlic (1 head)
- \_\_\_ mixed salad greens (8 cups)
- \_\_\_ seedless grapes (1/2 cup)

- \_\_\_ apple (1 small)
- \_\_\_ scallions (3)
- \_\_\_ butter lettuce (1 head)
- \_\_\_ snow peas (1 1/4 lb)
- \_\_\_ radishes (4)
- \_\_\_ ginger (2 1-inch knobs)
- \_\_\_ shallot (1)
- \_\_\_ **cauliflower (1 large head)<sup>O</sup>**

### pantry items

- \_\_\_ red wine vinegar (3 tbsps)
- \_\_\_ unrefined extra virgin olive oil (1 cup)
- \_\_\_ mayonnaise (1 cup, such as curried mayonnaise included in bonus recipes)
- \_\_\_ coconut oil (1 1/4 cup, 1 tbsps)
- \_\_\_ naturally fermented soy sauce (2 tbsps)<sup>SA</sup>
- \_\_\_ full fat coconut milk (1 qt)
- \_\_\_ honey (1/2 cup)
- \_\_\_ **short grain brown rice (1 1/2 cups)**

### spices & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ dried red chili pepper (1)
- \_\_\_ curry powder (2 tsps)
- \_\_\_ cocoa powder (1/4 cup)
- \_\_\_ shredded unsweetened coconut (1/4 cup)

**\*If making riced cauliflower:** Instead of rice, you can omit 1 1/2 cups rice and 1 tbsp coconut oil from your shopping list.

**\*\*If making rice:** Instead of riced cauliflower, omit 1 large head cauliflower from list.

## menu #1} chicken salad, fresh greens with spring vegetables

Tossed together in an instant, chicken salad over greens is an excellent meal for the run, whether you're packing a picnic for an outdoor concert, having supper at the park while the kids play or just need something for a late-night at the office. Simply prepare the chicken salad ahead of time using leftover roast chicken and serve it over a salad of fresh lettuce and springtime vegetables.



### make this meal}

**up to 1 week ahead:** Make mayonnaise.

**up to 3 days ahead:** Roast a chicken, storing some of the meat for later use in this dish.

**5 mins ahead:** Mix ingredients for chicken salad together and plate over greens and fresh vegetables.



### food for thought}

**Pasture-raised chicken** is an excellent source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids.

**Carrots** are an excellent source of beta carotene, a potent antioxidant.



### chicken salad}

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

#### ingredients

- 4 cups shredded cooked chicken
- 1/2 cup seedless grapes, halved
- 1 small apple, cored and diced
- 3 scallions, sliced thin
- 1 cup mayonnaise (try curried mayonnaise in this week's bonus recipes)

#### method

1. Toss chicken, grapes, apple and scallion in a large mixing bowl until roughly combined.
2. Fold in mayonnaise and continue folding until the ingredients are well-coated.
3. Season with unrefined sea salt and ground black pepper as needed.

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### greens with spring vegetables}

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

#### ingredients

- 1 head butter lettuce
- 1/4 lb snow peas, trimmed, sliced thin
- 2 carrots, scrapped and sliced into rounds no larger than 1/4-inch thick
- 4 radishes, trimmed and sliced into rounds no larger than 1/4-inch thick
- mayonnaise, to serve

#### method

1. Arrange lettuce and vegetables on individual plates and top with chicken salad, serving additional mayonnaise as needed.

## menu #2} lemon-roasted chicken with pan vegetables, green salad with vinaigrette

This simple roasted chicken is easy to make and, when served with pan vegetables, makes a full supper. Serve it alongside a simple green salad for an easy weeknight dinner. Don't forget to save the bones from this roast chicken for making homemade chicken stock.



### make this meal}

**about 1 week ahead:** Make vinaigrette, store at room temperature.

**up to 4 days ahead:** Thaw chicken, if frozen, in the fridge.

**3 hrs ahead:** Roast chicken and vegetables.

**5 mins in advance:** Toss greens for salad and dress at the table.



### food for thought}

**Pasture-raised chicken** is rich in protein and is a better source of nutrients including antioxidants like beta carotene and fat-soluble vitamins like vitamin A and E than conventionally raised chicken. It offers a favorable ratio of omega-3 to omega-6 fatty acids.

