

Weekly Menu Plan #221

For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. —Ephesians 2:8-10

God's grace is different from the transactions we take part in on a daily basis. We live in a world where everything is done on a give-get basis. Perhaps this is why it is so foreign to us to accept divine grace. We had much rather earn that grace than to accept it freely. If we earn grace, it would make us feel as though we deserved it. And then it wouldn't be grace at all.

When we begin counting up what we do for God and keeping a score of how well we're doing, we're complicating our lives to the utmost. Who says how many "grace points" a good deed earns? And who makes the rules about how much grace your good behavior stacks up against your sin? God really does make it simple for us, and He wants us to live in this simple, Jesus-like way. The first key to living like this is to realize that it is God who does all the work and offers all of the grace.

John 1:12-13 tells us that God willed us to be saved, and it was His own blood that He used to save us.

Ephesians 1:3-8 says that God decided to bless us with salvation before He created the universe, and that He did this as an act of His will and did it with pleasure.

Ephesians 2:8-9 reminds us that it is by grace we are saved, that we didn't have any part in it, and that we are saved to do good works that God had planned for us before we were even born!

Titus 3:4-7 shows us that it isn't because we have done anything good that God has saved us, we are saved because of what Jesus has done, and we are given the Holy Spirit to help us live like Jesus lived.

Saving is all God's idea. Since salvation is free and you can't earn it, your role in this is to be obedient and accepting of what God is doing in your life. Its the first step to a simple life.

— shared by Sylvia Britton from ***The Christian Homekeeper***

Hello! Pizza, salad and sandwiches satisfy at dinnertime this week, while cinnamon rolls are a breakfast indulgence. And pickled salmon — that should pique your interest! Enjoy!
—Wardeh

How to Use this Menu Plan

- ▶ **Choose when you'll serve each meal.** Choose the days that fit your schedule. Write the day down on the page for the meal, or go a little further and use the week's calendar at the back of this document.
- ▶ **Review the preparations that are needed for each recipe.** Each meal details the necessary preparations. Write them on the calendar.
- ▶ **Go shopping (or pantry diving) for the ingredients listed at the end of this planner.** Use the number(s) next to each ingredient to let you know which dish requires it. Make tweaks or substitutions as needed.
- ▶ **Sit back and enjoy the simplicity that a little planning offers to your meal preparation!** Be sure to let us know how we can't improve this service.
- ▶ **Use these recipes in future week's menu plans.** Each dinner or dish is given its own page. We suggest keeping a menu plan binder, and swapping pages around as needed to fill your menus. Use recipes from past or previous plans with ease.

Please do not share our weekly menu plans with others. Instead, invite them to download a free sample at: TraditionalCookingSchool.com/weekly-menus.

Dinners

- ▶ Deep-Dish Taco Pizza
- ▶ Chicken, Feta and Pistachio Salad with Sourdough Biscuits
- ▶ Roast Beef Sandwiches with Kale Chips

Breakfast

- ▶ Cinnamon Rolls

Lacto-Ferment

- ▶ Pickled Salmon

Dessert

- ▶ Sprouted Spelt Raisin Cupcakes

Dinner 1: Deep Dish Taco Pizza

The days before

- ▶ Make sour cream (see supplemental recipe #1).

The day before (PM)

- ▶ Soak beans (see recipe).

The day of (AM)

- ▶ Cook beans and refrigerate until ready to use (see recipe).
- ▶ Soak cornbread-crust dough (see recipe).

The day of (1 hour before dinner)

- ▶ Make pizza (see recipe).

Deep-Dish Taco Pizza

- ▶ 1 cup dried black beans
- ▶ 3 cups filtered water, plus more for cooking beans
- ▶ 1 tablespoon raw apple cider vinegar
- ▶ 1 cup organic cornmeal
- ▶ 1 cup whole wheat flour
- ▶ 1 cup yogurt, buttermilk or kefir
- ▶ 2 pastured eggs, slightly beaten
- ▶ 1/4 cup butter or coconut oil (melted but not hot)
- ▶ 1/2 teaspoon sea salt
- ▶ 1/2 teaspoon baking soda
- ▶ 1 tablespoon lard or coconut oil, plus more for greasing baking dish
- ▶ 1/2 pound ground beef
- ▶ 1 small onion, diced small
- ▶ 2 cups diced tomatoes — OR — 1 15-ounce can diced tomatoes
- ▶ 1/2-pound kale, stemmed and chopped fine
- ▶ 2 cloves garlic, minced or pressed
- ▶ 2 teaspoons chili powder
- ▶ 1 teaspoon cumin
- ▶ 1 teaspoon sea salt

Day of Week: _____

- ▶ 1 cup shredded cheese
- ▶ sour cream, for garnish (supplemental recipe #1)

Serves 6. Adapted from The Pampered Chef, [Its Good For You](#).

