



# nourished kitchen

## meal plans} winter: 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
<b>home-cured lox</b> <ul style="list-style-type: none"> <li>home-cured lox</li> <li>root vegetable latkes</li> <li>sauteed apples</li> </ul>	<b>roast chicken</b> <ul style="list-style-type: none"> <li>roast chicken with orange, thyme and pan vegetables</li> <li>green salad with citrus vinaigrette</li> </ul>	<b>simple supper</b> <ul style="list-style-type: none"> <li>glazed ham</li> <li>buttered butternut squash</li> <li>creamed spinach</li> </ul> <p>Did you make pineapple chutney last week? Consider serving it with this meal.</p>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>split pea soup</li> <li>ginger-lime soda</li> <li>triple coconut cookies</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>chicken stock</li> <li>fresh whey/yogurt cheese</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ fresh whey (1/2 cup)<sup>O, HM</sup>
- \_\_\_ clarified butter (3/4 cup)<sup>SA</sup>
- \_\_\_ sour cream (to serve)<sup>O, SA</sup>
- \_\_\_ butter (3/4 cup, 1 tbsp)<sup>SA</sup>
- \_\_\_ heavy cream (1 cup)<sup>SA</sup>
- \_\_\_ eggs (4)

### meat, fish & fowl

- \_\_\_ salmon (2 filets)
- \_\_\_ whole chicken (about 5 lbs)
- \_\_\_ uncured ham (3 to 4 lbs)<sup>SA</sup>
- \_\_\_ chicken stock (2 qts)<sup>HM</sup>

### fresh produce & herbs

- \_\_\_ dill (1/2 cup, minced)
- \_\_\_ beets (7)
- \_\_\_ carrots (11)
- \_\_\_ yellow onions (4)
- \_\_\_ apples (4)
- \_\_\_ oranges (2)
- \_\_\_ lemon (1)
- \_\_\_ fresh thyme (1 bunch)
- \_\_\_ garlic cloves (1)
- \_\_\_ salad greens (8 cups)
- \_\_\_ red onion (1)
- \_\_\_ butternut squash (1 large)
- \_\_\_ spinach (2 lbs)
- \_\_\_ celery ribs (4)
- \_\_\_ ginger (1/2 cup, peeled and chopped)
- \_\_\_ limes (2)

### pantry items

- \_\_\_ extra virgin olive oil (1/2 cup, 1 tbsp)
- \_\_\_ raw honey (3 tbsps)
- \_\_\_ coconut oil (1/2 cup, 3 tbsps)
- \_\_\_ unrefined cane sugar (1 1/2 cups)<sup>SA</sup>
- \_\_\_ green split peas (1 1/2 cups)
- \_\_\_ baking soda (1/4 tsp)
- \_\_\_ coconut flour (3/4 cup)
- \_\_\_ dried unsweetened coconut flakes (3/4 cup)

### spices & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ coarse, unrefined sea salt (1 cup)
- \_\_\_ black peppercorns (2 tbsps)
- \_\_\_ ground cinnamon (1 tsp)
- \_\_\_ whole cloves (for studding ham)
- \_\_\_ ground coriander (2 tbsps)
- \_\_\_ powdered mustard (2 tbsps)
- \_\_\_ ground cinnamon (1/2 tsp)
- \_\_\_ grated nutmeg (1/4 tsp)
- \_\_\_ vanilla extract (1 tsp)
- \_\_\_ coconut extract (1/2 tsp)

### miscellaneous & specialty

- \_\_\_ chopped cooked ham (leftover from glazed ham)<sup>O</sup>

## menu #1} home-cured lox, root vegetables latkes, sauteed apples

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

**H**ome-cured salmon lox is one of our favorite dishes to serve with root vegetable latkes as a light supper or to serve with eggs as a hearty breakfast. It's easy to cure lox at home, and the cured fish is rich in fat soluble vitamins, B vitamins and omega-3 fatty acids.



### make this meal}

**up to 1 week ahead:** Prepare fresh whey (optional) if using. Thaw salmon, if frozen.

**3 days ahead:** Begin curing salmon. Prepare vegetables according to recipe requirements and store in airtight containers in the fridge until ready to use.

**30 mins ahead:** Fry root vegetable latkes.

**20 mins ahead:** Prepare sauteed apples.

**5 mins ahead:** Slice salmon and serve over root vegetable latkes.



### home-cured lox}

**skill level:** easy | **yield:** 2 filets | **time:** 5 mins (active), 3 days (marinating)

#### ingredients

- 1 cup coarse, unrefined sea salt
- 2 tbsps black peppercorns, cracked
- 1/2 cup fresh dill, minced
- 1/4 cup fresh whey, optional
- 2 filets wild-caught salmon

#### method

1. Stir coarse sea salt with pepper, dill and

fresh whey, if using, until the spices are evenly distributed in the salt.

