



nourished kitchen

meal plans} winter: week 12

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
chicken in white wine <ul style="list-style-type: none"> chicken in white wine with spring vegetables spring salad with lemon herb dressing 	fish tacos <ul style="list-style-type: none"> fish tacos guacamole pinita coladas 	beef carbonnade <ul style="list-style-type: none"> beef carbonnade roasted new potatoes with rosemary and shallots wilted spring greens 	bonus recipes <ul style="list-style-type: none"> white bean and arugula soup brine-pickled radishes orange and cream shakes supplemental recipes <ul style="list-style-type: none"> chicken stock fresh whey/yogurt cheese beef stock

shopping list

dairy & eggs

- ___ butter (1/2 cup)^{SA}
- ___ queso fresco or cheddar (1/2 cup)^O
- ___ grated parmesan (to serve)^O
- ___ fresh whey (1/4 cup)^{SA}
- ___ whole milk (1 qt)^{SA}

meat, fish & fowl

- ___ whole chicken (1, portioned)
- ___ halibut (1 lb)
- ___ stew meat (1 1/2 lbs)
- ___ beef stock (1 cup)
- ___ chicken stock (1 1/2 quarts)

fresh produce & herbs

- ___ carrots (6)
- ___ parsnips (2)
- ___ pearl onions (1 cup)
- ___ new potatoes (2 1/2 lbs)
- ___ shell peas (1/2 lb)
- ___ shallots (9)
- ___ parsley (1/4 cup, chopped)
- ___ chives (2 tbsps, chopped)
- ___ lemon (2)
- ___ strawberries (1 pint)
- ___ radishes (1 1/2 lbs)
- ___ cabbage (1 small head)
- ___ snowpeas (1/2 lb)
- ___ red onion (2)
- ___ salad greens (4 cups)
- ___ cilantro (1 bunch)
- ___ limes (4)

- ___ yellow onion (1)
- ___ garlic cloves (12)
- ___ thyme (1 bunch)
- ___ bay leaves (2)
- ___ mixed spring greens such as pea shoots, kale, spinach, mustard or beet greens (1 lb)
- ___ rosemary (1 bunch)
- ___ leeks (2)
- ___ arugula (2 bunches)
- ___ oranges (3)

pantry items

- ___ olive oil (1/2 cup, 2 tbsps)
- ___ coconut oil (2 tbsps)
- ___ white beans (2 cups)
- ___ cider vinegar (1 tsp)
- ___ honey (as needed)

spices & dried herbs

- ___ ground unrefined sea salt
- ___ ground black pepper
- ___ chili powder (1/4 tsp)
- ___ crushed red pepper (1 tsp)
- ___ pickling spice (1/4 cup)
- ___ vanilla bean (1)

miscellaneous & specialty

- ___ white wine (2 cups)^{SA}
- ___ corn tortillas OR lettuce leaves (to wrap tacos)
- ___ pineapple juice (3 cups)
- ___ coconut milk (1 cup)
- ___ dark beer (2 cups)^{SA}

menu #1} chicken with white wine and spring vegetables, lemon herb dressing

We love this simple supper for late winter or early spring. The slow cooked chicken is excellent served along with a big salad dotted with strawberries, carrots, peas and vegetables.

make this meal}

5 days ahead: Thaw chicken, if frozen.

Prepare vegetables, store in an airtight container in fridge.

1 hr 15 mins ahead: Preheat the oven and begin to prepare chicken.

10 mins ahead: Prepare vinaigrette.

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

food for thought}

Chicken is a good source of protein and, when pasture-raised, offers a favorable ratio of omega-3 to omega-6 fatty acids.

Lemon is a powerfully cleansing fruit. Its vitamin C content helps to support immune system health.



chicken in white wine with spring vegetables}

skill level: easy | **yield:** 4+ | **time:** 5 mins (active), 10 mins (stove), 45 mins (oven), 10 mins (resting)

ingredients

- 6 carrots, scraped and cut into matchsticks no thicker than 1/4-inch
- 2 parsnips*, scraped and cut into matchsticks no thicker than 1/4-inch
- 1 cup pearl onions, peeled of any rough layers
- 1 lb of new potatoes*, quartered if large or left whole if small
- 1 whole chicken, portioned
- 1 tsp unrefined sea salt
- 1/2 tsp ground black or white pepper
- 2 tbsps butter**
- 2 cups white wine***
- 1/2 lb fresh or frozen shelled peas

method

1. Preheat the oven to 275° F.
2. Arrange carrots, parsnips onions and new potatoes in the bottom of a Dutch oven, clay baker or baking dish.
3. Season chicken pieces with unrefined sea salt and ground pepper.
4. Melt butter in a skillet over a moderate flame and brown seasoned chicken for a minute or two on each side, then place the browned chicken pieces over your bed of vegetables in the Dutch oven, clay baker or baking dish.
5. Once all chicken is browned and transferred, pour in white wine and bake the chicken, covered, in an oven preheated to 275° F for two hours. Increase the oven temperature to 375° and continue baking for an additional 30 to 45 minutes.
6. Remove chicken and vegetables from the oven, uncover, and stir in peas. Re-cover

scheduled for: _____

and allow the peas to cook in the residual heat of the chicken and vegetables for 5 to 10 minutes before serving.



