



nourished kitchen

meal plans} spring: 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
chinese un-takeout <ul style="list-style-type: none"> lemon chicken with broccoli sprouted brown rice OR riced cauliflower 	kids' favorites <ul style="list-style-type: none"> hazelnut and almond flour fishsticks oven-fried potatoes vegetable crudites tartar sauce 	herb-wrapped roast chicken <ul style="list-style-type: none"> herb-wrapped roast chicken new-style peas and carrots braised spring greens spring salad with cider vinaigrette 	bonus recipes <ul style="list-style-type: none"> dill pickle relish german chocolate ice cream avgolemono supplemental recipes <ul style="list-style-type: none"> roast chicken stock lactofermented mayonnaise

shopping list

dairy & eggs

- ___ eggs (6 whole)
- ___ butter (3 tbsps, 1/2 cup)^{SA}
- ___ fresh whey (2 tbsps)^{SA}

meat, fish & fowl

- ___ boneless, skinless chicken breasts (2)
- ___ chicken stock (1 cup)
- ___ cod filets (1 1/2 lbs)
- ___ chicken (2 3- to 5-lb birds)

fresh produce & herbs

- ___ broccoli (1 large head)
- ___ ginger (1 1-inch knob)
- ___ lemons (10)
- ___ yellow onion (3)
- ___ garlic (3 cloves)
- ___ carrots (1 1/2 lb)
- ___ radishes (1 lb)
- ___ sugar snap peas (1 3/4 lb)
- ___ russet potatoes (2 1/2 lbs)^{SA}
- ___ scallions (2)

- ___ chives (1 bunch)
- ___ dill (1 bunch)
- ___ parsley (3 bunches)
- ___ pea tendrils (1 bunch)^O
- ___ mixed greens such as kale, mustard, beet etc. (2 lbs)
- ___ shallot (1)
- ___ asparagus (1/2 lb)
- ___ mixed salad greens (8 cups)
- ___ red onion (1)
- ___ cucumbers (6 medium)
- ___ red bell pepper (1 small)
- ___ **cauliflower (1 large head)***

pantry items

- ___ coconut oil (1/2 cup, 3 tbsps)
- ___ blanched almond flour (3 3/4 cup)
- ___ hazelnut flour (1/2 cup)
- ___ cider vinegar (1/4 cup)
- ___ dijon-style mustard (1 tbsp)
- ___ unrefined extra virgin olive oil (1/2 cup)
- ___ honey (1/2 cup)

- ___ coconut flour (1/4 cup)
- ___ pecans (1/2 cup)
- ___ desiccated unsweetened coconut (1/4 cup)
- ___ raisins (1/4 cup)
- ___ chocolate or carob chips (1/4 cup)^O
- ___ **rice (1 1/2 cups)****

spices & dried herbs

- ___ unrefined sea salt
- ___ ground black pepper
- ___ paprika (pinch)
- ___ vanilla extract (2 tsps)
- ___ bay leaves (2)

miscellaneous & specialty

- ___ mayonnaise (1 1/2 cups)^{HM}
- ___ dill pickle relish (1/4 cup)^{HM}
- ___ white wine (1/2 cup)^{SA}

***If making riced cauliflower:** Instead of sprouted rice, omit rice and 1 tbsp coconut oil from list.

****If making sprouted rice:** Instead of riced cauliflower, omit 1 large head cauliflower from list.

menu #1} lemon chicken with broccoli, sprouted brown rice or riced cauliflower

scheduled for: _____

We miss good old-fashioned Chinese takeout, a vestige of days when we didn't quite adhere to a real food diet. Of course, this lemon chicken with broccoli comes together in less than the time it takes for you to climb in the car and head to the local Chinese restaurant around the corner for take-out. Serve it with sprouted brown rice or, if you're grain-free, try it with riced cauliflower.



make this meal}

up to 1 week ahead: Make chicken stock and store in the fridge until ready to use.

up to 3 days ahead: Thaw chicken, if frozen, in the refrigerator. Prepare vegetables according to recipe requirements and store in an airtight container until ready to serve.

Begin soaking rice for sprouted rice, if serving.
45 mins ahead: Begin cooking sprouted rice, if serving.

20 mins ahead: Begin preparing lemon chicken with broccoli.

