



# nourished kitchen

## meal plans} winter: week 6

### 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>light salmon dinner</b> <ul style="list-style-type: none"> <li>spinach-stuffed salmon</li> <li>citrus, beet and parsley salad</li> <li>herbed brown rice pilaf OR buttered cauliflower</li> </ul>	<b>pho</b> <ul style="list-style-type: none"> <li>spiced beef broth</li> <li>condiment plate for pho</li> </ul>	<b>braised beef short ribs</b> <ul style="list-style-type: none"> <li>slowcooker braised beef short ribs with mushrooms</li> <li>no-knead sourdough bread OR almond flour bread</li> <li>green salad with cider vinaigrette</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>mexican-inspired chicken and rice soup</li> <li>ginger limeade</li> <li>honey almond cake</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>chicken stock</li> <li>beef stock</li> <li>ginger bug</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (3 tbsps)<sup>SA</sup>
- \_\_\_ eggs (7 whole)
- \_\_\_ queso fresco (1/2 cup, crumbled)<sup>O</sup>

### meat, fish & fowl

- \_\_\_ salmon filets (4, 4- to 6-oz each)
- \_\_\_ chicken stock (3 quarts, 3 cups)
- \_\_\_ beef stock (3 quarts)
- \_\_\_ flank steak (3/4 lb)
- \_\_\_ beef short ribs (2 lbs)
- \_\_\_ cooked shredded chicken (2 cups)

### fresh produce & herbs

- \_\_\_ garlic (4 cloves)
- \_\_\_ shallot (1)
- \_\_\_ baby spinach (2 cups)
- \_\_\_ orange (1)
- \_\_\_ lemon (1)
- \_\_\_ beets (1 1/2 lbs)

- \_\_\_ red onion (2)
- \_\_\_ yellow onion (3)
- \_\_\_ ginger (2-inch knob)
- \_\_\_ cilantro (3/4 cup, chopped)
- \_\_\_ serrano chilies (3)
- \_\_\_ pears (2)
- \_\_\_ mung bean sprouts (1 cup)
- \_\_\_ carrots (10)
- \_\_\_ limes (2)
- \_\_\_ mixed salad greens (8 cups)
- \_\_\_ mushrooms (1/2 lb)
- \_\_\_ avocados (2)
- \_\_\_ flat-leaf parsley (1 1/4 cup)
- \_\_\_ thyme (1/2 cup, 2 tbsps (chopped))
- \_\_\_ scallions (10)
- \_\_\_ cauliflower (1 large head)

### pantry items

- \_\_\_ olive oil (1 cup)
- \_\_\_ dried unsweetened cranberries (1/4 cup)
- \_\_\_ dijon-style mustard (1 tbsp)

- \_\_\_ balsamic vinegar (2 tbsps)
- \_\_\_ fish sauce (2 tbsps)
- \_\_\_ honey (1/2 cup, 2 tbsps)
- \_\_\_ blanched almond flour (4 1/4 cups)
- \_\_\_ vietnamese-style rice noodles (1 pack-age), optional)
- \_\_\_ cooked rice (2 cups)<sup>O</sup>
- \_\_\_ unrefined cane sugar (1/4 cup)<sup>SA</sup>
- \_\_\_ whole wheat flour (3 3/4 cup)<sup>SA</sup>
- \_\_\_ brown rice (2 cups)
- \_\_\_ apple cider vinegar (1/4 cup, 1 tbsp, 1/2 tsp)

### spices & dried herbs

- \_\_\_ ground unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ cinnamon stick (1)
- \_\_\_ coriander seeds (1 tbsp)
- \_\_\_ star anise pods (3)
- \_\_\_ bay leaves (5)
- \_\_\_ dried chili pepper (1)

- \_\_\_ vanilla extract (2 tsps)
- \_\_\_ baking soda (1 tsp)

### miscellaneous & specialty

- \_\_\_ sundried tomatoes in oil (2 tbsps)
- \_\_\_ pureed tomatoes (2 cups)
- \_\_\_ red wine (2 cups)<sup>SA</sup>
- \_\_\_ lime juice (1/2 cup)
- \_\_\_ ginger bug (1/4 cup)<sup>HM</sup>
- \_\_\_ sourdough starter (1/4 cup)

**Making rice pilaf?** Omit cauliflower.

**Making buttered cauliflower?** Omit brown rice, 1 tbsp vinegar, 3 cups chicken stock, 1/4 cup parsley, 2 tbsps thyme, 4 scallions.

