



nourished kitchen

meal plans} winter: week 4

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
broiled salmon <ul style="list-style-type: none"> • broiled salmon • green salad with ginger-orange vinaigrette • roasted carrots with honey and orange 	simple winter supper <ul style="list-style-type: none"> • chard and white bean gratin • braised turnips with parsley • green salad with cider vinaigrette 	steak and vegetables <ul style="list-style-type: none"> • pan-fried steak • mushroom sauce • roasted broccoli with lemon and pine nuts • green salad with kefir-herb dressing 	bonus recipes <ul style="list-style-type: none"> • chard soup • kimchi • cinnamon-roasted apples supplemental recipes <ul style="list-style-type: none"> • kefir • beef stock

shopping list

dairy & eggs

- ___ butter (1/2 cup, 3 tbsps)^{SA}
- ___ kefir (2 tbsps)^{HM, SA}
- ___ eggs (1 yolk)

meat, fish & fowl

- ___ salmon (4 filets, 4- to 6-oz each)
- ___ beef stock (2 qts, 1 cup)
- ___ beef steaks (4, 4- to 6-oz each)

fresh produce & herbs

- ___ lemon (3)
- ___ ginger (1 2-inch knob)
- ___ shallot (3)
- ___ salad greens (24 cups)
- ___ red onion (3)
- ___ oranges (2)
- ___ carrots (13)
- ___ yellow onion (3)
- ___ garlic (2 heads)

- ___ swiss chard (2 bunches)
- ___ chopped thyme (1/4 cup)
- ___ apple (7)
- ___ turnips (4)
- ___ minced parsley (1/4 cup, 2 tbsps)
- ___ mushrooms (1/2 lb)
- ___ broccoli (1 head)
- ___ chopped chives (2 tbsps)
- ___ chopped dill (2 tbsps)
- ___ radishes (4)
- ___ potatoes (1/2 lb)
- ___ napa cabbage (1 head)
- ___ daikon radish (1)
- ___ scallions (1 bunch)

pantry items

- ___ extra virgin olive oil (1 1/2 cups)
- ___ white beans (2 cups)
- ___ coconut oil (1 tbsp)
- ___ honey (2 tbsp)
- ___ baking soda (1/4 tsp)

- ___ cider vinegar (1/4 cup)
- ___ pine nuts (1/4 cup)
- ___ fish sauce (2 tbsps)

spices & dried herbs

- ___ crushed red pepper (1/2 tsp)
- ___ crushed black pepper (2 tbsps)
- ___ crushed celery seed (2 tbsps)
- ___ dried red chili peppers (1/4 cup)
- ___ cinnamon (1 tbsp)
- ___ ground unrefined sea salt
- ___ ground black pepper

menu #1} broiled salmon, ginger-orange vinaigrette, roasted carrots

scheduled for: _____

Basic broiled salmon comes together with a simple green salad vibrant with the flavors of ginger and orange. Serve it alongside roasted carrots seasoned by honey, orange and coconut oil.



make this meal}

3 days ahead: Thaw salmon, if frozen.

Prepare vegetables and fruit according to recipe requirements and store in an airtight container in the fridge. Prepare vinaigrette.

35 mins ahead: Prepare carrots.

20 mins in ahead: Roast salmon.

5 mins ahead: Prepare salad.



food for thought}

Oranges are rich in vitamin C which supports skin health and immune system function.

Wild-caught salmon is a good source of protein, rich in B vitamins, and is extraordinarily rich in omega-3 fatty acids.

Carrots are rich in beta carotene, a precursor to vitamin A.