10 mins ahead: Prepare riced cauliflower, if serving.



lemon chicken with broccoli}

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

ingredients

- 1 large head broccoli, trimmed of woody stem and coarsley chopped
- 2 boneless, skinless chicken breasts, chopped into bite-sized pieces
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground white or black pepper
- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled and cut into matchsticks
- 1/2 cup chicken stock
- 2 lemons, sliced thin

method

1. Bring a kettle of water to a boil. Place chopped broccoli in a mixing bowl and pour boiling water over the broccoli, cover with a kitchen towel and allow the broccoli to cook in the residual heat of the water until barely tender.
2. Season chicken with unrefined sea salt and ground black pepper.
3. Melt coconut oil in a wok or skillet over a moderate flame, then toss in ginger and fry until fragrant, about three minutes. Toss in chicken and stir-fry until cooked through, six to seven minutes. Pour in chicken stock and cook until the stock is reduced by half.
4. Drain the broccoli and add it to the wok or skillet along with sliced lemon, continuing to cook for one to two minutes.
5. Serve over sprouted brown rice or riced cauliflower.



sprouted brown rice}

skill level: easy | **serves:** 4 | **time:** 12 hrs (soaking), 48 hrs (germination), cook time varies based on altitude

ingredients

- 1 1/2 cups short grain brown rice
- warm water, to cover
- 1 tbsp coconut oil
- 2 cups water

method

1. Rinse rice in flowing water until the water runs clear.
2. Pour the rinsed rice in a mixing bowl with warm water to cover by two inches. Allow

the rice to soak in water for 12 hours.

3. After the rice has soaked for 12 hours, drain it through a fine-mesh sieve and rinse it well.
4. Set the strainer over a mixing bowl out of sunlight, cover with a kitchen towel. Rinse the rice, stirring well with your fingers, twice a day for two days.
5. The rice will begin germinating after two days, rinse it one last time.
6. Toss rice, coconut oil and two cups water in a rice cooker and cook as you normally would. If you don't have a rice cooker, cook rice as you normally would, using slightly less water.



riced cauliflower}

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

ingredients

- florets of 1 large head of cauliflower

method

1. Grate the cauliflower until it resembles the texture of rice.
2. Bring two inches of water to simmer in a saucepan, and place a fine-mesh sieve over the simmering water.
3. Steam the grated cauliflower in the sieve over simmering water until tender, about six to eight minutes.

menu #2} hazelnut and almond flour fishsticks, oven-fried potatoes, vegetable crudites, tartar sauce

A healthier take on a kids classic, these fishsticks appeal to both children and adults. Serve them with oven-fried potatoes, vegetable crudites and tartar sauce. It's a simple dinner that comes together quickly.



make this meal}

about 1 week ahead: Make dill pickle relish and probiotic mayonnaise if you wish to make tartar sauce completely from scratch.

up to 2 days ahead: Thaw cod, if frozen, in the refrigerator.

about 50 mins ahead: Prepare potatoes for oven-fries.

about 20 mins ahead: Prepare fishsticks.

about 10 to 15 mins ahead: Prepare vegetable crudites. Add fishsticks to the oven with oven-fries. Mix tartar sauce and refrigerate until ready to serve.



hazelnut and almond flour fish sticks}

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

ingredients

- 3/4 cup blanched almond flour*
- 1/2 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- zest of 1 lemon
- 1 1/2 lbs cod filets, cut into strips 1 1/2 to 2-inches thick
- 2 eggs, beaten
- 1/2 cup hazelnut flour*
- 1 lemon, quartered, to serve

method

1. Preheat the oven to 425° F and line a baking sheet with parchment paper.
2. Whisk almond flour, unrefined sea salt and ground black pepper together in a small bowl with the zest of one lemon.
3. Dip the cod into the seasoned almond flour, then dip the almond-coated cod into beaten egg. Return the cod once more into the seasoned almond flour and follow that by dredging it in hazelnut flour.
4. Transfer the cod to a baking sheet lined with parchment paper and bake for 10 to 12 minutes in an oven preheated to 425° F, turning once.

scheduled for: _____



oven-fried potatoes}

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

ingredients

- 2 1/2 lbs russet potatoes cut into strips no thicker than 1/4 inch
- 1 tbsp butter*, melted
- unrefined sea salt, as needed
- ground black pepper, as needed

method

1. Preheat oven to 425° F.
2. Place fries in cold water while the oven preheats, then drain, rinse and pat dry with a kitchen towel.
3. Toss fries back into the mixing bowl with melted butter, salt and pepper to coat, then spread in a single layer on a parchment-lined baking sheet.
4. Bake in an oven preheated to 425° F for 40 to 45 minutes, stirring once, until cooked through and crisped.

***Avoiding nuts?** Substitute ground pumpkin seeds and ground sunflower seeds. **Waste-not/Want-not!** Save the juice of the zested lemon to season tartar sauce.

***On Gaps?** Substitute butternut squash for potatoes.

***Dairy-free?** Substitute grass-fed tallow, sustainably harvested palm kernel oil or olive oil.

menu #2 continued} vegetable crudites, tartar sauce

scheduled for: _____



food for thought}

Cod is rich in protein and B vitamins and offers a favorable ratio of omega-3 fatty acids.

Almonds are rich in vitamin E.