The night before, in a saucepan, soak dried beans in 3 cups of filtered water and 1 tablespoon of raw apple cider vinegar. Bring just to a simmer, turn the heat off, cover and allow to soak until morning.

In the morning, combine cornmeal, flour, and buttermilk or kefir in a bowl until you have a ball of dough. Make sure all of the grain is incorporated and wet. Cover and soak in a warm place until evening. Drain and rinse the soaked beans. Return them to the soaking pot, and cover them with twice the water as the volume of swollen beans. Bring them to a boil, and gently simmer until cooked through, about 90 minutes. Drain the beans and refrigerate until ready to use.

In the evening, preheat oven to 400 degrees Fahrenheit. Grease a 12-inch cast-iron skillet or a 9-inch-by-13-inch baking dish and set aside. In a skillet, melt the 1 tablespoon lard or coconut oil over medium heat. Add the ground beef and onions, and cook until the meat is no longer pink, about 10 minutes. While the meat is cooking, break up soured cornbread dough with a wooden spoon or your hands. Add the slightly beaten eggs, 1/4 cup melted butter or coconut oil, salt and baking soda. Stir until you have a thick dough, breaking up any lumps you find. (Use an electric mixer if you like, but do not over-mix.) Spread the thick batter evenly in the bottom of your greased baking skillet or dish. Back in the skillet, when the meat is cooked through, add the tomatoes, kale, reserved beans, garlic, chili powder, cumin and sea salt. Stir to combine and simmer for 10 minutes to allow the kale to cook. Gently spoon the meat mixture over the cornbread dough, and spread it out evenly, leaving 1/2-inch of dough visible around the edge. Bake 20 to 25 minutes, or until crust is set. Spread shredded cheese on top, and return to oven for 3 to 4 minutes to allow it to melt. Cut into squares or wedges, and serve topped with sour cream.

Dinner 2: Chicken, Feta and Pistachio Salad with Sourdough Biscuits

Day of Week: _____

The day before (PM) or the day of (AM)

- ▶ Feed sourdough starter so you'll have 1/2 cup in the morning.
- ▶ Cook crockpot chicken (see supplemental recipe #2).

The day of (AM)

- ▶ Combine ingredients for sourdough biscuits and set aside to sour (see supplemental recipe #3).

The day of (1-1/2 hours before dinner)

- ▶ Debone chicken (if not already done) and toss with spices (see recipe).
- ▶ Finish and bake biscuits (see supplemental recipe #3).
- ▶ Make salad (see recipe).

even refrigerate — until ready to complete the salad. In a medium skillet, toast pistachios over medium heat, stirring frequently, until fragrant and golden, about 7 minutes. Transfer to a plate; let cool. In a large bowl, whisk together 1/4 cup oil and vinegar; season with sea salt and pepper, and set dressing aside. Add pistachios, lettuce, parsley and scallions to bowl with dressing and stir to combine. Divide among serving bowls; top with chicken, feta and oranges. Serve with sourdough biscuits (supplemental recipe #3) and plenty of butter.

Chicken, Feta and Pistachio Salad

- ▶ 1/3 to 1/2 of meat from crockpot chicken, cut into bite-size pieces (supplemental recipe #2)
- ▶ 1 head romaine lettuce, coarsely chopped
- ▶ 1/2 cup shelled unsalted pistachios
- ▶ 1/4 cup + 1 tablespoon extra-virgin olive oil
- ▶ 1/4 cup white-wine vinegar
- ▶ 1/2 packed fresh parsley
- ▶ 1 bunch scallions, thinly sliced
- ▶ 4 ounces feta, crumbled
- ▶ 2 navel oranges (peel and white pith removed), halved and thinly sliced
- ▶ 1 teaspoon ground coriander
- ▶ sea salt and pepper to taste

Serves 4. Adapted from Everyday Food magazine, December 2008.

