



nourished kitchen

meal plans} winter: week 13

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
rustic french supper for late winter <ul style="list-style-type: none"> • french meat loaf • creamed peas with mint • mashed potatoes with thyme and parsley • onion and herb gravy • pea, asparagus and radish salad with dijon-herb vinaigrette 	chicken with late winter vegetables <ul style="list-style-type: none"> • simple braised chicken thighs • buttered young turnips with parsley • roasted asparagus 	light thai supper <ul style="list-style-type: none"> • beef satay • thai peanut sauce • nuoc cham • thai cabbage salad 	bonus recipes <ul style="list-style-type: none"> • slowcooker black bean soup • brine-pickled sugar snap peas • yogurt-covered frozen strawberries supplemental recipes <ul style="list-style-type: none"> • chicken stock • fresh whey/yogurt cheese • yogurt

shopping list

dairy & eggs

- ___ whole milk (1/2 cup)^{SA}
- ___ butter (1 cup)^{SA}
- ___ eggs (2 whole)
- ___ heavy cream (2/3 cup + 1/4 cup)^{SA}
- ___ plain yogurt (1 cup)^{SA}
- ___ fresh whey (1/4 cup)^{SA}
- ___ greek-style yogurt or yogurt cheese (1 1/2 cups)^{SA}

meat, fish & fowl

- ___ chicken livers (1/2 lb)
- ___ ground beef (1 1/2 lbs)
- ___ chicken stock (3 quarts, 3 cups)
- ___ chicken thighs (4)
- ___ beef tenderloin (1 lb)

fresh produce & herbs

- ___ yellow onion (8)
- ___ celery ribs (4)
- ___ thyme (4 tbsps, 2 tsps chopped)
- ___ parsley (1 cup, 3 tbsps, chopped)
- ___ shallot (4)
- ___ fresh or frozen peas (1 lb)
- ___ mint (1/2 cup, chopped)
- ___ Yukon Gold potatoes (2 lbs)^{SA}
- ___ sugar snap peas (1 1/4 lb)
- ___ asparagus spears (1 1/4 lb)
- ___ radishes (1/4 lb)
- ___ mixed salad greens (4 cups)
- ___ garlic cloves (9)
- ___ turnips (1 lb)
- ___ lemon (1)
- ___ ginger (1 1-inch knob)
- ___ limes (5)
- ___ chile peppers (7)
- ___ napa cabbage (1 head)

- ___ scallions (1 bunch)
- ___ cilantro (1/2 cup, chopped)
- ___ red onion (2 small)
- ___ strawberries (1 lb)

pantry items

- ___ shelled pistachios (1/4 cup)
- ___ white wine vinegar (3 tbsps)
- ___ Dijon-style mustard (1 tbsp)
- ___ extra virgin olive oil (1/2 cup)
- ___ fish sauce (1 tsp)
- ___ coconut milk (1/4 cup)
- ___ unsweetend roasted peanut butter (1/4 cup)
- ___ unrefined cane sugar (1/2 cup)^{SA}
- ___ white vinegar (3 tbsps)
- ___ fish sauce (2 tbsps)
- ___ black beans (1 lb)
- ___ honey (2 tbsps)

spices & dried herbs

- ___ ground unrefined sea salt
- ___ ground black pepper
- ___ ground allspice (1/8 tsp)
- ___ ground white pepper (1/2 tsp)
- ___ bay leaf (1)
- ___ paprika (1/2 tsp)
- ___ powdered turmeric (1 tsp)
- ___ crushed red pepper flakes (1/2 tsp)
- ___ curry powder (1 tsp)
- ___ chili powder (1 tsp)
- ___ ground cumin (1 tsp)
- ___ whole cloves (2 tsps)
- ___ cinnamon sticks (2)
- ___ vanilla extract (1 tsp)

menu #1} french meatloaf, creamed peas with mint

A deeply nourishing meal of favorite comfort foods like meatloaf, peas and potatoes; this rustic French supper for spring features some of the favorite foods of the season: peas, asparagus and radishes.



make this meal}

up to 1 week ahead: Prepare chicken stock. Make vinaigrette.

