



nourished kitchen

meal plans} winter: week 10

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
coconut salmon <ul style="list-style-type: none"> coconut-encrusted salmon sesame spinach green salad with ginger vinaigrette 	choucroute garnie <ul style="list-style-type: none"> sauerkraut assorted sausages sonnenblumenbrot OR almond sunflower bread chopped apples 	southern comfort <ul style="list-style-type: none"> Maryland fried chicken peas and carrots mashed potatoes onion gravy with thyme 	bonus recipes <ul style="list-style-type: none"> home-cured corned beef italian wedding soup ambrosia supplemental recipes <ul style="list-style-type: none"> chicken stock fresh whey/yogurt cheese

shopping list

dairy & eggs

- ___ butter (1 1/2 cups, 2 tbsps)^{SA}
- ___ heavy cream (3 cups)^{SA}
- ___ fresh whey (2 cups)
- ___ grated parmesan (to serve)^O
- ___ **eggs (5 whole)**

meat, fish & fowl

- ___ salmon (4 4- to 6-oz filets)
- ___ chicken stock (3 qts, 1/2 cup)
- ___ assorted sausages (1 1/2 lbs)
- ___ chicken (1 whole, 2 to 3 lbs)
- ___ beef brisket (2 to 3 lbs)
- ___ ground beef (1 lb)

fresh produce & herbs

- ___ limes (2)
- ___ garlic (1 clove)
- ___ spinach (2 3/4 lbs)
- ___ orange (1)
- ___ shallot (1)
- ___ ginger (1 1-inch knob)
- ___ red onion (1)
- ___ salad greens (8 cups)
- ___ apples (4)
- ___ potatoes (2 lbs)^{SA}
- ___ chives (2 tbsps, chopped)
- ___ parsley (1/4 cup, chopped)
- ___ thyme (3 tbsps, chopped)
- ___ yellow onions (6, large)
- ___ carrots (1/2 lb)
- ___ peas (1/2 lb)
- ___ pineapple (1)
- ___ mandarins (4)

pantry items

- ___ coconut oil (3 tbsps)
- ___ shredded coconut (3 1/2 cups)
- ___ soy sauce (1 tbsps)^{SA}
- ___ sesame seeds (2 tbsps)
- ___ honey (2 tbsps)
- ___ flour (1 cup)*
- ___ olive oil (1/2 cup)
- ___ coconut milk (1/4 cup)
- ___ **rye flour (3 cups)**
- ___ **spelt flour (2 cups)**
- ___ **sunflower seeds (1/2 cup)**
- ___ **almond flour (2 1/2 cups)**
- ___ **cider vinegar (1/2 tsp)**

spices & dried herbs

- ___ ground unrefined sea salt
- ___ ground black pepper
- ___ baking soda (1/2 tsp)

- ___ garlic powder (1/2 tsp)
- ___ onion powder (1/2 tsp)
- ___ paprika (1/2 tsp)
- ___ pickling spice (1/2 cup)
- ___ italian herb seasoning (2 tps)
- ___ grated nutmeg (1/4 tsp)

miscellaneous & specialty

- ___ **sourdough starter (1 cup)**
- ___ sauerkraut (1 quart)
- ___ mustard (to serve)
- ___ celery juice (2 cups)^O

If making sonnenblumenbrot: Omit almond flour, baking soda, 3 eggs and 1/2 tsp apple cider vinegar.
If making almond sunflower bread: Omit sourdough starter, rye flour, spelt flour and 1/4 cup sunflower seeds.

***NOTE:** Any flour can be used including unbleached, sprouted whole grain flours or nut flours.

menu #1} coconut salmon, sesame spinach, salad with ginger vinaigrette

scheduled for: _____

Salmon is encrusted in coconut, seared in coconut oil and served on a bed of braised spinach with sesame seeds along side a simple green salad with a ginger vinaigrette.



lighten your budget} \$7

Substituting sustainably raised tilapia for salmon will save about \$6. Omitting limes will save about \$1.



make this meal}

3 days ahead: Thaw salmon in the refrigerator. Prepare vegetables according to recipe instructions and store in the fridge until ready to cook. Prepare vinaigrette.

about 15 mins ahead: Prepare salmon.