While chicken is warm from crockpot, toss with ground coriander and additional sea salt and pepper. Set aside —

Dinner 3: Roast Beef Sandwiches with Kale Chips

The days before

- ▶ Cook pot roast (see recipe).
- ▶ Make lacto-fermented mayonnaise (see supplemental recipe #4).

The day before (PM)

- ▶ Feed sourdough starter so you'll have 1 cup in the morning.

The day before (AM)

- ▶ Start English muffins souring (see supplemental recipe #5).

The day of (about 1 hours before dinner)

- ▶ Finish and cook English muffins (see supplemental recipe #5).
- ▶ Bake kale chips (see recipe).
- ▶ Assemble sandwiches (see recipe).

Pot Roast with Roasted Vegetables

- ▶ 4-pound grass-fed beef chuck roast
- ▶ sea salt and pepper
- ▶ 4 tablespoons butter
- ▶ 1 large onion, diced
- ▶ 3 cloves garlic, crushed
- ▶ 3 tablespoons fresh, chopped parsley (or 1 tablespoon dried)
- ▶ 1 cup beef stock
- ▶ 1 28-ounce can diced tomatoes or 2 cups diced ripe tomatoes
- ▶ 1 pound potatoes, diced (if large) or halved/quartered (if small)
- ▶ 6 medium carrots, cut into 1-inch slices
- ▶ 3 stalks celery, cut into 1-inch pieces
- ▶ 2 cups pearl onions, peeled and trimmed (or an additional large onion, cut into 2-inch chunks)

4 of 11

Day of Week: _____

Serves 8.

Preheat oven to 350 degrees Fahrenheit. In a large Dutch oven, melt butter over medium-high heat. Add roast and brown thoroughly on all sides. Remove beef from pot and set aside. Add diced onion and garlic to pot and cook until softened, about 5 minutes. Add parsley and stock. Scrape pot until all the browned bits come clean. Add tomatoes. Season all to taste with salt and pepper. Add beef to pot. Cover. Transfer to oven. Bake for 3 hours or until beef is tender. Remove from oven and add potatoes, carrots, celery and pearl onions to the pot. Return to oven to bake vegetables until tender, about 1 hour.

Roast Beef Sandwiches

- ▶ English muffins (supplemental recipe #5)
- ▶ lacto-fermented mayonnaise (supplemental recipe #4)
- ▶ leftover beef roast (previous recipe)
- ▶ sliced cheese
- ▶ sliced cucumber, tomato, onion, etc.

Servings vary.

Cut English muffins in half. Toast, if desired. Spread each half with mayonnaise. Top one half of each set with pulled-apart beef roast, cheese and sliced vegetables. Put other half muffin on top. Serve with kale chips.

Kale Chips

- ▶ 1 bunch fresh kale, washed and dried
- ▶ extra-virgin olive oil
- ▶ sea salt
- ▶ granulated or powdered garlic

Preheat oven to 350 degrees Fahrenheit. Tear kale into 3- to 4-inch pieces, tearing off stems and keeping stems for some other purpose (like a stir-fry or soup). Toss kale pieces with extra-virgin olive oil, salt and garlic. Spread on a single layer on a baking sheet. Bake for 10 to 15 minutes, or until crunchy. Cool. If not eaten right away, store in an air-tight container.

Breakfast: Cinnamon Rolls

The day before (AM)

- ▶ Feed sourdough starter so you'll have 1/4 cup in the evening.

The day of (PM)

- ▶ Start dough souring (see recipe).

The day of (about 1-1/2 hours before breakfast)

- ▶ Make cinnamon rolls (see recipe).

Cinnamon Rolls

The Dough

- ▶ 1/2 cup sourdough starter, fed within 12 hours prior
- ▶ 1 cup milk
- ▶ 1/4 cup Rapadura or Sucanat
- ▶ 1/4 cup melted butter (not too hot)
- ▶ 1 teaspoon vanilla
- ▶ 2 to 3 cups whole wheat flour
- ▶ 1 teaspoon sea salt
- ▶ 1 teaspoon baking soda
- ▶ 1 teaspoon baking powder

The Filling

- ▶ 1/4 cup butter
- ▶ 1 to 2 tablespoons cinnamon
- ▶ 1/4 to 1/2 cup Rapadura or Sucanat (or maple syrup)

The Glaze

- ▶ 1/4 to 1/2 cup butter or coconut oil
- ▶ 1/4 to 1/2 cup Rapadura or Sucanat (or maple syrup)

Yields about 12 rolls. Recipe shared by [Erin Vander Lugt](#).

