



# nourished kitchen

## meal plans} winter: week 5

### 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
<b>simple baked chicken</b> <ul style="list-style-type: none"> <li>almond-crust chicken with herbs</li> <li>cider-roasted root vegetables</li> <li>lightly wilted spinach salad</li> </ul>	<b>root vegetable casserole</b> <ul style="list-style-type: none"> <li>root vegetable casserole</li> <li>green salad with cider vinaigrette</li> </ul>	<b>kids' favorites</b> <ul style="list-style-type: none"> <li>salmon croquettes</li> <li>swiss chard with garlic</li> <li>oven-baked butternut squash fries</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>pumpkin chili</li> <li>brine-pickled onions</li> <li>tutti frutti ice cream</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>fresh whey/yogurt cheese</li> <li>how to roast a pumpkin</li> <li>beef stock</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1/2 cup)<sup>SA</sup>
- \_\_\_ eggs (8 whole, 4 yolks)
- \_\_\_ heavy cream (2 cups)<sup>SA</sup>
- \_\_\_ whole milk (2 cups)<sup>SA</sup>
- \_\_\_ fresh whey (1/4 cup)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ bone-in, skin-on chicken breasts (4)
- \_\_\_ bacon fat (1 tbsp)<sup>SA</sup>
- \_\_\_ ground beef (2 lbs)
- \_\_\_ cooked salmon (3/4 lb)
- \_\_\_ beef stock (2 cups)

### fresh produce & herbs

- \_\_\_ chopped parsley (1/2 cup, 1 tbsp)
- \_\_\_ chopped dill (3 tbsps, 1 tsp)
- \_\_\_ chopped rosemary (2 tbsps, 2 tsps)
- \_\_\_ carrots (4)
- \_\_\_ parsnips (3)<sup>SA</sup>
- \_\_\_ rutabaga (1)

- \_\_\_ garlic (6 cloves)
- \_\_\_ spinach (3/4 lb)
- \_\_\_ yellow onions (3)
- \_\_\_ celery (6 ribs)
- \_\_\_ garnet yams (2)<sup>SA</sup>
- \_\_\_ shallot (1)
- \_\_\_ scallions (4)
- \_\_\_ swiss chard (2 bunches)
- \_\_\_ butternut squash (1)
- \_\_\_ jalapenos (2)
- \_\_\_ cilantro (to serve)
- \_\_\_ salad greens (8 cups, loosely packed)
- \_\_\_ red onions (2 lbs, plus 1)
- \_\_\_ ginger (1 1-inch knob)
- \_\_\_ chopped pineapple (1/2 cup)
- \_\_\_ mandarin orange segments (1/4 cup)
- \_\_\_ sweet cherries (1/4 cup)

### pantry items

- \_\_\_ dijon-style mustard (1/4 cup)
- \_\_\_ blanched almond flour (1 1/2 cups)

- \_\_\_ apple cider vinegar (1/4 cup, 2 tbsps)
- \_\_\_ honey (1/2 cup, 2 tbsps)
- \_\_\_ extra virgin olive oil (1/2 cup)
- \_\_\_ coconut oil (3/4 cup, 2 tbsps)

### spices & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ paprika (1 tsp)
- \_\_\_ chili powder (1 tbsp)
- \_\_\_ ground cumin (1 tsp)
- \_\_\_ cinnamon sticks (3)
- \_\_\_ whole cloves (1 tbsp)
- \_\_\_ juniper berries (1 tbsp)<sup>O</sup>
- \_\_\_ whole black peppercorns (1 tsp)

### miscellaneous & specialty

- \_\_\_ hard apple cider (1/4 cup)<sup>SA</sup>
- \_\_\_ whole-grain bread crumbs (1/2 cup)<sup>SA</sup>
- \_\_\_ peeled and diced tomatoes (2 cups)
- \_\_\_ puree of 1 pumpkin<sup>HM</sup>

## menu #1} almond-crusted chicken, cider-roasted root vegetables, spinach salad

scheduled for: \_\_\_\_\_

**A**lmond-crusted chicken is bright with herbs and dijon mustard, pairing nicely with the cider-roasted root vegetables and a simple wilted spinach salad.