**Lemons** are an excellent source of vitamin C, an immune-boosting vitamin that is also essential in the production of collagen.



### lemon-roasted chicken}

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

#### ingredients

- 1 chicken (3 to 4 lbs)
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- juice and zest of 2 lemons plus an additional 2 halved lemons
- 6 carrots, scrapped and chopped coarsely
- 2 beets, peeled and chopped coarsely
- 1 red onion, peeled and quartered

#### method

1. Preheat the oven to 275° F.
2. Rinse chicken, pat it dry and season it inside and out with salt and pepper.
3. Place the chicken in a clay baker, Dutch oven or a baking dish.
4. Season the chicken with the zest and juice of two lemons. Place the spent lemons and the additional lemon halves inside the chicken's cavity.
5. Arrange carrots, beet and onion around the chicken in its baking dish.
6. Cover the chicken and vegetables and roast at 275° F for 2 1/2 hours.
7. Increase the oven temp to 375° F and continue roasting for another half hour.

scheduled for: \_\_\_\_\_



### green salad with vinaigrette}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active), 1 hr (oven)

#### ingredients

- 1 clove garlic, peeled, finely minced
- 2 tbsps red wine vinegar
- 1/2 cup unrefined extra virgin olive oil
- unrefined sea salt, as needed
- 8 cups mixed salad greens

#### method

1. Whisk garlic and vinegar together with olive oil, then season as needed with unrefined sea salt. Transfer to a mason jar or salad dressing cruet and shake thoroughly before serving.
2. Toss greens together, dress with vinaigrette at the table.

## menu #3} stir-fried beef with snow peas, sprouted brown rice or riced cauliflower

scheduled for: \_\_\_\_\_

**S**tir-fried beef with snow peas is a delicious, but nourishing meal that highlights some of the season's best vegetables: snow peas, spring scallions and carrots. Serve it over sprouted rice; alternatively, if you don't tolerate grains well, consider serving it over riced cauliflower.



### make it for less} \$3.

Substituting frozen shelled peas for snow peas should save about \$3.



### make this meal}

**up to 3 days ahead:** Thaw ground meat and liver, if frozen, in the fridge. Make the reduction sauce and store in the fridge.

**1 hr 15 mins ahead:** Prepare meatloaf.

**about 20 mins ahead:** Prepare carrots.

**about 5 mins ahead:** Prepare hollandaise sauce and wilted greens.



### food for thought}

**Grass-fed beef** is an excellent source of complete protein and is rich in conjugated linoleic acid, a known cancer fighter. It offers a favorable ratio of omega-3 to omega-6 fatty acids.

**Carrots** are an excellent source of beta carotene, a potent antioxidant.

**Chicken stock** is a good source of easy to assimilate minerals and is an excellent source of glucosamine chondroitin.



### stir-fried beef with snow peas}

**skill level:** easy | **serves:** 4+ leftovers | **time:** 10 mins (active), 1 hr (oven)

#### ingredients

- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled, and cut into matchsticks
- 2 cloves garlic, peeled and minced
- 1 dried red chili pepper
- 3 carrots, scraped and cut into matchsticks
- 1 lb flank steak, sliced as thinly as possible
- 1/2 cup chicken or beef stock
- 2 tbsps naturally fermented soy sauce\*, plus extra to serve
- 1 lb snow peas, trimmed

#### method

1. Melt coconut oil in a skillet over a high heat and toss in ginger, garlic, chili pepper and carrots, frying until fragrant for about three minutes.
2. Stir in thinly slice flank steak and fry until cook through. Stir in chicken or beef stock and soy sauce and simmer until sauce is reduced by half. Stir in snow peas and cook an additional two to three minutes. Remove from heat and serve.



### riced cauliflower}

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

#### ingredients

- florets of 1 large head of 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 - six to eight minutes.



