



nourished kitchen

meal plans} winter: 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
simple chicken dinner <ul style="list-style-type: none"> • baked lemon chicken legs • braised spinach with lemon • glazed carrots 	corned beef with winter vegetables <ul style="list-style-type: none"> • corned beef with winter vegetables • brown soda bread OR almond caraway bread 	chipotle salmon <ul style="list-style-type: none"> • chipotle salmon with lime • grapefruit and avocado salad • chipotle lime butternut squash chips 	bonus recipes <ul style="list-style-type: none"> • avgolemono • coconut lime ice cream • curtido supplemental recipes <ul style="list-style-type: none"> • chicken stock

shopping list

dairy & eggs

- ___ butter (1/2 cup, 1 tbsp)^{SA}
- ___ heavy cream (2 cups)
- ___ buttermilk (2 cups)
- ___ eggs (6 whole, 4 yolks)

meat, fish & fowl

- ___ chicken legs (4)
- ___ chicken stock (1/2 cup)
- ___ corned beef brisket (2 to 3 lbs)
- ___ salmon (4 filets, 4- to 6 oz each)
- ___ chicken (1 whole, 3 to 4 lbs)

fresh produce & herbs

- ___ lemons (9)
- ___ mixed herbs (1/2 cup, chopped)
- ___ spinach (2 lbs)
- ___ carrots (1 lb + 4)
- ___ yellow onion (2)
- ___ garlic (3 cloves)
- ___ turnips (1/2 lb)
- ___ potatoes (1 lb)
- ___ cabbage (2 1/2 small heads)
- ___ salad greens (6 cups, loosely packed)
- ___ grapefruit (1)
- ___ butternut squash (2)
- ___ snow peas (1 cup)
- ___ red onion (2)
- ___ avocado (1)
- ___ limes (2)
- ___ jalapenos (3)

pantry items

- ___ honey (1/2 cup, 1 tbsp, 2 tps)
- ___ whole wheat flour (5 1/2 cups)
- ___ almond flour (1 1/2 cups)
- ___ cider vinegar (1/2 tsp)
- ___ unrefined cane sugar (1/4 cup)^{SA}
- ___ coconut oil (2 cups, 1 tbsp)
- ___ olive oil (2 tbsps)
- ___ bay leaves (2)
- ___ ground cumin (2 tps)
- ___ coconut milk (2 cups)
- ___ shredded unsweetened dried coconut (1/2 cup)

spices & dried herbs

- ___ ground unrefined sea salt
- ___ ground black pepper
- ___ pickling spice (1/4 cup)
- ___ baking soda (1 tsp)
- ___ caraway seeds (1 tbsp)
- ___ chipotle chilies in adobo (2 tbsps)
- ___ chili powder (2 tps)

miscellaneous & specialty

- ___ apple cider or juice (1/4 cup)

If making almond caraway bread: Omit buttermilk and whole wheat flour and 1/2 tsp baking soda.

If making brown soda bread: Omit almond flour, ground flax, 4 eggs, 2 teaspoons honey, 1/2 teaspoon raw cider vinegar.

menu #1} baked lemon chicken legs, braised spinach with lemon, glazed carrots

scheduled for: _____

This super-simple meal is enhanced by the flavor of fresh lemon. Chicken legs are marinated in lemon juice, lemon zest and mixed herbs, then served over a bed of braised spinach with a side of glazed carrots.



lighten your budget} \$4

Substituting 2 tbsps dried mixed herbs for fresh herbs will save about \$3. Omitting apple juice in favor of homemade chicken stock or water will save a further \$1.



make this meal}

3 days ahead: Thaw chicken, if frozen.

Prepare vinaigrette, store at room temperature.

2 to 8 hrs ahead: Begin marinating the chicken.

45 mins ahead: Prepare and bake chicken.

10 mins ahead: Prepare carrots.

5 mins ahead: Prepare spinach.



food for thought}

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

Spinach is a good source of beta carotene, a precursor to vitamin A, and is rich in folate, a B vitamin particularly essential to women of reproductive age.