**This meal takes about 1 hr:** 15 mins (active), 45 mins (oven), 5 mins (stovetop)

### make this meal}

**up to 3 days ahead:** Thaw chicken, if frozen. Prepare vegetables according to recipe requirements and store in airtight containers in the fridge until ready to use. Boil eggs for salad.  
**55 minutes ahead:** Preheat oven and begin preparing chicken and root vegetables.  
**50 mins ahead:** Begin baking root vegetables.  
**35 mins ahead:** Begin baking chicken.  
**10 mins ahead:** Begin making dressing for wilted salad.  
**5 mins ahead:** Toss vegetables with herbs. Toss spinach with eggs and warm dressing.

### food for thought}

**Spinach** is a good source of folate, a nutrient critical to reproductive health and to the prevention of neural tube defects.

### almond-crusted chicken with herbs}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 10 mins (stovetop), 30 mins (oven)

#### ingredients

- 1/4 cup dijon-style mustard
- 2 tbsps chopped fresh parsley
- 1 tbsp chopped fresh dill

- 1 tsp chopped fresh rosemary
- 4 bone-in, skin-on chicken breasts
- 1 1/2 cup blanched almond flour
- 2 tbsps butter\*

#### method

1. Preheat oven to 400° F
2. Whisk mustard, parsley, dill and rosemary together. Spread mustard mixture over both sides of each chicken breast. Dip chicken breasts into almonds, coating completely.
3. Heat butter in an oven-proof skillet over medium heat. Fry chicken breasts in butter, three to four minutes per side.
4. Transfer chicken to an oven preheated to 400° F until cooked through for 30 mins.



### cider-roasted root vegetables}

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

#### ingredients

- 2 tablespoons butter\*, melted
- 2 carrots, scraped and chopped
- 3 parsnips, scraped and chopped
- 1 rutabaga, peeled and chopped\*\*\*\*
- 1/4 cup hard apple cider\*\*
- 2 tablespoons minced fresh parsley
- 1 tablespoon minced fresh dill

#### method

1. Preheat oven to 400° F.
2. Toss chopped vegetables with melted butter and arrange on a baking sheet, drizzle with hard cider and tent with parchment paper or foil and bake in an oven preheated to 400° F for 45 minutes, stirring half-way through.



### lightly wilted spinach salad}

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

#### ingredients

- 1 tbspc bacon fat\*\*\*
- 1 small red onion, peeled and grated
- 1 clove garlic, peeled and minced
- 1/4 cup apple cider vinegar
- 1 tbspc honey
- 3/4 pound spinach leaves, trimmed and chopped
- 3 hardboiled eggs, peeled and chopped

#### method

1. Heat bacon fat in a skillet over a medium flame. Stir in grated onion and minced garlic, frying until fragrant for about two minutes.
2. Whisk in vinegar and honey, continuing to cook for a further two minutes.
3. Arrange spinach in a serving bowl and toss it with warm vinaigrette, sprinkle with chopped hardboiled egg and serve immediately.

\***Don't do dairy?** Substitute coconut oil or olive oil for butter.

\*\***Don't do alcohol?** Substitute apple juice for apple cider.

\*\*\***Don't do pork?** Substitute olive oil for bacon fat.

\*\*\*\***On GAPS/SCD?** Substitute carrots for parsnips.

## menu #2} root vegetable & ground beef casserole, salad with cider-herb vinaigrette

scheduled for: \_\_\_\_\_

Casseroles can be so comforting, especially in winter where their warmth is much needed, but they often contain noodles, canned soups and other fillers that prevent them from being particularly healthy. In this casserole we pair ground beef with vegetables and serve it alongside a big salad.