**Making sourdough bread?** Omit 3 eggs, 2 1/2 cups almond flour, 1/2 tsp baking soda, 1/2 tsp vinegar, 1 tbsp honey.

**Making almond bread?** Omit sourdough starter and wheat flour.

## menu #1} spinach-stuffed salmon, beet and parsley salad, pilaf or cauliflower

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

**W**e love salmon for its rich flavor and nutrient profile. Salmon is rich in omega-3 fatty acids and B vitamins. Here we pair it with spinach and beets.

mixture and bake in an oven preheated to 400° F for about 15 minutes or until the fish flakes easily when pierced with a fork.

- 3 cups chicken stock
- 1 bay leaf
- 1 tsp unrefined sea salt
- 1/4 cup chopped parsley
- 2 tbsps chopped thyme
- 4 scallions, chopped



### make this meal}

**3 days ahead:** Thaw fish, if frozen. Prepare vegetables, store in airtight container in fridge.  
**8 to 12 hrs ahead:** Soak rice, if making pilaf.  
**35 mins ahead:** Prepare pilaf, if serving. Prepare salad, refrigerate.  
**30 mins ahead:** Prepare salmon.  
**10 mins ahead:** Prepare cauliflower, if serving.  
**5 mins ahead:** Remove salad from fridge and serve.



### spinach-stuffed salmon}

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

#### ingredients

- 4 thick-cut salmon filets (about 4 to 6 oz each)
- 1 clove garlic, peeled and minced
- 2 cups packed fresh baby spinach, trimmed and chopped
- 2 tbsps chopped sundried tomatoes packed in oil

#### method

1. Preheat the oven to 400° F.
2. Cut a deep pocket in the salmon filets within one 1/2-inch of the opposite side.
3. In a separate bowl, stir minced garlic, chopped spinach and sundried tomatoes together. Stuff the salmon filets with this



### citrus, beet and parsley salad}

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

#### ingredients

##### for the vinaigrette

- juice of 1 orange (save zest for bonus recipe)
- juice of 1 lemon (save zest for bonus recipe)
- 1/4 cup unrefined extra virgin olive oil

##### for the salad

- 1 1/2 lbs beets, peeled and cut into matchsticks
- 1 small red onion, peeled and sliced thin
- 1 cup chopped Italian parsley

#### method

1. Whisk orange juice, lemon juice and olive oil together and set aside while you mix beets, red onion and parsley together. Dress salad with vinaigrette and transfer to the refrigerator where you will let the flavors marry for at least 30 minutes and up to 8 hours.



### herbed brown rice pilaf}

**skill level:** easy | **yield:** 4 | **time:** 5 mins (active), 8 to 12 hrs (soaking), 25 mins (stove), 5 mins (rest)

#### ingredients

- 2 cups short grain brown rice
- 1 tbsp apple cider vinegar
- 2 tbsps butter\*

#### method

1. Pour rice into a fine-mesh sieve and rinse in running water until the water becomes clear. Transfer to a mixing bowl, stir in vinegar and cover with hot water. Allow the rice to soak for 8 to 12 hours, rinse well and reserve.
2. Melt butter in a heavy-bottomed stock pot over moderately high heat. Stir in rice and brown, about four minutes. Stir in bay leaf, salt, herbs and scallions. Stir in stock and bring to a boil. Cover, reduce heat to low, and cook undisturbed until tender for about 20 minutes. Remove from heat and let rest a further five minutes. Remove bay leaf, fluff with a fork and serve.