Carrots are a good source of beta carotene and lutein, thought to promote eye health.

Grass-fed butter is a good source of vitamins A, E and K2.



baked lemon chicken legs}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 2 to 8 hrs (marinade), 45 mins (oven)

ingredients

- 4 chicken legs
- unrefined sea salt, as needed
- ground black pepper, as needed
- juice and zest of 4 lemons
- 1/2 cup chopped mixed herbs of choice (dill, rosemary, parsley, marjoram, etc.)
- 3 tbsps butter,* melted

method

1. Season chicken legs with salt and pepper and place in a resealable bag.
2. Whisk lemon juice, lemon zest and fresh herbs together, pour into the bag over chicken legs. Allow the chicken to marinate in the fridge between 2 to 8 hours.
3. After 2 to 8 hours, preheat the oven 425° F.
4. Remove chicken legs from the marinade, place them in a baking dish and discard the marinade.

Spoon or brush chicken legs with melted butter and bake for 45 to 55 minutes until chicken skin is nicely browned and chicken is cooked through. Chicken should register an internal temperature of 165° F when done.



braised spinach with lemon}

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

ingredients

- 2 tbsps butter*
- 2 lbs spinach, trimmed and chopped
- 1/2 cup chicken stock
- juice and zest of 1 lemon

method

1. Melt butter in a skillet. When it froths, stir in chopped spinach. Pour in chicken stock and the juice and zest of 1 lemon. Cook, uncovered, for about 5 minutes and serve.



glazed carrots}

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

ingredients

- 1 lb carrots, peeled and chopped into 1/4-inch thick rounds
- 2 tbsps butter*
- 1 tbsps honey
- 1/4 cup apple cider or juice

method

1. Place carrots in a steamer basket over a pot of rapidly boiling water. Steam until tender, about 6 minutes. Drain.
2. Melt butter in a skillet until it froths, then toss in steamed carrots, honey and apple cider. Simmer until the liquid is thickened, about 6 minutes.

***Dairy-free?** Substitute coconut oil for butter.

menu #2} corned beef, brown soda bread, almond flax bread

scheduled for: _____

I love corned beef brisket cooked with cabbage and winter vegetables and served with a hefty slice of brown soda bread topped with fresh raw butter. I like the flavor of caraway seeds and enjoy adding them to my soda bread. If you made last week's home-cured corned beef, use it here. If you did not prepare it last week, substitute an uncured brisket.



make this meal}

up to 1 week ahead: Prepare home-cured corned beef.

about 12 to 19 hrs ahead: Mix flour and buttermilk for soda bread.

about 6 to 12 hrs ahead: Begin slowcooking corned beef with cabbage and winter vegetables.

about 1 hr ahead: Bake almond flour or brown soda bread.

and cool before slicing and serving.



food for thought}

Grass-fed beef is a good source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids. It is also rich in zinc, an immune-boosting mineral, and is a good source of conjugated linoleic



corned beef with cabbage and winter vegetables}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 6 to 12 hrs (slow cooker)

ingredients

- 1 yellow onion, peeled and quartered
- 1/2 lb turnips, peeled and chopped into bite-sized pieces
- 1 lb potatoes*, chopped into bite-sized pieces
- 1 small head cabbage, cored, quartered
- 1/4 cup pickling spice mix (cloves, allspice, berries, bay leaf, mustard seed etc.)
- 1 corned beef brisket (2 to 3 lbs)

method

1. Arrange onion, turnips, potatoes and cabbage in a slow cooker.
2. Place corned beef brisket and spices over vegetables and cover with filtered water.
3. Cook in your slow cooker on low for 10 to 12 hours or on high for 6 to 8 hours until the meat is cooked through and the vegetables are softened.



brown soda bread with caraway}

skill level: easy | **serves:** 4 | **time:** 10 mins (active), 50 mins (oven), 12 to 18 hrs (soaking)

ingredients

- 5 1/2 cups whole wheat flour, well-sifted
- 2 cups buttermilk
- 1 tsp baking soda
- 1 tsp unrefined sea salt
- 1 tbsp caraway seeds

method

1. Combine flour and buttermilk together until they form a soft, shaggy dough. Cover well and allow the dough to sit at room temperature for 12 to 18 hours.