Coconut oil supports thyroid and immune system health and is a good source of lauric acid.



lemon-broiled salmon}

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

ingredients

- 4 filets salmon (4- to 6-oz each)
- 1 lemon, sliced thin

method

1. Preheat oven to 425° F.
2. Place salmon filets on broiling pan and top with sliced lemons. Broil at 425° F until the fish flakes easily when pierced by a fork, about 10 to 15 minutes.



green salad with ginger-orange vinaigrette}

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

ingredients

for the vinaigrette

- 1 1-inch knob ginger, peeled and grated
- 1 shallot, peeled and minced
- juice of 1 orange
- 1/4 tsp crushed red pepper
- 1/2 cup unrefined extra virgin olive oil

for the salad

- 8 cups loosely packed salad greens
- 1 orange, peeled and segmented
- 1 red onion, peeled and sliced thin

method

1. Whisk ginger, shallot, orange crushed red pepper and olive oil together. Store at room temperature for up to a week.

2. When ready to serve dinner, toss salad greens with orange segments and sliced red onion, dress with vinaigrette at the table.



roasted carrots with honey and orange}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 30 mins (oven)

ingredients

- 8 carrots, scraped and sliced into bite-sized pieces
- 1 tbsp coconut oil, melted
- 1 tbsp honey
- zest of 1 orange
- 1/4 tsp crushed red pepper

method

1. Preheat oven to 425° F.
2. Toss carrots with oil, honey, orange zest and crushed red pepper. Place in a baking sheet and roast at 425° F for about 30 minutes, stirring once.

NOTE: Save the zest from the orange you juiced for the vinaigrette to use for seasoning the roasted carrots.

menu #2} chard and white bean gratin, braised turnips, cider vinaigrette

scheduled for: _____

One of my favorite wintertime dishes, chard and white bean gratin is simple and nourishing. I always pair it with a green salad, and often with additional vegetables like braised turnips with parsley.

make this meal}

up to 1 week ahead: Make cider vinaigrette.

up to 4 days ahead: Soak beans. Prepare vegetables according to recipe requirements and store in airtight containers in the fridge.

about 35 mins ahead: Begin assembling gratin.

about 20 mins ahead: Prepare braised turnips

about 5 mins ahead: Toss turnips with parsley. Toss salad and serve.

chard and white bean gratin}

skill level: easy | **serves:** 4 | **time:** 18 to 24 hrs (soaking), 5 mins (stovetop), 20 to 30 mins (oven)

ingredients

- 2 cups white beans, picked over
- 1/4 tsp baking soda
- 2 tbsps butter*
- 1 yellow onion, peeled and sliced thin
- 5 cloves garlic, peeled and minced
- 1 bunch Swiss chard, trimmed and coarsely chopped
- 1 cup beef stock
- 2 tbsps chopped fresh thyme

method

1. Toss beans into a large mixing bowl, cover with hot water and stir in baking soda.

2. Cover with a kitchen towel and allow the beans to soak for 18 to 24 hours.
3. After 18 to 24 hours, drain the beans and rinse them well. Place them in a heavy-bottomed stock pot, cover with water and boil until tender for about 90 minutes. Drain and rinse. Note that beans may be prepared up to three days ahead and stored in the refrigerator.
4. Preheat oven to 375° F.
5. Melt butter in a skillet over a moderate flame until it froths. Stir in yellow onion and garlic, frying until fragrant for about five minutes. Stir in Swiss chard and fry until barely wilted. Stir in beans and pour in beef stock.
6. Bake for 20 to 30 minutes in an oven preheated to 375° F.

method

1. Whisk vinegar, minced shallot and honey together to mix, then whisk in unrefined extra virgin olive oil. Store in a salad dressing cruet or mason jar at room temp until ready to serve, shake well before dressing salad.
2. To prepare the salad, toss greens and onion together. Dress with vinaigrette.



braised turnips with parsley}

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

ingredients

- 2 tbsps butter*
- 4 medium turnips, peeled and chopped into bite-sized pieces
- 1 cup beef stock
- 1/4 cup minced parsley

method

1. Melt butter in a skillet over moderate heat. When it froths, stir in turnips and fry until they begin to brown at the edges, stirring frequently. Pour in beef stock and simmer, uncovered, until stock is reduced to a fine syrup for about 10 minutes.
2. Remove from heat and toss with parsley.



green salad with cider vinaigrette}

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

ingredients

for the vinaigrette

- 2 tbsps apple cider vinegar
- 1 shallot, peeled and finely minced
- 1 tbsp raw honey
- 1/2 cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed salad greens
- 1 small red onion, peeled and sliced thin
- 1 apple, cored and sliced thin

***Diary-free?** Substitute beef tallow, palm kernel oil, olive oil, pastured lard or bacon fat for butter.

menu #3} pan-fried steak, mushroom sauce, roast broccoli, kefir-herb dressing

scheduled for: _____



make this meal}

up to 3 days ahead: Thaw steaks. Prepare vegetables according to recipe instructions. Make kefir-herb dressing.