5 mins ahead: Prepare spinach with sesame seeds. Prepare spinach toss salad, dress at the table.



food for thought}

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

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

Coconut is rich in lauric acid, a fat that is thought to boost the immune system.

Spinach is a good source of folate and the antioxidant beta carotene.



coconut-encrusted salmon}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 10 mins (stovetop)

ingredients

- 2 tbsps extra virgin unrefined coconut oil
- 4 4- to 6-oz filets of wild-caught salmon
- 1/4 cup coconut milk, preferably fresh
- 1 cup unsweetened finely shredded dried coconut
- juice of 2 limes

method

1. Melt coconut oil in a skillet over a moderate flame.
2. Dip salmon in coconut milk, dredge in dried coconut.
3. Place salmon, skin-side up, in the hot oil and cook for about three minutes. Turn the salmon and continue cooking for about five minutes, until the fish flakes easily when pierced with a fork.
4. Season with the juice of two limes and serve.



braised spinach with sesame seeds}

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

ingredients

- 1 tbsp coconut oil
- 1 garlic clove, peeled and minced
- 2 lbs spinach, trimmed of tough stems
- 1/2 cup chicken stock
- 1 tbsp naturally fermented soy sauce*
- 2 tbsps sesame seeds
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method

1. Melt coconut oil in a skillet over moderate heat. Stir in minced garlic and fry until fragrant for about two minutes. Stir in spinach and continue frying for a further two minutes. Pour in chicken stock and simmer, covered, until spinach is wilted. Sprinkle with sesame seeds and serve.



green salad with ginger vinaigrette}

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

ingredients

for the vinaigrette

- juice of 1 orange
- 1 shallot, peeled and finely minced
- 1 1-inch knob ginger, peeled and grated
- 1 tbsp raw honey
- 1/2 cup unrefined extra virgin olive oil

for the salad

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

method

1. Whisk orange juice, minced shallot, grated ginger and honey together, then whisk in unrefined extra virgin olive oil. Store in a salad dressing cruet or mason jar at room temperature until ready to serve, shake well before dressing salad.

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

menu #2} choucroute garnie, sonnenblumenbrot, almond sunflower bread

scheduled for: _____

Popular in the Alsace-Lorraine region of France, choucroute garnie is a nourishing winter dish and utterly simple to prepare. In our home, it's a go-to dish when we're feeling tired and worn down, without energy to do much in the kitchen. If you've made hot pink kraut last week, try it in this dish. If you didn't make it, don't worry: Bubbies, available in most health food stores, makes a wonderful substitute and is naturally fermented. Serve with fresh apple slices.



make this meal}

up to 3 days ahead: Thaw sausages in fridge.
the day before baking: Proof sourdough.
about 3 hrs ahead: Prepare sonnenblumenbrot.
about 40 mins ahead: Bake either sonnenblumenbrot or almond sunflower bread.
about 15 mins ahead: Cook sausages.
about 5 mins ahead: Plate sauerkraut and sausages. Chop 4 apples and serve.



food for thought}

Pasture-raised pork is rich in protein and monounsaturated fatty acids.

Sourdough bread is richer in folate than white bread or plain whole grain bread.

Sauerkraut is rich in vitamin C a good source of beneficial bacteria.