Probiotic foods help to boost immunity and build gut health, and are an excellent source of vitamins and food enzymes.



vegetable crudites}

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

ingredients

- 1/2 lb carrots, scraped and cut into strips
- 1/2 lb radishes, trimmed and quartered
- 1/2 lb sugar snap peas, trimmed
- ice water

method

1. Ten minutes before dinner, prepare the vegetables and plunge them into a mixing bowl filled with ice water until ready to serve, then drain them and pat them dry with a towel.



tartar sauce}

skill level: easy | **yield:** 1 1/2 cups | **time:** under 5 mins (active)

ingredients

- 1 1/2 cups mayonnaise
- 1/4 cup dill pickle relish or chopped dill pickles
- 2 scallions, finely sliced
- 1 tbsp chopped fresh parsley
- juice of 1 lemon
- pinch paprika

method

1. Mix all ingredients together and refrigerate for 10 minutes before serving.

Want to make it truly from scratch? Use our recipe for lactofermented mayonnaise (included in supplemental recipes) and dill pickle relish (our ferment of the week) to prepare this dish.

menu #3} herb-stuffed roast chicken, new-style peas and carrots, braised spring greens, spring salad with cider vinaigrette

Fresh herbs are in abundance in early spring and summer, and they pair beautifully with this roast chicken. I like to serve it with peas and carrots, but my take is a decidedly different approach from the dreaded Veg-All found in lunchlines across America.



make this meal}

up to 4 days ahead: Thaw chicken, if frozen, in the refrigerator. Prepare vegetables according to recipe requirements and store in airtight containers in the fridge until ready to use. Prepare vinaigrette for salad, storing at room temperature.

about 3 hrs ahead: Begin preparing and roasting chicken.

about 1 hr ahead: Increase oven temperature to 375° F.

about 15 mins ahead: Prepare braised greens and newstyle peas and carrots.

about 5 mins ahead: Toss ingredients together for salads and dress with vinaigrette at the table.



herb-roasted roast chicken}

skill level: easy | **serves:** 4+ leftovers | **time:** 10 mins (active), 2 hrs 45 mins (oven), 10 mins (resting)

ingredients

- 1 3- to 5-lb chicken, giblets removed
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 1/4 cup butter*, softened
- 1 bunch parsley
- 1 bunch chives
- 1 bunch dill
- 1 lemon, quartered
- 1 yellow onion, quartered
- 1/2 cup white wine**

method

1. Preheat oven to 275° F.
2. Season chicken inside and out with salt and pepper, then truss the chicken with 100% cotton cooking twine.
3. Mince two tablespoons each of parsley, chives and dill, then fold the herbs into the softened butter and spread the seasoned butter along the skin of the bird and between the skin and meat of its breast.
4. Stuff the chicken's cavity with remaining herbs, quartered lemon and quartered onion.
5. Place the chicken in a roasting pan with one-half cup white wine, cover it, and slow-roast it for two hours in an oven preheated to 275° F.
6. After two hours, increase the heat to 375° F and continue roasting for 45 minutes.
7. Remove the bird from the oven and allow it to rest 10 minutes before carving.

scheduled for: _____



braised spring greens}

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

ingredients

- 2 tbsps butter*
- 1 yellow onion, peeled and cut into very thin rounds
- 2 lbs mixed greens (kale, mustard, beet, mizuna, tatsoi etc.), trimmed of woody stems and chopped
- 1/2 cup chicken stock
- 1 tbspcider vinegar

method

1. Melt butter in a skillet over a moderate flame and toss in sliced onion, frying until fragrant for about three minutes.
2. Stir in chopped mixed greens and stir-fry for two to three minutes, then stir in chicken stock, cover and simmer until greens are tender and stock is largely evaporated, 8 to 10 minutes.
3. Remove from heat and season with cider vinegar.

***Dairy-free?** Substitute coconut oil, rendered tallow, lard, bacon fat, duck fat or olive oil.

****Alcohol-free?** Substitute chicken stock.



food for thought}

Pasture-raised chicken is an excellent source of complete protein and is less likely to be contaminated by salmonella and other foodborne pathogens than conventionally raised chicken. It offers a favorable ratio of omega-3 to omega-6 fatty acids.

Fresh herbs are an excellent source of vitamins, minerals and antioxidants.