30 mins ahead: Begin preparing steaks, mushroom sauce and broccoli.

10 mins ahead: Allow steaks to rest. Toss salad, dress at the table.



pan-fried steaks with pepper and celery seed}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), 10 to 15 mins (stovetop)

ingredients

- 2 tbsps crushed black pepper
- 1 tbsp crushed celery seed
- 1/2 tsp unrefined sea salt
- 2 tbsps butter*, softened
- 4 beef steaks (4- to 6-oz each)

method

1. Whisk crushed black pepper, celery seed and sea salt together.
2. Spread softened butter evenly on all sides of each steak and dredge in black pepper and celery seed mixture.
3. Preheat a skillet over high heat. Turn on your fan, vent or hood and sear seasoned steaks on each side for about three minutes. Transfer to a plate, tent with parchment paper, and allow them to rest for 10 mins.

NOTE: If you prefer your steaks more well-done, you may pour one-half cup red wine or beef stock into the pan and bake in the oven at 350° until cooked to your liking.



mushroom sauce}

skill level: easy | **serves:** 4 | **time:** 10 to 15 mins (stove)

ingredients

- 2 tbsps butter*
- 1 small yellow onion, peeled and sliced thin
- 1/2 lb mushrooms, sliced thin
- 1 cup beef stock
- 2 tbsps chopped fresh thyme

method

1. Melt butter in a saucepan over medium heat, stir in onion and fry until fragrant for about three minutes.
2. Stir in mushrooms and cook for about five minutes. Pour in beef stock and simmer, uncovered, until the sauce is reduced and the mushrooms are cooked through. Stir in the thyme and serve over steaks.



roasted broccoli with lemon and pine nuts}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), 20 mins (oven)

ingredients

- 1 lemon
- florets of 1 large head broccoli
- 1/4 cup pine nuts (see note)

method

1. Preheat oven to 425° F.
2. Zest and juice the lemon, reserving zest and juice in separate bowls.
3. Toss broccoli florets with lemon zest, pine nuts and melted butter. Transfer to a baking dish and roast for 15 to 20 minutes, stirring periodically.
4. Remove from oven and toss with lemon juice.



green salad with kefir-herb dressing}

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

ingredients

for the dressing

- 2 tbsps apple cider vinegar
- 2 tbsps kefir*
- 1 egg yolk
- 1 shallot, peeled and minced
- 1/2 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 2 tbsps chopped fresh parsley
- 2 tbsps chopped fresh chives
- 1 tbsp chopped fresh dill
- 1/2 cup unrefined extra virgin olive oil

for the salad

- 8 cups salad greens
- 1 red onion, peeled and finely sliced
- 2 carrots, scraped and chopped into 1/4-inch rounds
- 4 radishes, chopped into 1/4-inch rounds

method

1. Toss vinegar, kefir, egg yolk, shallot, sea salt, pepper and herbs together in a food processor and pulse to combine. Once roughly combined, continue processing while slowly pouring olive oil into the mixture in a smooth and fine stream. Continue processing until well-emulsified. Transfer to a mason jar or salad dressing cruet and store in the fridge for no more than five days.
2. Before serving dinner, toss greens together with red onion, carrots and radishes. Dress with kefir-herb dressing at the table.

***Don't do dairy?** Substitute olive oil, tallow, bacon fat or pastured lard for butter and 1/4 cup soaked cashews or pine nuts for kefir.