Remember: Serve this meal with freshly sliced apples.



choucroute garnie}

skill level: easy | **serves:** 4 | **time:** 40 mins (stove)

ingredients

- 1 qt sauerkraut
- 1 1/2 lbs assorted pasture-raised or grass-fed sausages (nitrate-/nitrite-free)
- mustard, to serve

method

1. Arrange sauerkraut on a serving dish.
2. Heat sausages in a skillet until cooked through and serve over sauerkraut with mustard.



sonnenblumenbrot}

skill level: moderate | **yield:** 1 loaf | **time:** 5 mins (active), 2 hrs (rising), 30 mins (oven)

ingredients

- 1 cup proofed and bubbly sourdough starter
- 1 1/2 cups warm water
- 1 tbsp honey
- 2 1/2 tsps unrefined sea salt
- 3 cups rye flour
- 2 cups spelt flour

method

1. Combine all ingredients together then knead into a smooth dough.
2. Allow the dough to rise, covered, until doubled in bulk. Divide the dough in half.
3. Shape each half of the dough into an oval loaf, cover and let rise for one to two hours.
4. Preheat the oven to 425° F.
5. Spritz loaves with water.



almond sunflower bread}

skill level: moderate | **yield:** 1 loaf | **time:** 5 mins (active), 45 mins (oven)

ingredients

- 2 1/2 cups blanched almond flour
- 1/4 cup sunflower seeds
- 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 oil 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.
4. Cool completely before slicing.

menu #3} Maryland chicken, mashed potatoes, gravy, peas and carrots

Looking for some serious comfort food? This meal combines classic Maryland fried chicken with mashed potatoes (or cauliflower), gravy, peas and carrots. Serve it with the dessert of the week—ambrosia.

make this meal}

up to 5 days ahead: Thaw chicken, if frozen. Prepare vegetables, store in fridge.

about 13 hrs ahead: Mix dough for buttermilk biscuits.

about 1 hr ahead: Prepare fried chicken.

about 40 mins ahead: Prepare mashed potatoes.

about 20 mins ahead: Prepare onion gravy or cream gravy. Bake almond flour biscuits or buttermilk biscuits.

about 15 mins ahead: Prepare peas and carrots.



Maryland fried chicken}

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

ingredients

- 1 cup flour (any variety including unbleached, sprouted or nut flours)
- 1/2 tsp unrefined sea salt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- 1 egg beaten
- 1 chicken (2 to 3 lbs), cut into pieces

method

1. Preheat oven to 425° F.
2. Whisk flour, salt, garlic and onion powders

together with paprika.

3. In a separate bowl whisk beaten egg with about two tablespoons water.
4. Dip chicken pieces in egg wash and then dredge in flour and spice mixture until well-coated.
5. Place seasoned chicken pieces on a baking sheet and bake in an oven preheated to 425° F for 45 minutes or until the chicken registers an internal temp of 165° F.



herb-mashed potatoes}

skill level: easy | **servs:** 4+ leftovers | **time:** 30 mins (stovetop), 5 mins (active)

ingredients

- 2 lbs potatoes*, quartered
- 1/2 tsp unrefined sea salt
- 1/4 tsp ground black pepper
- 1 cup heavy cream*
- 1/4 cup butter**
- 2 tbsps chopped chives
- 2 tbsps chopped parsley
- 1 tbsp chopped fresh thyme

method

1. Place potatoes in a stock pot, cover with water and boil for 20 minutes or until tender. Drain and transfer to mixing bowl.
2. Add salt, pepper, cream, butter and herbs. Mash until smooth.

scheduled for: _____



onion gravy}

skill level: easy | **servs:** 4+ leftovers | **time:** 20 mins (stovetop)

ingredients

- 1/4 cup butter*
- 4 large yellow onions, peeled and sliced
- 1 quart chicken stock
- 1 tbsp chopped fresh thyme

method

1. Melt butter in a saucepan, and stir in yellow onions, frying until fragrant and softened for about five minutes. Pour in stock and stir in thyme. Simmer, uncovered, until slightly thickened for about 20 minutes.
2. Turn off the heat. Blend the gravy into a smooth puree using an immersion blender.



peas and carrots}

skill level: easy | **yield:** 4 | **time:** 15 mins (stove)

ingredients

- 1/2 lb carrots, scraped and cut into a small 1/4-inch dice
- 1/2 lb fresh or frozen peas
- 2 tbsps butter*
- 2 tbsps chopped fresh parsley

method

1. Toss carrots and peas into a saucepan, cover with water and boil until tender for about 15 minutes. Strain and stir in butter and chopped fresh parsley.