green salad with lemon herb dressing}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), 25 mins (oven)

ingredients

for the dressing

- 1 shallot, peeled and finely minced
- 2 tbsps chopped parsley
- 2 tbsps chopped chives
- juice and zest of 1 lemon
- 1/2 cup unrefined extra virgin olive oil

for the salad

- 4 cups mixed salad greens
- 1 pint strawberries, hulled and sliced thin
- 2 carrots, scraped, and sliced into rounds
- 1/2 lb radishes, sliced thin
- 1/2 lb snow peas, trimmed and sliced thin
- 1 red onion, peeled and sliced thinly

method

1. Whisk minced shallot with parsley, chives, lemon juice and zest and olive oil. Transfer to a salad dressing cruet or mason jar and store at room temperature until ready to serve.
2. Toss salad greens, strawberries, carrots, radishes, snow peas and red onion together, dress with lemon herb dressing at the table.

***On GAPS/SCD?** Substitute carrots for parsnips and turnips for potatoes.

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

*****Alcohol-free?** Substitute chicken stock for white wine.

menu #2} fish tacos, guacamole, pinita coladas

Super simple and rich in flavor, these fish tacos are an excellent supper for a fun evening. Allow your dinner guests to plate their own tacos and choose their accompaniments.



make this meal}

up to 3 days ahead: Thaw fish in fridge.

about 20 mins ahead: Prepare fish.

about 10 mins ahead: Arrange taco accompaniments. Prepare guacamole.

about 5 mins ahead: Prepare pinita coladas.



food for thought}

Halibut is a good source of protein and omega-3 fatty acids, and is also rich in B vitamins.

Coconut is an excellent source of lauric acid and is thought to promote thyroid health.

Avocado is an excellent source of monounsaturated fatty acids which promote heart health.



fish tacos}

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

ingredients

- 1 lb halibut filets
- 1/2 tsp unrefined sea salt
- 1/4 tsp chili powder
- 2 tbsps coconut oil

method

1. Season fish with unrefined sea salt and chili powder then melt coconut oil in a skillet. When the oil is hot, transfer the seasoned fish to the oil and fry for about three minutes on each side until the fish flakes easily with a fork.
2. Serve on organic corn tortillas or over large loose-leaf lettuce leaves with accompaniments of choice.



taco accompaniments}

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

ingredients

- guacamole (recipe follows)
- 1 small cabbage, cored, finely shredded
- 1 small red onion, peeled, finely diced
- 1 bunch cilantro, minced
- 1/2 cup crumbled queso fresco or cheddar cheese, optional
- 2 limes, quartered
- organic corn tortillas OR loose-leaf lettuce leaves, to wrap taco

method

1. Plate ingredients and allow guests to dress their tacos to taste.

scheduled for: _____



guacamole}

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

ingredients

- 3 large avocados
- 1/2 small red onion, peeled and minced
- 3 cloves garlic, peeled and minced
- dash chili powder
- dash powdered cumin
- juice of 2 limes

method

1. Combine all ingredients together in a bowl and mash with a fork or potato masher until well-combined, about three minutes.
2. Serve with fish tacos. If not serving immediately, prevent your guacamole from oxidizing by covering it directly with plastic wrap.



pinita coladas}

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

ingredients

- 4 cups ice
- 3 cups pineapple juice
- 1 cup coconut milk
- juice of zest of 2 limes

method

1. Toss all ingredients into a blender, process until smooth.
2. Serve immediately, less.

menu #3} beef carbonnade, wilted spring greens, roasted new potatoes

scheduled for: _____

Looking for a nourishing supper for late winter? We love this simple beef carbonnade served over wilted greens with roasted new potatoes.



make this meal}

up to 5 days ahead: Thaw stew meat.

Prepare vegetables according to recipe instructions and store in airtight containers in the refrigerator.

about 8 to 12 hrs ahead: Prepare beef carbonnade.

about 40 mins ahead: Prepare potatoes.

about 10 mins ahead: Prepare wilted spring greens.



food for thought}

Grass-fed beef is a good source of protein and is rich in B vitamins, zinc, iron, phosphorus and other minerals. It offers a favorable ratio of omega-3 to omega-6 fatty acids.

Greens are a good source of antioxidants including beta carotene.