3 days ahead: Thaw meat and liver, if frozen. Prepare vegetables and store in the fridge until ready to prepare the final dish.

1 hr 20 mins ahead: Prepare meatloaf.

30 mins ahead: Prepare mashed potatoes.

20 mins ahead: Prepare onion gravy.

Prepare creamed peas with mint.

5 mins ahead: Let the meatloaf rest before slicing. Toss salad, dress at the table.

- 1 yellow onion, peeled, finely chopped
- 3 celery ribs, finely chopped
- 1/2 lb chicken livers, trimmed, rinsed well
- 1 1/2 lbs ground beef
- 1/4 cup shelled pistachios
- 1 tbsp chopped fresh thyme
- 2 tbsps chopped fresh parsley
- 2 eggs, beaten
- 1/8 tsp ground allspice
- 1 tsp unrefined sea salt
- 1/2 tsp ground white pepper

method

1. Preheat oven to 475° F.
2. Toss breadcrumbs into a small mixing bowl, pour milk over them and allow them to soak for 10 minutes while you begin preparing other ingredients.
3. Melt butter in a skillet over a medium flame. When it froths, stir in onion and celery. Cook until tender and fragrant for five or six minutes.
4. Place livers in a blender or food processor and process until coarsely pureed.
5. Transfer soaked breadcrumbs, liver, beef, pistachios, thyme, parsley, eggs, allspice, sea salt and pepper. Knead with your hands until just combined.
6. Transfer mixture to a loaf pan and bake, covered with parchment paper and foil, for one hour or until a thermometer inserted into the meatloaf's center registers 165° F.
7. Let rest 5 minutes before slicing and serve.



french meatloaf}

skill level: easy | **yield:** 4+ leftovers | **time:** 15 mins (active), 1 hr (oven), 5 mins (resting)

ingredients

- 1 cup whole grain sourdough breadcrumbs*
- 1/2 cup whole milk**
- 2 tbsps butter**

scheduled for: _____



creamed peas with mins}

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

ingredients

- 1 lb fresh or frozen shelled peas
- 2 tbsps butter**
- 1 shallot, peeled and minced
- 1 rib celery, minced
- 1/4 cup heavy cream**
- 1/4 cup chopped fresh mint

method

1. Place fresh or frozen peas into a saucepan, cover with water and simmer until tender (about two minutes for frozen peas and five minutes for fresh peas). Drain in a collander.
2. Melt butter in a deep skillet over medium heat. When it froths, stir in shallot and celery. Fry until fragrant for five minutes.
3. Stir in peas and heavy cream, simmer until the liquid is reduced, about five minutes. Remove from heat, sprinkle with mint, season with salt and pepper as it suits you, and serve.

***Avoiding grains?** Substitute blanched almond flour for breadcrumbs and omit milk.

****Dairy-free?** Substitute chicken stock for whole milk. Substitute olive oil, chicken fat, lard, coconut oil or bacon fat for butter in recipe #1 and coconut oil for butter in recipe #2. Substitute coconut milk for heavy cream in recipe #2.

menu #1 continued} mashed potatoes, onion and herb gravy, spring salad

scheduled for: _____



food for thought}

Pasture-raised chicken livers are extraordinarily rich in B vitamins, particularly folate and vitamin B12, and vitamin A. They are also a good source of minerals including selenium, iron and phosphorus.