### buttered cauliflower}

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

#### ingredients

- florets of 1 head of cauliflower
- 2 tbsps butter\*, melted

#### method

1. Boil cauliflower florets until tender. Drain and toss with two tbsps melted butter.

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

## menu #2} spiced beef broth, condiment plate for pho

**P**ho, a Vietnamese beef soup, is one of our favorite foods. It's wonderfully simple, and fragrant with exotic spices. Make the broth up to a week in advance, and serve the meal in just a few minutes—packing your bowls with good quality meat, vegetables and steaming hot broth. We like to serve this meal with ginger limemade, the ferment of the week.



### make this meal}

**up to 1 week ahead:** Prepare homemade beef stock. Prepare spiced beef broth for pho.  
**about 9 to 13 hrs ahead:** Soak rice (if serving).  
**about 2 to 8 hrs ahead:** Marinate beef.  
**about 1 hr ahead:** Prepare coconut rice (if serving).  
**about 10 mins ahead:** Stir-fry bulgogi. Prepare spinach. Prepare riced cauliflower (if serving).



### food for thought}

**Cabbage** is a good source of vitamin C, and is rich in indole-3 carbinols, thought to mitigate the risk of cancer.

**Limes** are an excellent source of vitamin C.

**Grass-fed beef** is a good source of protein and healthy fats including conjugated linoleic acid. It is also rich in minerals and B vitamins and offers a favorable ratio of omega-3 to omega-6 fatty acids.

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



### lighten your budget} \$9

Omitting coriander, cinnamon and star anise will save about \$1. Substituting trimmed beef heart for flank steak will save about \$8.



### spiced beef broth for pho}}

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

#### ingredients

- 1 yellow onion, halved
- 1 2-inch knob ginger, halved length-wise
- 3 quarts beef stock
- 1 cinnamon stick
- 1 tbsp coriander seeds
- 3 whole star anise pods
- 2 tsps unrefined sea salt
- 2 tbsps fish sauce

#### method

1. Place onion and ginger on a baking sheet and broil for 10 to 15 minutes, turning over once.
2. Place onion, ginger, beef stock, cinnamon stick, coriander, star anise, sea salt and fish sauce in a large pot and simmer for 45 minutes to one hour. If you will be away, you can also simmer this in a slowcooker on low for up to 8 hours.
3. Strain. You can reserve this in the fridge for up to one week before serving. Bring to a boil just prior to serving.

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



### condiments for pho}

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

#### ingredients

- 1 Vietnamese-style rice noodles, optional
- 3/4 lb flank steak, sliced as thinly as possible
- 2 cups thinly sliced cabbage
- 6 scallions, sliced thin
- 1/2 cup chopped cilantro
- 2 serrano chilies, sliced thin
- 1 cup mung bean sprouts
- 2 carrots, peeled and finely grated
- 2 limes, quartered

#### method

1. If serving rice noodles, prepare them according to package directions.
2. Arrange flank steak, cabbage, scallions, cilantro, chilies, bean sprouts, shredded carrots and limes on a serving dish.
3. To serve the pho allow each diner to fill their bowls with the condiments of their choice. Ladle broth over condiments and serve. The raw flank steak will cook in the residual heat of the broth.

## menu #3} braised beef short ribs, sourdough bread or almond bread, green salad

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

**W**ith a little advanced planning and preparation, this meal can come together pretty quickly. Bake the bread(s) and make the vinaigrette in advance, and serve it with the braised short ribs.



### Lighten your budget} \$1

Substituting 1 teaspoon dried thyme for fresh thyme will save about \$1.



### make this meal}

**up to 1 week ahead:** Make beef stock. Make vinaigrette, store at room temperature.

**up to 3 days ahead:** Thaw beef short ribs. Prepare vegetables, store in airtight containers in the refrigerator.

**about 1 day ahead:** Proof sourdough starter.

**about 15 hrs ahead:** Mix dough for sourdough.

**about 3 hrs ahead:** Allow sourdough to rise.

**about 1 hr ahead:** Bake sourdough or almond flour bread.

**about 20 mins ahead:** Remove cover from sourdough bread, continue baking. Stir vinegar and thyme into slowcooker short ribs.