NOTE: Improve nutrient absorption by soaking pine nuts a few hours in advance.

bonus recipes} chard soup, simple kimchi, cinnamon-roasted apples

Chard soup is very simple and deeply cleansing. We like to serve it on cold winter days for lunch. We're also making kimchi this week, in preparation for one of next week's meals.



make this meal}

up to 1 week ahead: Make beef stock for soup.



food for thought}

Apples are rich in quercetin, a potent antioxidant.

Cinnamon is thought to promote a healthy metabolism and good blood sugar levels.

Chard is rich in beta carotene, a precursor to vitamin A.

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



simple kimchi}

skill level: easy | **yield:** about 1 qt | **time:** 15 mins (active), 1 week (fermentation)

ingredients

- 1 large head napa cabbage, chopped
- 3 carrots, peeled and grated
- 1 daikon radish, peeled and grated
- 1 1-inch knob ginger, peeled and minced
- 1 head garlic, peeled and minced
- 1 bunch scallions, chopped fine
- 1/4 cup dried red chili peppers
- 2 tablespoons fish sauce
- 2 tablespoons unrefined sea salt



cinnamon-roasted apples}

skill level: easy | **yield:** about 1 qt | **time:** 5 mins (active), 30 mins (oven)

ingredients

- 6 apples, cored, peeled and sliced into wedges
- 1 tbsp butter*, melted
- 1 tbsp ground cinnamon

method

1. Preheat oven to 425° F
2. Toss apples with melted butter and

scheduled for: _____

cinnamon, transfer to a baking sheet and roast at 425° F for 20 to 30 minutes, stirring once or twice.



chard soup}

skill level: easy | **yield:** about 1 qt | **time:** 35 mins (stovetop)

ingredients

- 2 tbsps butter*
- 1 yellow onion, peeled and sliced thin
- 1/2 lb small red potatoes**, peeled and sliced thin
- 1 1/2 quarts beef stock
- 1 bunch Swiss chard, trimmed and chopped
- juice and zest of 1 lemon

method

1. Melt butter in a heavy-bottomed stock pot over moderate heat. When it froths, stir in onion and fry until fragrant and just beginning to caramelize. Stir in potatoes and beef stock and simmer, covered, until the potatoes are tender for about 30 minutes.
2. Stir in chard and continue simmering for five minutes or until the chard is wilted, stir in lemon juice and zest, season with salt and pepper and serve.

***Don't do dairy?** Substitute coconut oil for butter in cinnamon-roasted apples and substitute olive oil for butter in chard soup.

****Don't do potatoes?** Substitute turnips, rutabagas or celery root.

supplemental recipes} kefir, beef stock



kefir}

skill level: easy

ingredients

- 1 tbsp milk kefir
- 1 qt fresh raw milk

method

1. Place milk kefir grains in the bottom of a clean mason jar. Cover with 1 quart fresh milk.
2. 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. Culture for 24 to 48 hours at room temperature. For a thin, mild kefir you can culture for 12 hours.
3. Once culturing is complete, strain milk kefir into a new mason jar, cap and refrigerate. 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 beef stock}

skill level: easy

ingredients

- 3 to 5 lbs beef soup bones
- vegetable scraps, as needed
- 2 tbsps cider vinegar
- 2 to 3 bay leaves

method

1. Rinse and clean the bones under clean water. Pat them dry. Roast the bones at 400° F for about an hour until the bones are well-browned and fragrant.
2. Once the bones are browned, drain off any fat. Add the bones to a big pot along with any vegetable scraps you might have. Add filtered water to cover and bring to a boil. Once you've brought the water to a boil, add the vinegar and bay leaves.
3. Turn down the heat and continue to simmer for at least 6 and up to 24 hours, adding water as necessary.
4. Throughout the cooking process, skim off any foam and add water as needed.
5. When the stock is finished simmering, filter through a fine mesh seive and bottle in mason jars. The stock should set just like gelatin, and the fat should rise to the top.
6. Pick off the fat and reserve it for cooking, then scoop out the gelled stock and reheat to serve as soup.
7. Allow the yogurt to strain for 12 to 24 hours.
8. 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.

To manage your account or cancel a recurring order email your request one week in advance to support@nourishedkitchen.com