**This meal takes about 45 mins:** 10 mins (active), 20 mins (stovetop), 25 mins (oven)



### make this meal}

**up to 1 week ahead:** Prepare cider-herb vinaigrette, store at room temperature.

**up to 3 days ahead:** Thaw ground beef, if frozen, in the refrigerator. Prepare vegetables according to recipe instructions, storing in airtight containers in the fridge until ready.

**up to 12 hrs ahead (if desired):** Prepare and assemble casserole, but do not bake.

**25 mins ahead:** Bake casserole.

**5 mins ahead:** Toss salad and serve.



### food for thought}

**Grass-fed beef** is rich in protein, is a good source of conjugated linoleic acid, and offers a favorable ratio of omega-3 fatty acids to omega-6 fatty acids.

**Honey** is a good source of food enzymes, contains manganese, selenium, iron, potassium and zinc, and offers a variety of B vitamins including riboflavin and vitamin B6.



### root vegetable & ground beef casserole}

**skill level:** easy | **serves:** 4+ leftovers | **time:** 5 mins (active), 20 mins (stovetop), 25 mins (oven)

#### ingredients

- 2 tbsps butter\*, divided
- 1 lb ground beef
- 2 yellow onions, peeled and shredded
- 2 carrots, scraped and shredded
- 3 ribs celery, minced
- 2 garnet yams,\*\* peeled and shredded
- 1 tsp unrefined sea salt
- 1/2 tsp ground black pepper
- 3 eggs, beaten
- 1/4 cup chopped fresh parsley
- 2 tbsps chopped fresh rosemary

#### method

1. Preheat oven to 375° F.
2. Melt one tablespoon butter over a moderate flame. When it froths, stir in ground beef and cook until thoroughly browned for about 10 minutes.
3. Remove meat from the pan and add remaining tablespoon of butter to the skillet. Fry vegetables in butter until crisp-tender and fragrant.
4. Toss meat and vegetables in a mixing bowl until well combined. Stir in sea salt, black pepper and beaten eggs. Transfer the mixture to a baking dish, top with chopped herbs and bake for twenty minutes in an oven preheated to 375°.

**NOTE:** The casserole can be assembled up to 12 hours in advance and left covered in the refrigerator until ready to bake.



### green salad with cider-herb vinaigrette}

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

#### ingredients

for the vinaigrette

- 2 tbsps apple cider vinegar
- 1 shallot, peeled and minced
- 1 tbsp chopped fresh parsley
- 1 tsp chopped fresh dill
- 1 tsp chopped fresh rosemary
- 1 tbsp honey
- 1/2 cup unrefined extra virgin olive oil

for the salad

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

#### method

1. Whisk cider vinegar, minced shallot, parsley, dill, rosemary and honey together in a mixing bowl until well-combined. Whisk in olive oil and transfer to a salad dressing cruet. The dressing will keep for at least a week at room temp.
2. Five minutes before serving dinner, toss salad greens together with red onion. Dress with cider-herb vinaigrette.

**\*Don't do dairy?** Substitute beef tallow, olive oil, pasture-raised lard or bacon fat.

**\*\*Don't do sweet potatoes or yams?** Substitute 1 small butternut squash, peeled, seeded and grated.

## menu #3} salmon croquettes, swiss chard with garlic, butternut squash fries

**S**almon croquettes are simple, easy and delicious. If you're on a tight budget, you can purchase canned wild-caught salmon for use in this recipe. We like to serve the croquettes over greens and with a serving of oven-fried butternut squash chips.

Consider serving croquettes with last week's ferment of the week—kimchi.

**This meal takes about 30 mins:** 10 mins (active), 20 mins (stovetop), 45 mins (oven)



### make this meal}

**up to 1 week ahead:** Prepare kefir for dressing.  
**up to 3 days ahead:** Thaw chicken in fridge.

Prepare vegetables according to recipe requirements and store in the fridge until ready to prepare dinner. Make kefir-herb dressing, use within five days.