In a medium size bowl, mix until incorporated 1/2 cup sourdough starter and 1 cup milk. Add to that 1/4 cup Rapadura, 1/4 cup melted butter and 1 teaspoon vanilla. Stir well. Begin by adding 2 cups of whole wheat flour. Stir to combine. Add flour by the 1/4 cup and eventually by

Day of Week: _____

the tablespoon until you have a dough that is not wet and a little firm. Cover the bowl and set it aside to sour for about 8 hours at room temperature.

Preheat oven to 375 degrees Fahrenheit and place an oven rack in the middle of your oven. Add 1/4 cup to 1/2 cup of butter or coconut oil to 9-inch-by-13-inch baking dish. Pop it in the oven. Take it out once the oil has melted and add to it an equal amount of Sucanat or maple syrup. Set this aside. While oven is preheating, prepare the dough. Sprinkle 1 teaspoon sea salt, 1 teaspoon baking soda and 1 teaspoon baking powder onto the dough. Use a wooden spoon to push in the added ingredients. Remove the dough to a clean countertop. Knead for 3 or 4 minutes, concentrating primarily on incorporating the dry ingredients.

Place the dough ball onto a clean rolling surface. Roll out to a rectangle about 1/4-inch thick. Not too thin to prevent tearing! Not too thick or your rolls will be breadly. Spread dough with softened butter or coconut oil. Sprinkle with cinnamon to your liking, dried fruit or nuts if you prefer, and 1/4 cup of Sucanat or maple syrup. Carefully roll it up, as tightly as you can. Use a serrated knife to cut the log into about 12 rolls (or to your desired size/number).

Transfer rolls to the prepared baking dish, so they're touching but not crammed. Place the pan onto the middle rack of the preheated oven. Bake for 25 to 30 minutes, checking on them after 15 or 20 minutes just to make sure they aren't already done. Once the cinnamon rolls are finished, flip them onto a large plate or platter. The sooner you flip, the better, to make sure that delicious goo sticks to the rolls not the pan! Serve immediately. Refrigerate left overs, and warm left overs before serving for a fresh out of the oven experience. Enjoy!

Lacto-Ferment: Pickled Salmon

Day of Week: _____

Two days before

- ▶ Strain plain yogurt or kefir through cheesecloth to gather whey.

The day before

- ▶ Assemble pickled salmon and let ferment (see recipe).

The day of

- ▶ Transfer to refrigerator.

Pickled Salmon

- ▶ 1 pound salmon, boneless and skinless, cut into 1/2-inch pieces
- ▶ 1 cup water
- ▶ 2 tablespoons whey
- ▶ 1 tablespoon raw honey
- ▶ 1/2 tablespoons sea salt
- ▶ 1 to 2 small onions, coarsely chopped
- ▶ 1 lemon, scrubbed, thinly sliced
- ▶ 1 tablespoon mustard seeds
- ▶ 1/2 to 1 teaspoon black pepper
- ▶ 2 bay leaves
- ▶ 1 tablespoon dried dill

Yields 1 quart. Adapted from Nourishing Traditions.

Combine water, honey and salt until salt dissolves. Add lemon, onions, seasonings and salmon. Transfer to clean, quart size jar to not higher than 1" below rim. Add more water to submerge ingredients if necessary. Cap tightly. Leave out at room temperature for about a day. Transfer to refrigerator. Keeps for a few weeks.

Makes a great appetizer with crackers, other pickled or sliced veggies, and cheese.

Dessert:
Sprouted Spelt Raisin Cupcakes

Day of Week: _____

Three days before (AM)

- ▶ Soak spelt berries.

Three days before (PM)

- ▶ Drain and rinse berries (continue to rinse twice daily until sprouts appear).

The day before (AM or PM)

- ▶ Spread sprouted berries onto dehydrator trays and dry (at about 105 degrees) all day or overnight.

The day of (AM or PM)

- ▶ Grind dehydrated grain into flour.
- ▶ Prepare and bake cupcakes (see recipe).

incorporated. Finally, add raisins and vanilla, and stir together. Spoon batter into prepared muffin tin. Bake at 350 degrees for 20 to 25 minutes, or until a toothpick inserted into a cupcake comes out clean.