### sprouted brown rice}

**skill level:** easy | **serves:** 4 | **time:** 12 hrs (soaking), 48 hrs (germination), cook time varies based on altitude

#### ingredients

- 1 1/2 cups short grain brown rice
- warm water, to cover
- 1 tbsp coconut oil
- 2 cups water

#### method

1. Rinse rice in flowing water until the water runs clear.
2. Pour the rinsed rice in a mixing bowl with warm water to cover by two inches. Allow the rice to soak in water for 12 hours.
3. After the rice has soaked for 12 hours, drain it through a fine-mesh sieve and rinse it well.
4. Set the strainer over a mixing bowl out of sunlight, cover with a kitchen towel. Rinse the rice, stirring well with your fingers, twice a day for two days.
5. The rice will begin germinating after two days, rinse it one last time.
6. Toss rice, coconut oil and two cups water in a rice cooker and cook as you normally would. If you don't have a rice cooker, cook rice as you normally would, using slightly less water.

\***Soy-free?** Substitute fish sauce or coconut aminos.

## bonus recipes} curried mayonnaise, strawberry rhubarb crisp, carrot and ginger soup

Curried mayonnaise is excellent served in this week's chicken salad where it's sweet flavor pair nicely with apples and grapes. Chocolate coconut is lovely, but you can omit coconut milk and use heavy cream couple with whole milk for an alternative while this week's carrot and ginger soup is simple, flavorful and pairs with a green salad for lunch.



### make this meal}

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



### curried mayonnaise}

skill level: easy | yield: 1 1/2 cups | time: 5 mins (active), 6 to 8 hrs (fermentation)

#### ingredients

- 3 egg yolks
- 1 tbsp lemon juice or vinegar
- 1/2 tsp unrefined sea salt
- 2 tps curry powder
- 1 cup melted coconut oil
- 1/2 cup unrefined extra virgin olive oil
- 1/4 cup fresh whey\*

#### method

1. Whisk egg yolks, lemon juice or vinegar together with sea salt and powdered mustard. In a separate bowl whisk melted coconut oil with olive oil. Pour the egg yolk mixture into a food processor and process. In a smooth and steady stream, no more than a few drops at a time in the beginning, drip olive and coconut oil mixture into the food processor and continue doing so until the mayonnaise is well-emulsified and the oils are exhausted.
2. Remove the mayonnaise from the food processor and whisk in starter culture. Leave the mayonnaise on the counter, well

covered, at room temperature for about six to eight hours. Transfer to the refrigerator. The mayonnaise should keep for several weeks in 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 tps ground cinnamon

##### for the topping

- 2 tps 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

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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.



### carrot and ginger soup}

skill level: moderate | yield: 1 qt | time: 40 mins

#### ingredients

- 2 tps coconut oil
- 1 1-inch knob ginger, peeled and grated
- 1 shallot, peeled and minced
- 2 lbs carrots, scraped and chopped into bite-sized pieces
- 1 1/2 qts chicken stock
- unrefined sea salt, as needed
- ground black pepper, as needed

#### method

1. Melt coconut oil in heavy-bottomed stockpot over a moderate flame. Stir in ginger and shallot, frying until fragrant for about three minutes.
2. Stir in carrots and chicken stock. Simmer until carrots are softened, about 40 minutes.
3. Remove from heat and puree with an immersion blender until the soup is smooth, then season with unrefined sea salt and ground black pepper as needed and serve.

\***Dairy-free?** Substitute 1 package vegetable starter culture dissolved in 1/4 cup water or use 1/4 cup brine from leftover cultured vegetables.

\*\***Can't find coconut flour?** You can order it online or substitute 1/2 cup sprouted whole grain flour or unbleached flour.

## supplemental recipes} roast chicken stock, fresh whey/yogurt cheese



### roast 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.



### fresh whey/yogurt cheese}

skill level: easy

#### ingredients

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

#### equipment

- saucepan
- thermometer
- yogurt maker

#### 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

### Got Questions?

If you have a specific question about the recipes contained in the meal plan, email [jenny@nourishedkitchen.com](mailto:jenny@nourishedkitchen.com).

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