2. Lay one salmon filet flesh side up and pour half the salt and spice mixture over the fish, sandwiching the other filet on top of the first. Season the outside of the salmon filets with the remaining mixture, and wrap the sandwiched filets of salmon in plastic wrap or cheesecloth as tightly as you can.
3. Place the wrapped salmon in a resealable plastic bag on a plate. Place a second plate over the first to weight down the fish. Turn the fish once a day for three days.
4. Brush off excess salt and spice, slice fish as thinly as possible and serve.

**NOTE:** Home-cured lox will keep about a week in the fridge or up to three months in the freezer. Whey is not necessary to properly cure the fish; however, some newcomers feel more comfortable with using a starter culture such as whey.



### root vegetable latkes}

**skill level:** easy | **yield:** 4 (3 latkes each) | **time:** 5 mins (active), 20 mins (frying)

#### ingredients

- 3 beets, peeled and shredded
- 3 carrots, peeled and shredded
- 1 yellow onion, peeled and shredded
- 1 pastured egg, beaten
- clarified butter\* (about 3/4 cup), for frying
- sour cream\*, optional, to serve

#### method

1. Toss shredded beets, carrots and onions together with one-half teaspoon unrefined sea salt and one-quarter teaspoon freshly ground black pepper. Stir one beaten egg into the seasoned vegetables until well-combined. Meanwhile heat about one-quarter cup clarified butter in a skillet.
2. Form the beet and carrot mixture into patties about two and one-half inches to three inches in diameter and fry them in the hot butter until browned, turning once. Continue frying, adding clarified butter to the skillet as necessary, until the latke mixture is exhausted. Serve with home-cured salmon and sour cream (if dairy-tolerant).



### sauteed apples}

**skill level:** easy | **serves:** 4 | **time:** about 15 mins

#### ingredients

- 3 tbsps butter\*
- 4 apples, cored and quartered
- 1 tsp ground cinnamon

#### method

1. Melt butter in a cast iron or stainless steel skillet over medium heat, and toss in quartered apples, walnuts and one teaspoon ground cinnamon. Stir the apples periodically, and remove from the skillets once the apples soften, about 10 minutes.

**\*Don't do dairy?** Substitute coconut oil or olive oil for butter and clarified butter. Substitute apple sauce for sour cream.

## menu #2} roast chicken with orange and thyme and pan vegetables

**O**ranges are finally in season and while they make fantastic snacks for small hands, they also pair beautifully with fragrant herbs like thyme—so take the chance and use them in this flavorful roast chicken and green salad with citrus vinaigrette. Remember to save the chicken's frame.



### make this meal}

**up to 3 days ahead:** Thaw chicken, if frozen, in the refrigerator. Prepare vegetables according to recipe instructions, storing in airtight containers in the fridge until ready to use.

**up to 1 day ahead:** Make the citrus vinaigrette.

**4 hrs ahead:** Prepare roast chicken with pan vegetables according to recipe instructions.

**15 mins ahead:** Remove chicken from oven and allow it to rest before carving. Toss greens with red onion for salad, dressing at the table just prior to serving.



### food for thought}

**Pastured chicken** is less likely to be infected with salmonella than conventionally raised birds. It is also rich in preformed vitamin A, a nutrient that is critical to reproductive health and vital for the developing baby. Lack of vitamin A is implicated in myriad birth defects and malformation of the palate.

**Citrus** is rich in vitamin C, a known immune booster, and is a good source of antioxidants.

**Beets** are a good source of folate, a B vitamin that is critical for women of reproductive age.



## roast chicken with orange and thyme, pan vegetables}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 10 mins (stove), 30 mins (oven)

### ingredients

- 1 whole chicken (about 5 lbs)
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1 tbsp unrefined extra virgin olive oil
- zest and juice of 1 orange
- 1 orange, quartered
- 1 bunch fresh thyme, divided
- 1 yellow onion, quartered
- 4 medium beets, peeled and quartered
- 4 medium carrots, peeled and chopped coarse

### method

1. Preheat the oven to 275° F.
2. Truss the chicken and season with salt and pepper, inside and out.
3. Pour olive oil over the breast, then sprinkle with the zest and juice of one orange as well as half of the thyme leaves.
4. Place the remaining thyme leaves plus quartered orange and onion in the bird's cavity.
5. Place the quartered beets and chopped carrots into the pan and roast the chicken, covered, in an oven for three hours. Uncover the chicken then increase the temperature to 375° F and continue roasting until the bird registers an internal temperature of 180° F.
6. Serve with pan vegetables and drippings.