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



### slowcooker braised beef short ribs with mushrooms}

**skill level:** easy | **serves:** 4+ leftovers | **time:** 5 mins (active), 10 mins (stovetop), 8 to 12 hrs (slowcooker)

#### ingredients

- 2 lbs beef short ribs
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1 tbsp butter\*
- 8 carrots, scraped and chopped
- 2 yellow onions, peeled and chopped
- 1/2 lb chopped mushrooms
- 2 cloves garlic, peeled and minced
- 2 cups pureed tomatoes
- 2 cups red wine\*\*
- 1 quart beef stock
- 2 bay leaves
- 2 tbsps balsamic vinegar\*\*\*
- 2 tablespoons chopped fresh thyme

#### method

1. Season beef short ribs with salt and pepper. Melt butter in a skillet. When it froths, sear short ribs on each side for about four minutes.
2. Place seared ribs, carrots, onions, mushrooms, garlic, tomatoes, red wine, beef stock and bay leaves into the slowcooker. Cook on low for 8 to 12 hours. Stir in vinegar and chopped fresh thyme, continue cooking on low for 20 to 30 minutes, and serve.



### no-knead sourdough bread}

**skill level:** easy | **serves:** 4 | **time:** 10 mins (active), 12 to 18 hrs (fermentation), 2 hrs (rising), 45 mins (oven)

#### ingredients

- 1/4 cup proofed, bubbly sourdough starter
- 3 3/4 cup whole wheat flour\*\*\*\*, plus extra for dusting
- 1/2 tsp unrefined sea salt

#### method

1. Stir starter together with 1 3/4 cup filtered water, flour and sea salt. Beat until well-combined, cover the mixing bowl with plastic wrap and allow to rest on the counter for 12 to 18 hours.
2. Flour your working surface and scrape the dough onto the working surface, fold it on top of itself three times. Cover with a towel and allow it to sit for 15 minutes.
3. Place into a basket lined with cheese cloth, cover and allow to rise for one and a half to two hours.
4. Place your Dutch oven into the oven and preheat the oven to 475° F.
5. After preheating the Dutch oven for 30 minutes, dump the dough rising in the basket into the Dutch oven. Cover and reduce the oven temp to 425° F. Bake for 30 minutes, remove cover and bake a further 15 minutes. Cool completely before serving.

\***Don't do dairy?** Substitute almond flour for parmesan cheese and olive oil for butter.

\*\***Don't do alcohol?** Substitute homemade beef stock for wine.

\*\*\***Don't have balsamic vinegar?** Substitute red wine or apple cider vinegar.

\*\*\*\***Need a lighter loaf?** Substitute up to 2 3/4 cup bread flour for whole wheat flour.

## menu #3 continued} almond flour bread, salad with cider vinaigrette



### food for thought}

**Sourdough** is lower on the glycemic index than yeast-leavened quick rise breads and is richer in folate than yeast-leavened breads. It offers a fuller array of minerals than yeast-leavened breads.

**Grass-fed beef** is a good source of protein and healthy fats including conjugated linoleic acid and is rich in minerals and B vitamins. It also offers a favorable ratio of omega-3 to omega-6 fatty acids.

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



### almond flour bread}

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

#### ingredients

- 2 1/2 cups blanched almond flour
- 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.
3. 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: \_\_\_\_\_



### green salad with pears, cranberries and cider vinaigrette}

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

#### ingredients

##### for vinaigrette

- 1/4 cup apple cider vinegar
- 1 shallot, peeled and minced
- 1 tbsp honey
- 1 tbsp Dijon-style mustard
- 3/4 cup unrefined extra virgin olive oil

##### for the salad

- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thin
- 2 pears, cored and sliced thin
- 1/4 cup dried unsweetened cranberries

#### method

1. Prepare the cider vinaigrette up to a week in advance by whisking vinegar, shallot, honey, mustard and olive oil together. Store in a mason jar or salad dressing cruet.
2. Just before serving, toss greens with pears, cranberries and red onion, dress at the table with vinaigrette.