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

Chicken stock is a good source of gelatin, thought to enhance digestion and skin health.



rustic mashed potatoes with thyme and parsley}

skill level: easy | **yield:** 4 servings | **time:** 20 mins (stove), 10 mins (active)

ingredients

- 2 lbs Yukon Gold potatoes*, cut into 1-inch cubes
- 1 bay leaf
- 1/4 cup butter**
- 2/3 cup heavy cream**
- 1 tsp unrefined sea salt
- 1/4 tsp ground white pepper
- 2 tbsps chopped fresh thyme
- 1/4 cup chopped fresh parsley

method

1. Place potatoes in a stock pot, cover with water by two inches and drop in a bay leaf. Bring to a boil and boil until the

- potatoes are tender, about 20 minutes.
2. Drain the potatoes and toss them into a mixing bowl or the basin of a stand mixer. Drop in butter and slowly pour in heavy cream, beating until the mashed potatoes are smooth. Season with salt, pepper, thyme and parsley and continue beating for a further minute or two.



onion and herb gravy}

skill level: easy | **yield:** 4 servings | **time:** 20 mins (stove)

ingredients

- 1/4 cup butter*
- 4 large yellow onions, peeled and sliced
- 1 quart chicken stock
- 1 sprig 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, about 20 minutes.
2. Turn off the heat, remove the sprig of thyme and blend the gravy into a smooth puree using an immersion blender.



pea, asparagus and radish salad with dijon-herb vinaigrette}

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

ingredients

for the vinaigrette

- 3 tbsps white wine vinegar
- 1 tbsp Dijon-style mustard
- 1 shallot, peeled and minced
- 2 tpsps chopped fresh thyme
- 1 tbsp chopped fresh parsley
- 1/2 cup unrefined extra virgin olive oil

for the salad

- 1/4 lb sugar snap peas, trimmed and sliced thin
- 1/4 lb asparagus spears, trimmed and chopped into 1/2-inch bites
- 1/4 lb radishes, sliced thin
- 4 cups mixed salad greens

method

1. Whisk vinegar, mustard, minced shallot, thyme and parsley together. Slowly whisk in olive oil. Transfer to a mason jar or salad dressing cruet and store at room temperature for up to a week. Shake well before serving.
2. Toss peas, asparagus, radishes and salad dressing greens together. Dress with vinaigrette at the table.

***On GAPS/SCD?** Substitute rutabaga for potatoes.

****Dairy-free?** Substitute chicken schmaltz, lard or coconut oil for butter and chicken stock for heavy cream.

menu #2} braised chicken thighs, buttered turnips with parsley, roasted asparagus

scheduled for: _____

If you can find the tender, soft-skinned Japanese salad turnips at a market near you, they do nicely in this recipe for parsleyed turnips. If you're not a turnip fan, simply substitute small new potatoes. Did you make brine-pickled radishes last week? They go nicely with this dish.



make this meal}

up to 3 days ahead: Thaw chicken. Prepare vegetables and store in the fridge until ready to use.

about 50 mins ahead: Begin preparing turnips.

about 40 mins ahead: Begin braising chicken.

about 15 mins ahead: Begin roasting asparagus.

about 5 mins ahead: Sprinkle thyme and parsley over chicken. Toss turnips with parsley. Toss asparagus with lemon juice.

- 1/4 cup butter*, divided
- 2 yellow onions, peeled and thinly sliced
- 3 garlic cloves, peeled and minced
- 3 cups chicken stock
- 2 tbsps chopped fresh thyme
- 1/4 cup chopped fresh parsley

method

1. Season the chicken with salt, pepper and paprika.
2. Melt two tablespoons butter in a flame-proof casserole or a Dutch oven. When it froths, place chicken thighs in the butter and sear skin-side down for about three minutes. Remove the chicken from the pan and set it on a plate to rest while you prepare the rest of the ingredients.
3. Melt the remaining two tablespoons butter in the pan, stir in the onions and garlic, sauteing until fragrant and translucent, about five minutes.
4. Return chicken to the pan, stir in chicken stock and simmer, covered, for 15 minutes. Turn the chicken, re-cover, and continue simmering for a further 15 minutes.
5. Remove from heat, sprinkle with thyme and parsley and serve.

method

1. Preheat oven to 425° F.
2. Toss turnips with melted butter, salt and pepper until well-coated. Transfer to a baking sheet and roast in an oven preheated to 375° F for 45 minutes.
3. Remove from oven, transfer to a serving dish, toss with chopped fresh parsley until well-coated and serve.