**20 mins ahead:** Prepare almond flour chicken fingers. Prepare peas and carrots.

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



### food for thought}

**Wild-caught salmon** is rich in protein, an excellent source of B vitamins, and rich in omega-3 fatty acids (DHA and EPA).

**Coconut oil** is rich in lauric acid, a healthy fat thought to support the thyroid and immune system health.

**Butternut squash** is rich in beta carotene, a precursor to vitamin A.



### salmon croquettes}

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

#### ingredients

- 3/4 lb cooked salmon\*, flaked
- 2 eggs, beaten
- 3 ribs celery, finely chopped
- 4 scallions, finely chopped
- 1 tbsp chopped fresh dill
- 1 tsp paprika
- 1/2 tsp unrefined sea salt
- 1/2 cup whole grain sourdough bread crumbs\*\*
- coconut oil (about 3/4 cup), for frying

#### method

1. Toss all ingredients into a food processor and pulse until they form a uniform mixture. Transfer to a mixing bowl and form into patties (about 1/4 cup each) by hand.
2. Heat coconut oil in a skillet over medium-high heat and, working in batches, fry the croquettes about two minutes on each side. Drain on a plate lined with a paper towel.



### swiss chard with garlic and coconut oil}

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

#### ingredients

- 1 tbsp coconut oil
- 2 garlic cloves, peeled and chopped
- 2 bunches Swiss chard, trimmed, chopped

scheduled for: \_\_\_\_\_

#### method

1. Melt coconut oil in a skillet over medium heat, stir in garlic and fry for about two minutes. Stir in Swiss chard and continue frying until the chard is barely wilted for three to five minutes.



### oven-baked butternut squash fries}

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

#### ingredients

- 1 butternut squash, peeled, halved, seeded
- 1 tbsp coconut oil, melted

#### method

1. Preheat oven to 425° F.
2. Slice peeled and seeded butternut squash into sticks about 1/4-inch thick and 2 inches long. Toss with melted coconut oil to coat and arrange on a baking sheet.
3. Bake at 425° Fahrenheit for 45 minutes, turning as needed, until fries are crispy around the edges.
4. Remove from oven and toss with lemon juice.

**\*Want to save money?** Substitute canned wild-caught salmon for fresh in this recipe.

**\*\*Don't do grains?** Substitute almond flour for bread crumbs.

## bonus recipes} pumpkin chili, brine-pickled red onions, tutti frutti ice cream

scheduled for: \_\_\_\_\_

**P**umpkin chili offers a delicious and unusual take on more classic red chilis. Garnish it with chopped cilantro, chopped red onion or even our ferment of the week (brine-pickled red onions).



### make this meal}

**up to 1 week ahead:** Make beef stock for soup. Make fresh whey for pickled onions.



### pumpkin chili}

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

#### ingredients

- 2 tbsps butter\*
- 1 small yellow onion, peeled and chopped
- 2 jalapeños, seeded and finely chopped
- 2 cloves garlic, peeled and finely chopped
- 1 pound ground beef
- 2 cups tomatoes (fresh or canned), peeled and diced
- puree of 1 pumpkin (about 2 cups)
- 2 cups beef stock
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- chopped cilantro, to serve
- chopped red onion, to serve

#### method

1. Melt butter in a heavy-bottomed stock pot over medium heat. Stir in yellow onion, jalapenos and garlic, frying for about two minutes. Stir in ground beef and cook until well-browned, about 10 minutes. Stir in tomatoes, pumpkin puree, beef stock, chili powder, cumin and salt. Simmer, covered, for 30 minutes.