2. Preheat oven to 425° F.
3. Turn dough out onto a floured surface, knead in baking soda, sea salt and caraway. Form the dough into a large, round ball. Slash the top to make a cross and bake at 425° F for 30 minutes. Reduce oven temperature to 350° and bake for another 20 minutes. Cool completely before serving.



almond flour bread with caraway}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), 45 mins (oven)

ingredients

- 1 1/2 cups blanched almond flour
- 1/4 cup ground flax seeds
- 1 tbsp caraway seeds
- 1/2 tsp unrefined sea salt
- 1/2 tsp baking soda
- 4 eggs, beaten
- 2 teaspoons honey, optional
- 1/2 tsp raw cider vinegar
- butter, to grease a loaf pan

method

1. Preheat the oven to 300° F.
2. Grease a loaf pan.
3. Mix all ingredients together until thoroughly combined, then pour into a greased loaf pan and bake at 300° F for 45 minutes, or until a toothpick inserted into the bread's center comes out clean.
4. Cool completely before serving.

*On GAPS/SCD? Substitute additional turnips or rutabagas.

menu #3} chipotle salmon with lime, grapefruit avocado salad, squash chips

scheduled for: _____

We love the pairing of hot chipotle chilies with the mild flavor of salmon. Here we serve it alongside a salad of avocado, grapefruit and snowpeas with a side of butternut squash chips. Serve this meal with the dessert of the week: coconut lime ice cream.



make this meal}

up to 3 days ahead: Thaw salmon. Prepare vegetables according to recipe requirements, store in airtight containers in the fridge.

about 45 mins ahead: Chill butternut squash slices in ice water.

about 25 mins ahead: Begin frying butternut squash chips in batches.

about 20 mins ahead: Begin preparing chipotle salmon.

about 5 mins ahead: Plate salad, dress and serve.



food for thought}

Coconut oil is thought to support the immune system and proper thyroid function.

Wild-caught salmon is rich in omega-3 fatty acids and in B vitamins, particularly niacin, B6 and B12.

Avocado is a good source of monounsaturated fat, thought to promote cardiovascular health.



chipotle salmon}

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

ingredients

- 2 tablespoons chipotle chilies in adobo
- 1/4 cup unrefined cane sugar*
- 1 tbsp coconut oil
- 4 filets salmon (4- to 6-oz each)

method

1. Preheat oven to 425° F and line a baking sheet with parchment paper.
2. Toss chilies, sugar and coconut oil in a food processor and process until they form a smooth and uniform paste. Spread paste over salmon filets.
3. Place salmon on baking sheet and bake for 15 minutes until the fish flakes easily when pierced by a fork.



avocado grapefruit salad}

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

ingredients

- 6 cups loosely packed salad greens
- segments of 1 pink grapefruit
- 1 cup snow peas, trimmed and sliced thin
- 1 red onion, peeled and sliced thin
- 1 avocado, sliced
- 2 tablespoons olive oil
- juice of 1 lime

method

1. Plate salad greens, grapefruit, snowpeas,

red onion and avocado. Dress with olive oil and lime juice.



chili-lime butternut squash chips}

skill level: easy | **yield:** 4 | **time:** 20 mins (resting), 3 mins (frying per batch)

ingredients

- 2 large butternut squash, peeled, seeded and sliced thin (1/32 inch)
- coconut oil, for frying (about 2 cups)
- zest of 1 lime
- up to 2 tps chili powder or to taste
- unrefined sea salt, to taste

method

1. Cut each squash into two pieces, the long neck and the round bulb. Fill a mixing bowl with ice and water and plunge the sliced squash rounds into the water, chilling for at least 20 minutes.
2. Drain the squash and pat as dry as possible using a kitchen towel.
3. Heat coconut oil in a frying pan until very hot (about 325° F), and fry the thinly sliced squash in small batches in hot coconut oil until crisped, about two to three minutes. Continue frying in batches until all the rounds are fried and crisped.
4. Season with lime zest, chili powder and unrefined sea salt.