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



## green salad with citrus vinaigrette}

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

### ingredients

- juice of 1 lemon
- 1 garlic clove, minced
- 1 tbsp honey
- 1/2 cup unrefined extra virgin olive oil
- unrefined sea salt, to taste
- ground black pepper, to taste
- 8 cups lettuce or mixed greens
- 1 red onion, thinly sliced

### method

1. Whisk the orange and lemon juice together with minced garlic and honey. Whisk in unrefined extra virgin olive oil. Season, as it suits you, with unrefined sea salt and black pepper.
2. Dress greens and onion or transfer the dressing to a salad dressing cruet or mason jar, storing at room temperature, until ready to use.

## menu #3} glazed ham, buttered butternut squash, creamed spinach

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

**G**lazed ham, a classic dish for the holidays, is rich in flavor with this decadent honey glaze—filling your mouth with a flavor reminiscent of orange candy. We pair glazed ham with buttered and cinnamon-spiced butternut squash and creamed spinach. Be prepared for ample leftovers.



### make this meal}

**up to 3 days ahead:** Thaw ham in the fridge.

**up to 1 day ahead:** Prepare the buttered butternut squash, if desired, storing in the refrigerator until ready to reheat for serving.

**2 hrs ahead:** Prepare ham according to recipe instructions. Prepare glaze for ham, set aside.

**45 mins ahead:** Glaze ham, increase temperature, and return to oven.

**30 mins ahead:** Reheat butternut squash in oven. Prepare creamed spinach, keep warm until ready to serve.

- 2 tsps powdered mustard seed
- zest of 1 orange

### method

1. Preheat oven to 350° F.
2. Stud ham with cloves at 1- to 2-inch intervals. Cut one-half inch into the top of the ham on diagonals, using the cloves as markers until a cross-hatched appearance has been effected.
3. Place ham in a baking dish and bake at 350° F for about one hour.
4. While the ham is baking, prepare glaze by mixing melted coconut oil with honey, unrefined cane sugar, ground coriander, mustard and the zest of one orange. The mixture should be thick.
5. After the ham has baked in the oven for one hour, remove it, spoon glaze over it.
6. Return the ham to the oven, increase temperature to 375° F. Continue baking for another 30 to 45 minutes until the glaze is nice and brown.

1. Roast butternut squash on a baking sheet and roast at 375° F until the skin has browned and is easily pierced with a knife.
2. Allow the squash to cool until comfortable to handle, about 10 minutes.
3. Allow the squash to cool until comfortable to handle, about 10 minutes.
4. Spoon the flesh from the squash and toss it into a food mill, blender or food processor along with one-quarter cup butter and one-half teaspoon cinnamon. Process until smooth. Transfer to a serving dish and serve warm.



### glazed ham}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 10 mins (active), 1 3/4 hr (oven)

#### ingredients

- 1 3- to 4-lb uncured ham\*
- whole cloves, for studding ham
- 2 tbsps coconut oil, melted
- 2 tbsps honey
- 1/2 cup unrefined cane sugar\*\*
- 2 tbsps ground coriander



### buttered butternut squash}

**skill level:** easy | **serves:** 4 | **time:** 10 mins (active), 45 mins (oven)

#### ingredients

- 1 large butternut squash, seeded
- 1 tbsp coconut oil
- 1/4 cup butter\*\*\*
- 1/2 tsp cinnamon

#### method

1. Preheat oven 375° F.
2. Rub the skin of the seeded butternut squash with coconut oil then invert the



### creamed spinach}

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

#### ingredients

- 1/4 cup butter\*\*\*
- 1 yellow onion, chopped fine
- 2 lbs spinach
- 1 cup heavy cream\*\*\*
- 1/4 tsp grated nutmeg

#### method

1. Melt butter until it froths, then toss in chopped onion, frying until fragrant and tender. Toss in the chopped spinach, stir until slightly wilted.
2. Reduce the heat, stir in cream and continue cooking until the cream is reduced by half.
3. Season with nutmeg, salt and pepper.

\***Don't do cured meats?** Substitute pork butt.

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

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

## bonus recipes} split pea soup, ginger-lime soda, triple coconut cookies

Lentils, split peas and other pulses are traditionally thought to bring good luck in the New Year—and while I can't promise that this split pea soup will boost your fortune, it does taste spectacular.