2. Garnish with cilantro and chopped red onion.



### brine-pickled red onions}

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

#### ingredients

- 2 lbs red onions, peeled and sliced into 8 wedges each
- 3 cinnamon sticks
- 1 1-inch knob peeled ginger, peeled and sliced into matchsticks
- 1 tbsp whole cloves
- 1 tbsp juniper berries, optional
- 1 tsp whole black peppercorns
- 1 tbsp unrefined sea salt
- 1/4 cup fresh whey\*

#### method

1. Arrange sliced onion, cinnamon sticks, ginger, whole cloves, juniper berries (if using) and whole black peppercorns into a mason jar or vegetable fermenter.
2. In a mixing bowl, whisk together sea salt, and fresh whey with one cup filtered water until the salt is thoroughly dissolved. Pour over onions and spices, taking care that the liquid submerges the onions and that the liquid is at least one-inch below the lip of the jar.
3. Ferment at room temperature for three to five days, or until done to your liking, before transferring to cold storage

**Wondering how to serve this?** Serve it in small amounts (2 tbsps to 1/4 cup) as an accompaniment to chilies like this week's pumpkin chili, with tacos or over grilled and roasted.



### tutti frutti ice cream}

**skill level:** easy | **yield:** about 1 1/2 qts | **time:** 5 mins (active), freeze time depends on ice cream maker

#### ingredients

- 2 cups heavy cream\*
- 2 cups whole milk\*
- 4 egg yolks, beaten
- 1 tsp vanilla extract
- 1/2 cup honey
- 1/2 cup chopped pineapple
- 1/4 cup mandarin orange segments
- 1/4 cup pitted sweet cherries

#### method

1. Whisk cream and milk together with egg yolks, vanilla and honey. Transfer to an ice cream maker. Stir in fruit and freeze according to your ice cream maker's manufacturer's instructions.

**NOTE:** I typically use fresh or frozen fruit (depending on the season) when preparing this ice cream. Canned will do, however.

**\*Don't do dairy?** Substitute olive oil, beef tallow or bacon fat for butter. Substitute 1 package vegetable starter culture dissolved in 1/4 cup water OR 1/4 cup brine of previously fermented vegetable for fresh whey. Substitute coconut milk for heavy cream and whole milk.

## supplemental recipes} fresh whey / yogurt cheese, pumpkin puree, beef stock



### 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.



### homemade pumpkin puree}

skill level: easy

#### ingredients

- 1 medium pumpkin, split and seeded
- 1 tbsp coconut oil

#### method

1. Preheat the oven to 400° F.
2. Oil the skin of the pumpkin and place it flesh-side down on a baking dish. Add about 1/4-cup filtered water to the baking dish and roast for 45 minutes to one hour in an oven preheated to 400° F.
3. When it can be easily pierced by a fork, remove it from the oven and allow it to cool.
4. Once comfortable enough to handle, spoon out the pumpkin flesh, transfer it to a food processor and process until smooth.



### homemade beef stock}

skill level: easy

#### ingredients

- 3 to 5 lbs beef soup bones
- vegetable scraps, as needed
- 2 tbsps cider vinegar
- 2 to 3 bay leaves

#### method

1. Rinse and clean the bones under clean water. Pat them dry. Roast the bones at 400° F for about an hour until the bones are well-browned and fragrant.
2. Once the bones are browned, drain off any fat. Add the bones to a big pot along with any vegetable scraps you might have. Add filtered water to cover and bring to a boil. Once you've brought the water to a boil, add the vinegar and bay leaves.
3. Turn down the heat and continue to simmer for at least 6 and up to 24 hours, adding water as necessary.
4. Throughout the cooking process, skim off any foam and add water as needed.
5. When the stock is finished simmering, filter through a fine mesh seive and bottle in mason jars. The stock should set just like gelatin, and the fat should rise to the top.
6. Pick off the fat and reserve it for cooking, then scoop out the gelled stock and reheat to serve as soup.
7. Allow the yogurt to strain for 12 to 24 hours.
8. Reserve the whey for fermentation.

### Got Questions?

If you have a specific question about the recipes contained in the meal plan, email [support@nourishedkitchen.com](mailto:support@nourishedkitchen.com).

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