bonus recipes} avgolemono, curtido, coconut lime ice cream

Avoglemono is a Greek soup with lemon, chicken stock and eggs. It's lovely on a spring day, served with a light salad. Make curtido this week—as we'll be serving it with a South American-inspired meal in two weeks!



avgolemono}

skill level: easy | **yield:** about 2 qts | **time:** about 1 hr (stovetop)

ingredients

- 1 3- to 4-lb chicken, giblets removed
- 2 tbsps butter*
- 1 yellow onion, peeled and finely minced
- 3 cloves garlic, peeled and finely minced
- 2 bay leaves
- 2 large eggs
- juice and zest of 4 lemons

method

1. Place the chicken in a heavy-bottomed stock pot and cover with about two quarts cold, filtered water. Bring to a boil over a moderately high flame, reduce the heat to medium low and simmer. Skim any scum that may rise to the top of the pot.
2. When the chicken is fully cooked, about 45 minutes, remove the chicken from the pot, strain the broth through a fine-mesh sieve or a collander lined with cheese-cloth. Allow the chicken to cool until it is comfortable to handle, then pick off the meat and chop it finely with a sharp knife.
3. Melt butter in a skillet over a moderate flame and sautee onions and garlic until fragrant and softened.
4. Add cooked onion and garlic, bay leaves and chicken to the pot of strained broth and simmer for an additional 20 minutes.
5. While the soup simmers, whisk together beaten eggs with lemon juice and zest.
6. Temper the egg and lemon mixture by

pouring one-half cup hot broth into the eggs and whisking thoroughly, then pour the egg mixture into the broth, whisking continuously.

7. Season with unrefined sea salt and ground black pepper, as needed.



curtido}

skill level: easy | **yield:** 4 | **time:** 10 mins (active), 2 weeks (fermentation)

ingredients

- 1 1/2 small heads of green cabbage, shredded
- 1 red or yellow onion, peeled and very finely sliced
- 4 carrots, scraped and shredded
- 2 to 3 jalapenos, seeded if desired, and minced
- 2 teaspoons cumin
- 1 tablespoon unrefined sea salt

method

1. Toss all ingredients together in a bowl.
2. Using gloves if you are particularly sensitive to chilies, knead and squeeze the mixture thoroughly by hand to break up the structure of the vegetables. The cabbage should be limp, almost translucent and should release their juice readily.
3. Layer this mixture of kneaded into a mason jar and pound it down with a wooden spoon or dowel so that the curtido is thoroughly packed into your fermentation vessel.
4. Continue layering and pounding the mixture until it is exhausted and thoroughly packed within the jar and the level of brine exceeds the level of the solids.
5. Weight the cutrido, if using a weight, to

scheduled for: _____

prevent it from floating to the top of the brine and contaminating your curtido, cover, and allow to ferment at room temperature for at least two weeks before tasting it. If you prefer a stronger ferment, allow it to continue fermenting for an extended period of time until it achieves the desired level of sourness.

6. Transfer to cold storage. Curtido will keep for one year, properly fermented and properly stored.



coconut lime ice cream}

skill level: easy | **yield:** 1 qt | **time:** 5 mins (active), freeze time (varies according to ice cream maker)

ingredients

- 2 cups coconut milk
- 2 cups heavy cream*
- 4 egg yolks, beaten
- 1/2 cup honey, warmed if thick
- 1/2 cup finely shredded unsweetened dessicated coconut
- zest and juice of 1 lime

method

1. Whisk coconut milk, egg yolks, honey, dessicated coconut with lime juice and zest until thoroughly blended.
2. Transfer to an ice cream maker and process according to ice cream maker manufacturer's directions.

supplemental recipes} chicken stock



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 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.

Got Questions?

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