## bonus recipes} chicken rice soup, limeade, honey almond cake

We love probiotic sodas in our home—they're loaded with goodies and offer a refreshing simple treat. I hope you like this week's whoopie pies, a little complicated to make, they're loads of fun.



### make this meal}

**up to 1 week ahead:** Make chicken stock for soup. Make ginger bug for soda.



### food for thought}

**Almonds** are rich in vitamin E, a fat-soluble vitamin that supports heart and skin health. **Lemons** are an excellent source of vitamin C. **Chicken stock** is rich in amino acids including glycine and proline and is a good source of minerals. **Avocados** are an excellent source of monounsaturated fat.



## mexican-inspired chicken and rice soup}

**skill level:** easy | **yield:** about 3 qts | **time:** 40 mins (stovetop)

### ingredients

#### for the broth

- 3 quarts chicken broth
- 2 bay leaves
- 1 clove garlic, crushed
- 1 dried chili pepper

to serve the soup

- 2 cups cooked shredded chicken
- 2 cups cooked rice, optional
- 2 avocados, peeled, pitted and chopped
- 1/4 cup chopped fresh cilantro
- 1 serrano chili, sliced thin
- 1/2 cup crumbled queso fresco, optional

### method

1. Prepare the broth by bringing chicken broth to a simmer with bay leaves, garlic and chili peppers. Simmer for 20 minutes and strain.
2. Return the strained broth to the pot and stir in rice and chicken, continue cooking for a further twenty minutes. Stir in avocado, cilantro, serranos and queso fresco into the soup just prior to serving.



## ginger limeade}

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

### ingredients

- 1/4 cup unrefined cane sugar\*\*\*\*
- 1/2 cup lime juice
- 1/4 cup ginger bug (see supplemental recipes)
- 1 quart filtered water

### method

1. Whisk sugar, lime juice and gingerbug together with one quart filtered warm water. Transfer to a mason jar or to flip-top bottles and allow it to ferment for three to five days before transferring to cold storage.

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



## honey almond cake}

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

### ingredients

#### for the pies

- 1 3/4 cup blanched almond flour
- 4 eggs, separated
- 1/2 cup honey
- zest of 1 orange
- zest of 1 lemon
- 2 tsps vanilla extract
- 1/2 tsp baking soda
- 1/2 tsp unrefined sea salt
- butter or coconut oil, for greasing the pan

### method

1. Preheat oven to 350° F. Grease and flour a springform pan.
2. Beat egg yolks with honey, orange zest, lemon zest, vanilla extract, baking soda and sea salt. Beat in almond flour.
3. In a separate bowl, whisk egg whites until they hold soft peaks. Fold egg whites into almond flour mixture and bake in an oven preheated 350° F for about 30 minutes or until a toothpick inserted into the center of the cake comes out clean. Allow to cool completely before removing from pan.

## supplemental recipes} chicken stock, beef stock, ginger bug



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

bring to a simmer. Simmer for up to 24 hours, adding water as necessary. Strain and refrigerate.



### ginger bug}

skill level: easy

#### ingredients

- 2 tablespoons grated fresh ginger
- 2 tablespoons 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.

**NOTE:** If you avoid cane sugar, you can substitute honey; however, you must also use 1/4 cup fresh whey to infuse the bug with beneficial bacteria.

### 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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### homemade beef stock}

skill level: easy

#### ingredients

- 3 to 5 lbs beef bones
- vegetable scraps
- 2 tbsps red wine vinegar
- 3 bay leaves

#### method

1. Preheat oven to 400° F
2. Roast bones at 400° F for 45 minutes to one hour.
3. Place roasted bones, vegetable scraps, wine vinegar and bay leaves in a heavy bottomed stock pot, cover with water and