Raw cider vinegar is excellent in supporting proper regulation of blood sugar levels.



spring salad with cider vinaigrette}

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

ingredients

- 1 shallot, peeled and finely minced
- 2 tbsps raw cider vinegar
- 1 tbsp Dijon-style mustard
- 1/2 cup unrefined extra virgin olive oil
- unrefined sea salt, as needed
- ground black pepper, as needed
- 8 cups mixed salad greens
- 1/2 lb thin asparagus, trimmed of woody ends and sliced thin
- 1/2 lb radishes, sliced thin
- 1/2 lb sugar snap peas, trimmed and sliced thin
- 1 red onion, peeled and sliced thinly

method

1. Whisk minced shallot, vinegar and mustard together with olive oil. Season with unrefined sea salt and ground black pepper as needed.
2. Toss greens together with asparagus, radishes, peas and onion. Dress with vinaigrette at the table.



new-style peas and carrots}

skill level: easy | serves: 4 | time: 10 mins (countertop), 5 mins (stove)

ingredients

- 1 lb carrots, scraped and sliced into rounds no thicker than 1/4-inch
- 3/4 lb sugar snap peas, trimmed
- 1 bunch pea tendrils, if available, chopped
- 2 tbsps butter*
- 1 bunch parsley, chopped
- 1 tbsp cider vinegar

method

1. Bring about a quart of water to boil in a kettle.
2. Toss carrots, peas, pea tendrils (if using) into a mixing bowl. Pour boiling water over the vegetables, cover them, and allow them to cook in the residual heat of the water for 8 to 10 minutes or until barely tender. Drain the vegetables.
3. Melt butter in a skillet over a moderate flame and toss in vegetables, stir-frying for about two minutes. Season with parsley, vinegar, unrefined sea salt and ground black pepper.

bonus recipes} dill pickle relish, german chocolate ice cream, avgolemono

scheduled for: _____

While sweets don't make a regular appearance in our home, we love these grain-free cowboy cookies which are packed with nuts and other good-for-you ingredients. I sneak them into lunchbags which my son takes on summertime community children's outings. When the other children pull out bags of candies and packaged cookies, he doesn't feel so deprived and I feel good knowing he's eating good quality foods.



make this meal}

4 days ahead: Thaw chicken in the fridge.
up to 1 week ahead: Prepare fresh whey using supplemental recipe instructions



naturally fermented dill pickle relish}

skill level: easy | **yield:** about 1 pint | **time:** about 5 mins (active), 3 to 7 days (fermentation)

ingredients

- 6 medium cucumbers, seeded and grated
- 1 small red pepper, seeded and grated
- 2 teaspoons unrefined sea salt

method

1. Thoroughly mix grated cucumber with grated red pepper, and salt.
2. Spoon mixture into a mason jar or vegetable fermenter equipped with an airlock, mashing down the vegetable solids as you go so that they release their liquid which combines with the salt and starter culture to produce a brine.
3. Make sure the vegetable solids rest below the level of the brine.
4. If using a vegetable fermenter, fill the jar to the top with brine and put the lid on tightly then place the airlock in the lid. If using a mason jar, fill the jar leaving one

inch of head space.

5. Allow the relish to ferment for five to seven days at room temperature.



german chocolate ice cream}

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

ingredients

- 1 qt full fat coconut milk
- 4 egg yolks
- 1/2 cup honey
- 1/4 cup cocoa powder
- 1/4 cup shredded unsweetened coconut

method

1. Mix all ingredients together until well-combined and pour into an ice cream maker. Freeze according to ice cream maker's manufacturer's instructions.



avgolemono}

skill level: moderate | **yield:** 1 1/2 qt | **time:** 1 hr (stove), 10 mins (cooling)

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 cheesecloth. 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 cooked chicken to the pot of strained broth and simmer for 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.

NOTE: This dish is traditionally served over rice.

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

supplemental recipes} roast chicken stock, lactofermented mayonnaise



roast 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.



lactofermented mayonnaise}

skill level: easy | yield: about 1 1/2 cups |
time: 10 mins (active), 6 to 8 hrs (fermentation)

ingredients

- 3 egg yolks
- 1 tbsp lemon juice or vinegar
- 1/2 tsp unrefined sea salt
- 1/4 tsp powdered mustard
- 1 1/2 cups unrefined extra virgin olive oil
- 1/4 cup starter culture such as 1/4 cup whey, 1/4 cup brine from fermented vegetables or 1/2 pkg vegetable starter culture dissolved into 1/4 cup water

method

1. Whisk egg yolks, lemon juice or vinegar together with sea salt and powdered mustard.
2. Pour the egg yolk mixture into a food processor and process. In a smooth and steady stream, no more than a few drops at a time in the beginning, drip olive oil into the food processor and continue doing so until the mayonnaise is well-emulsified and the olive oil is exhausted.
3. Remove the mayonnaise from the food processor and whisk in starter culture.
4. Leave the mayonnaise on the counter, well-covered, at room temperature for about six to eight hours. Transfer to the refrigerator. The mayonnaise should keep for several weeks in the refrigerator.

NOTE: Lactofermented mayonnaise is typically thinner than store-bought mayonnaise.

Got Questions?

If you have a specific question about the recipes contained in the meal plan, email support@nourishedkitchen.com.

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