### make this meal}

**up to 1 week ahead:** Make chicken stock for lentil stew. Make fresh whey for ginger-lime soda.



### split pea soup}

**skill level:** easy | **yield:** 1 1/2 qts | **time:** 5 mins (active), 24 hrs (soaking), 6 to 12 hrs (slowcooker)

#### ingredients

- 1 1/2 cups green split peas
- 1/4 tsp baking soda
- 2 tbsps butter\*
- 1/2 lb chopped cooked ham, optional
- 1 small yellow onion, peeled and chopped
- 4 ribs celery, peeled and chopped
- 4 carrots, peeled and chopped.
- 2 quarts chicken stock

#### method

1. Toss split peas in a mixing bowl and cover with baking soda. Pour enough hot water over the peas to cover by two inches, then allow them to soak for 10 to 24 hours.
2. After the peas have soaked for 10 to 24 hours, rinse them and drain them well, then place them in a slowcooker while you prepare the remaining ingredients.
3. Melt butter in a skillet over a moderate flame, toss in cooked ham (if using), celery, carrots and onion, frying until fragrant.
4. Place the cooked vegetables and ham in

the slowcooker with split peas, then add two quarts chicken stock.

5. Cook in a slowcooker on low for 10 to 12 hours or on high for 6 to 8 hours, adding water or additional stock if desired/necessary.



### ginger-lime soda}

**skill level:** easy | **yield:** 1 1/2 qts | **time:** 5 mins (active), 4 to 5 days (fermentation)

#### ingredients

- 1/2 cup peeled and chopped ginger
- 1/4 cup whey\*
- 1 tsp unrefined sea salt
- 1/4 cup unrefined cane sugar\*\*
- juice of 2 limes

#### method

1. Place ginger into a mason jar.
2. In a separate bowl whisk together fresh whey, sea salt, 1/4 cup unrefined cane sugar and 1/4 cup lemon juice together with about 3 1/2 cups warm filtered water. Whisk until sugar is thoroughly dissolved into water. Pour mixture over ginger and ferment, loosely covered, for two days.
3. Strain ginger from the mixture, pour into flip-top bottles, cap and ferment for a further two to three days. Serve chilled.

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



### triple coconut cookies}

**skill level:** easy | **yield:** 18 cookies | **time:** 5 mins (active), 15 mins (oven)

#### ingredients

- 4 eggs, beaten
- 3/4 cup unrefined cane sugar\*\*
- 1 tsp vanilla extract
- 1/2 tsp coconut extract
- 1/4 tsp unrefined sea salt
- 1/2 cup cold-pressed virgin coconut oil
- 3/4 cup coconut flour
- 3/4 cup dried unsweetened coconut flakes

#### method

1. Preheat oven to 375° F.
2. Toss eggs, unrefined cane sugar, vanilla and coconut extracts into a food processor with coconut oil. Process until uniformly combined. Add coconut flour to the liquid batter and process until the coconut flour is completely incorporated into the batter with no lumps remaining.
3. Take about two tablespoons of the batter and roll it in your hands until it forms a ball. Dredge in dried unsweetened coconut flakes, place on a baking stone or parchment-lined baking sheet, press down slightly with a fork and bake for 12 to 15 minutes. Transfer to a rack to cool completely before serving.

**\*Don't do dairy?** Substitute 1/2 packet vegetable starter culture dissolved in 1/4 cup water for fresh whey. Substitute coconut oil, olive oil or pastured bacon fat for butter.

**\*\*Don't do cane sugar?** Substitute honey ginger-lime soda. In preparing coconut cookies, substitute honey for sugar but increase coconut flour by two to three tablespoons.

## supplemental recipes} chicken stock, fresh whey



### roast chicken stock}

**skill level:** easy | **time:** 5 mins (active), 24 hrs (slowcooker)

#### ingredients

- 1 chicken frame
- vegetable scraps
- 2 bay leaves
- 1 tbsp apple cider vinegar
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#### method

1. Pick the chicken carcass clean of useable meat and reserve that for another dish.
2. Add the chicken carcass, vegetable scraps and bay leaves to a crockpot.
3. Pour filtered water over the carcass to cover. Add cider vinegar. Cook in your slow cooker on low heat for 24 hours or longer.
4. By adding water to the cooker, you can continue to cook the broth until the chicken bones become flexible and rubbery.
5. Strain the broth through a fine mesh sieve and pour into mason jars.
6. The broth should gel, but it is not necessary.



### fresh whey/yogurt cheese}

**skill level:** easy

#### ingredients

- 1 quart yogurt

#### method

1. Line a fine-mesh sieve with cheesecloth or butter muslin over a mixing bowl.
2. Pour yogurt into the muslin or cheesecloth.
3. Allow the yogurt to strain for 12 to 24 hours.
4. Reserve the whey for fermentation.

### 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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