roasted asparagus with garlic and lemon}

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

ingredients

- 1 lb asparagus spears, trimmed off woody ends
- 2 tbsps butter*, melted
- 1 clove garlic, peeled and minced
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- zest and juice of 1 lemon

method

1. Preheat oven to 425° F.
2. In a large mixing bowl, toss asparagus with melted butter, minced garlic, sea salt, pepper and the zest of one lemon.
3. Arrange asparagus on a baking sheet, and bake for 15 minutes or until tender, stirring once or twice.
4. Transfer from the baking sheet to a serving dish, toss with lemon juice and serve.

*Dairy-free? Substitute olive oil, bacon fat, lard or tallow for butter.



braised chicken thighs with onion, thyme, and parsley}

skill level: easy | **serves:** 4 | **time:** 5 mins (active), about 35 mins (stovetop)

ingredients

- 4 chicken thighs with skin and bones
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1/2 tsp paprika



parsleyed turnips}

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

ingredients

- 1 lb turnips, peeled and chopped into bite-sized pieces
- 2 tbsps butter*, melted
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1/2 cup chopped parsley

menu #3} beef satay, peanut sauce, nuoc cham, thai cabbage salad

In spring my preference turns from the hearty fare of winter to the much lighter dishes of spring; here we pair skewered beef satay with two dipping sauces and serve it over a super-simple Thai cabbage salad seasoned with mint, cilantro and chilies.



make this meal}

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

at least 4 and up to 12 hrs ahead: Marinate beef.

about 30 mins ahead: Soak skewers and begin grilling beef satay.

about 10 mins ahead: Prepare peanut sauce. Prepare nuoc cham.

about 5 mins ahead: Toss salad and serve.

- 1 tsp fish sauce
- 1 lb beef tenderloin, sliced into thin 2-inch long strips
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method

1. Whisk yogurt with ginger, garlic, shallot, turmeric, red pepper flakes and fish sauce. Toss beef into the seasoned yogurt, cover, and marinate for at least 4 and up to 12 hours.
2. Thirty minutes before preparing the grilled beef satay, soak wooden skewers in water.
3. Thread marinated beef onto skewers and grill until cooked through, about three to five minutes on each side.



thai peanut sauce}

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

ingredients

- 1/4 cup coconut milk
- 1 tsp curry powder
- 1/4 tsp crushed red pepper flakes
- 1/4 cup unsweetened roasted peanut butter
- 1 tbsp fish sauce
- 1/4 cup whole, unrefined cane sugar**
- 1 tbsp white vinegar
- 1/4 cup water

method

1. Whisk all ingredients together in a saucepan over medium heat. When well-combined and warmed, transfer to a serving bowl and serve.

scheduled for: _____



nuoc cham}

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

ingredients

- 1/4 cup unrefined cane sugar**
- 1/2 cup warm water
- 1/4 cup fish sauce
- juice of 4 limes
- 4 cloves garlic, peeled and minced
- 3 chile peppers, seeded if desired and minced

method

1. Whisk sugar into water until it is fully dissolved, then whisk in fish sauce, lime juice, garlic and chilies.



thai cabbage salad}

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

ingredients

- 1 head Napa cabbage, cored, sliced thin
- 1 bunch scallions, sliced thin
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh cilantro
- 2 chile peppers, seeded and minced
- 1 garlic clove, peeled and minced
- 1 shallot, peeled and minced
- 2 tbsps fish sauce
- juice of 1 lime

method

1. Toss all ingredients together and serve, or toss all ingredients together and refrigerate up to two hours before serving.



beef satay}

skill level: easy | **yield:** 4 | **time:** 5 mins (active), 4 to 12 hrs (marinade), 5 mins (grilling per batch)

ingredients

- 1 cup plain yogurt*
- 1 1-inch knob ginger, peeled and grated
- 1 clove garlic, peeled and minced
- 1 shallot, peeled and minced
- 1 tsp powdered turmeric
- 1/2 tsp crushed red pepper flakes