***Don't do potatoes?** Substitute cauliflower, reduce cream by half.

****Don't do dairy?** Substitute additional chicken stock for cream and two tbsps olive oil for butter.

bonus recipes} home-cured corned beef, italian wedding soup, ambrosia

scheduled for: _____

Prepare home-cured corned beef in advance for next week's meal plan which will feature corned beef, cabbage and winter vegetables.



in advance}

for home-cured corned beef: Prepare when up to 1 week in advance.

for italian wedding soup: Prepare chicken stock up to 1 week in advance.

for ambrosia: No advanced preparation is necessary.



home-cured corned beef}

skill level: easy | **yield:** 1 corned beef brisket | **time:** 10 mins (active), 2 to 3 days (room temp fermentation) or 5 to 7 days (refrigerated fermentation)

ingredients

- 2 to 3 lb grass-fed beef brisket
- 1/2 cup unrefined sea salt
- 1/2 cup pickling spice (mustard seed, bay leaves, all spice berries, cloves, coriander, peppercorns etc.)
- 2 cups fresh whey*
- 2 cups celery juice, optional, to enhance color

method

1. Rinse the beef brisket and pat it dry.
2. Stir 1/2 cup unrefined sea salt with 1/2 cup pickling spice together and vigorously rub it into the beef. Roll the brisket together and tightly tie with 100% cotton cooking twine, then tightly wrap the brisket in 100% cotton cheesecloth.
3. Set the beef in a lidded bowl or crock, and pour two cups fresh whey as well as two cups fresh celery juice over the beef to cover. If the mixture of fresh whey and celery juice does not completely submerge

- the meat, add filtered water to cover.
4. Weigh down the beef with a clean ceramic plate or other weight, cover your pot or bowl securely.
5. You may cure it in the refrigerator for a minimum of five days though it should cure at room temperature within three days.
6. As the beef sits in brine, make sure to turn the meat each day so that it cures evenly.
7. Once the curing process is complete, strain the beef and pickling spice from the brine. Serve the home-cured corned beef with next week's dish: corned beef with cabbage and winter vegetables.



italian wedding soup}

skill level: easy | **yield:** 1 qt | **time:** 10 mins (active), 30 mins (stovetop)

ingredients

- 1 small yellow onion, minced
- 2 cloves garlic, minced
- 1 egg, beaten
- 1 lb ground beef
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 2 teaspoons Italian herb seasoning
- 2 tbsps butter*
- 2 quarts homemade chicken broth
- 3/4 lb spinach, stems removed, rinsed and chopped fine
- grated parmesan cheese, optional, to serve

method

1. Mix onion, garlic, beaten egg, ground beef,

- sea salt, ground pepper and Italian herb seasoning together until well-combined.
2. Form meatballs no larger than one-half to three-quarters inch in diameter.
3. Melt butter in a heavy-bottomed soup pot and sear meatballs on all sides, about three minutes.
4. Pour stock into the pot and bring to a boil. Simmer until meatballs are cooked through, about 20 minutes.
5. Remove the pot from the heat, stir in chopped spinach and cover. Allow the spinach to wilt in the hot stock for about three minutes.
6. Sprinkle with grated parmesan cheese, if using, and salt and pepper.



ambrosia}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins

ingredients

- 1 pineapple, peeled, cored and chopped in bite-sized pieces
- 2 1/2 cups dried unsweetened coconut
- 4 mandarin oranges, peeled, segmented
- 2 cups heavy cream*
- 1/4 tsp grated nutmeg

method

1. Stir chopped pineapple with two and one-half cups dried unsweetened coconut and the segments of four mandarin oranges.
2. Whip cream into stiff peaks and gently fold into the fruit. Serve chilled.

***Don't do dairy?** Substitute the brine of previously fermented vegetables for fresh whey. Substitute olive oil for butter and coconut cream for heavy cream.

supplemental recipes} chicken stock, fresh whey/yogurt cheese



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 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 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.

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