- 4 garlic cloves, chopped coarsely
- 1 bunch thyme
- 2 bay leaves
- 1 cup beef stock
- 2 cups dark beer**
- 1/4 cup chopped parsley

method

1. Season stew meat with unrefined sea salt and ground black pepper.
2. Melt butter until frothy, add stew meat, browning on all sides.
3. Add stew meat, sliced onion, garlic cloves, thyme, two bay leaves, beef stock and beer into a slowcooker. Cook on low for 12 hours or on high for 8 hours.
4. Dress with fresh parsley.



roasted new potatoes with rosemary and shallots}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), 15 mins (stovetop), 20 mins (oven)

ingredients

- 1 1/2 lbs new potatoes***, quartered if large or left whole if small
- 4 shallots, peeled and quartered
- 2 tbsps butter*, melted
- 1 tsp unrefined sea salt
- 1 tsp ground black pepper
- zest of 1 lemon
- 1 bunch rosemary

method

1. Boil potatoes until tender, about ten to 15 minutes, rinse and drain.
2. Transfer boiled potatoes to a large mixing bowl and toss with quartered shallots and melted butter. Season well with salt, pepper and lemon zest.
3. Transfer to a baking dish and top with the branches of rosemary. Roast in an oven preheated to 425° F for about 20 minutes. Remove rosemary before serving.



wilted spring greens}

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

ingredients

- 4 cloves garlic, peeled and crushed
- 1 lb fresh mixed greens (pea tendrils, kale, spinach, mustard greens, turnip greens etc.)
- 1 tsp apple cider vinegar
- 2 tbsps unrefined extra virgin olive oil
- unrefined sea salt, as needed
- ground black pepper, as needed

method

1. Bring about an inch of water to a boil in a saucepan fitted with a steamer basket.
2. Layer garlic and mixed greens in a steamer basket until tender. Transfer to a serving dish and season with cider vinegar, olive oil, unrefined sea salt and



beef carbonnade}

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

ingredients

- 1 1/2 lbs stew meat
- unrefined sea salt, to taste
- ground black pepper, to taste
- 2 tablespoons butter*
- 1 yellow onion, peeled and sliced in rounds

***Don't do dairy?** Substitute olive oil.

****Don't do alcohol?** Substitute cbeef stock.

*****On GAPS?** Substitute turnips for potatoes.

bonus recipes} white bean soup with arugula, brine-pickled radishes, orange and cream shakes

Wondering how to serve brine-pickled radishes? Use them like dill pickles, as a small sidedish or condiment or spooned into soups.



make this meal}

for the soup: Make chicken stock for soup up to a week in advance.

for the shakes: Freeze orange segments the night before.

for the radishes: Prepare fresh whey up to a week in advance.



food for thought}

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

Milk from grass-fed cows is rich in conjugated linoleic acid and is a good source of food enzymes and beneficial bacteria, when raw.



white bean soup with arugula}

skill level: easy | **yield:** about 2 qts | **time:** 18 to 24 hrs (soaking), 12 hrs (slowcooker), 5 mins (active)

ingredients

- 2 cups white beans
- 1/2 tsp baking soda
- 2 tbsps butter*
- 2 leeks, sliced thin
- 4 cloves garlic, crushed
- 2 bay leaves
- 1 tsp crushed red pepper
- 1 1/2 quarts chicken stock
- 2 bunches arugula
- grated parmesan, optional, to serve
- unrefined extra virgin olive oil, to serve

method

1. Pour white beans into a large mixing bowl and sprinkle with baking soda. Cover with hot water by two inches and allow the beans to soak in a warm spot in your kitchen for 18 to 24 hours. Drain them, rinse them well and set them aside.
2. Melt butter in a skillet, and sautee leeks and garlic until fragrant and softened.
3. Transfer garlic and leeks to a slowcooker, add beans, bay leaves, crushed red pepper and chicken stock. Cook on low for 12 hours.
4. Five minutes before serving, stir in arugula.
5. Serve seasoned as needed with salt, pepper, parmesan (if desired) and olive oil.



orange and cream shakes}

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

ingredients

- the segments of three oranges, seeded if necessary

scheduled for: _____

- 1 qt whole milk*, preferably raw, not ultrapasteurized
- the contents of 1 vanilla bean
- honey, as needed

method

1. Freeze the segmented oranges overnight.
2. The next morning, toss frozen orange segments into a blender with milk, honey (as needed) and the contents of one vanilla bean.
3. Blend until smooth.



brine-pickled radishes}

skill level: easy | **yield:** 1 qt | **time:** 5 mins (active), 1 to 2 weeks (fermentation)

ingredients

- 1 lb radishes, trimmed, unpeeled and quartered
- 4 shallots, peeled and quartered
- 1/4 cup pickling spice (sweet bay, allspice, berries, mustard seed, coriander seed etc.)
- 1 tbsp unrefined sea salt
- 1/4 cup fresh whey*

method

1. Toss all ingredients into a mixing bowl and stir to combine.
2. Transfer the mixture of radishes, spice, sea salt and whey to a quart-sized mason jar or vegetable fermenter.
3. Pour filtered water into the jar or fermenter to cover the radishes and ferment at room temperature for one to two weeks.

***Don't do dairy?** Substitute olive oil for butter, the brine of previously fermented vegetables OR 1/2 packet purchased vegetable starter culture for fresh whey and substitute coconut milk for whole milk.

supplemental recipes} chicken stock, fresh whey/yogurt cheese, beef 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 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.



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

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



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. Allow the yogurt to strain for 12 to 24 hours.
3. Reserve the whey for fermentation.