***Dairy-free?** Substitute coconut milk yogurt.

****On GAPS/SCD?** Substitute honey.

bonus recipes} slowcooker spicy black bean soup, brine-pickled sugar snap peas, yogurt-covered frozen strawberries

Love a good pot of spicy black bean soup—and this slowcooker version requires almost no effort; just dump the ingredients in a pot and it's ready in a matter of a few effortless hours. You'll also love these super simple yogurt-covered strawberries which are teeming with flavor, light and healthy. They make a great snack for little eaters.



make this meal}

for the soup: Prepare chicken stock up to 1 week in advance. Soak beans for 18 to 24 hours before you plan to cook the soup.

for the sugar snap peas: Prepare the fresh whey up to 1 week in advance.

for the yogurt-covered strawberries: Prepare the strained yogurt/yogurt cheese up to 1 week in advance.



food for thought}

Yogurt is rich in beneficial bacteria which help to populate the digestive tract, promoting good digestion and immune system health.

Black beans are rich in folate and antioxidants.



slowcooker spicy black bean soup}

skill level: easy | **yield:** about 8 | **time:** 8 to 12 hrs (slowcooker)

ingredients

- 1 lb black beans
- 2 tbsps white vinegar
- 4 chile peppers, minced
- 2 garlic cloves, peeled and minced
- 1 yellow onion, peeled and sliced thin

- 1 tbsp chili powder
- 1 tbsp ground cumin
- 2 quarts chicken stock
- 1 red onion, peeled and finely chopped
- 1/4 cup chopped cilantro

method

1. Place black beans in a large mixing bowl. Cover with hot water by two inches and stir in vinegar. Allow them to soak for 18 to 24 hours, rinse and drain.
2. Toss all ingredients into a slowcooker, cook on low for 8 to 12 hours. Serve with chopped red onion and cilantro.



brine-pickled sugar snap peas}

skill level: easy | **yield:** about 1 qt | **time:** 5 mins (active), 7 to 10 days (fermentation)

ingredients

- 1 lb sugar snap peas, trimmed
- 1 small red onion, peeled and sliced thin
- 2 tsps whole cloves
- 2 cinnamon sticks
- 2 tbsps unrefined sea salt
- 1/4 cup fresh whey*

method

1. Place snap peas, onion, cloves and cinnamon sticks in a quart-sized jar.
2. In a separate bowl, whisk sea salt with fresh whey until it dissolves. Pour the liquids into the peas and cover with filtered water until it reaches within one inch of the lip of the jar. Weigh down the peas, if necessary, to keep them from floating, cover loosely, and ferment for one week to ten days before tasting. Ferment longer if you desire a sourer flavor.

scheduled for: _____

Wondering how to serve these? Serve them as an appetizer, tossed into salads or as a side dish.



yogurt-covered frozen strawberries}

skill level: easy | **yield:** about 8 | **time:** 10 mins (active), 8 to 12 hrs (freezer)

ingredients

- 1 1/2 cups greek-style strained yogurt or yogurt cheese*
- 2 tbsps honey
- 1 tsp vanilla extract
- 1 lb fresh strawberries, hulled

method

1. In a large bowl, stir yogurt with honey and vanilla until well-blended.
2. Dip hulled strawberries into the sweetened yogurt and set on a baking sheet lined with parchment paper. Transfer to the freezer and freeze for 8 to 12 hours.
3. Remove from the freezer and eat right away or remove from the baking sheet and place in a resealable plastic bag or freezerproof container for a quick, easy and healthy frozen treat.

***Don't do dairy?** Substitute the brine of previously fermented vegetables for fresh whey or use 1/2 packet purchased vegetable starter culture dissolved into 1/4 cup filtered water. Substitute coconut yogurt for greek yogurt or yogurt cheese.

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

Got Questions?

If you have a specific question about the recipes contained in the meal plan, or to manage your account or cancel a recurring order email your request one week in advance to support@nourishedkitchen.com