Sprouted Spelt Raisin Cupcakes

- ▶ 1 cup raisins
- ▶ 2 cups water
- ▶ 1/2 cup butter
- ▶ 1/2 cup sweetener (Sucanat, Rapadura or evaporated cane juice)
- ▶ 1 egg
- ▶ 1-1/2 cups sprouted spelt flour
- ▶ 1 teaspoon baking soda
- ▶ 1/2 teaspoon salt
- ▶ 1 teaspoon vanilla

Yields 1 dozen.

Preheat oven to 350 degrees. Grease a muffin tin or line it with paper baking cups and set it aside. In a small saucepan, bring raisins and water to a boil. Reduce heat and simmer for 20 minutes. Drain raisins, reserving both fruit and 1/2 cup of cooking liquid, and allow to cool for a few minutes. Meanwhile, in a mixing bowl, cream butter and add sugar. Mix well. Add egg and mix again. In a separate bowl, sift together flour, baking soda and salt. Alternate adding dry ingredients and raisin water to the butter mixture in several batches until everything is

Supplemental Recipe 1: Sour Cream

- ▶ 2 tablespoons store-bought sour cream with active cultures — OR — 1/8 teaspoon mesophilic culture
- ▶ 2 cups heavy cream

Yields about 2 cups.

Combine the cream with the sour cream in a pint-size glass jar. Mix well. Cover the jar with a paper towel or cloth napkin and secure with a rubber band. Culture at room temperature for 12 to 24 hours. The sour cream is done when it is set to a consistency you like. Then cover with a regular lid and transfer to the refrigerator for at least 6 hours. For probiotic benefits, don't cook! Drizzle on baked potatoes, soups, eggs, rice, chicken, etc.

Use for dinner #1.

Supplemental Recipe 2: Crockpot Chicken

- ▶ 1 pastured, free-range, or organic chicken, 4 to 6 pounds
- ▶ 2 to 4 cups pure water

Rinse the chicken. Reserve the neck and organs for stock. Put the chicken breast side down in the crockpot. Add water. This water will self-baste the breast of the chicken during cooking, especially helpful for heritage breed chickens that may be more tough.

Cover the crockpot. Turn to low and allow the chicken to cook for 6 to 8 hours. Cooking time depends on your crockpot's heat output. In general, newer crockpots tend to run hotter than old crockpots. Optionally, turn the crockpot on high for the first hour of cooking, then turn down to low. This can be helpful if using an older, less hot crockpot. An older crockpot may require 10 to 12 hours of cooking time.

The chicken is done when the meat falls off the bone easily. It is very easy to see this if the breast side is up (see picture, right), as the thighs will be splitting away. When the breast side is down, you can check for this manually by easing the thigh away from the body and checking for moist, tender, fall-apart meat.

Transfer the chicken to a bowl, using two kitchen utensils as a platform, such as big spoons or spatulas. Cover lightly and let cool for a half-hour to 1 hour. Leave the cover to the crockpot partially off to let the drippings cool.

When the chicken is cool enough to handle, remove all the meat from the bones, storing it in an airtight refrigerator container, or putting aside to freeze for future meals.

Save the bones for stock. When the drippings are cool, pour into a glass jar and store in the refrigerator. Combine with the finished stock you are going to make, or use for making gravy or cooking grains or other soups and stews. If not using right away, store in the freezer for several months.

When cooled, the fat on the drippings may be skimmed off for sauteing purposes, or spread on toast. You may also keep it with the drippings for gravies, cooking grains or soups.

Use for dinner #2.

Supplemental Recipe 3: Sourdough Biscuits

- ▶ 6 tablespoons cool butter or solid coconut oil
- ▶ 2-1/2 cups whole wheat pastry flour or 2-3/4 cups spelt flour (cannot be warm from grinding)
- ▶ 1/2 cup sourdough starter
- ▶ 3/4 cup+ milk or water
- ▶ 3/4 teaspoon sea salt
- ▶ 1-1/2 teaspoons baking powder
- ▶ 1/2 teaspoon baking soda

**The starter should have been fed within the previous 12 hours. There is no need to use starter at its bubbly, active state.*

Yields 12 to 15 biscuits.

Cut fat into flour. Mix with starter and milk to a dough that is just wet enough to hold together. Cover. Sour for 8 to 12 hours at room temperature. Preheat oven to 450 degrees Fahrenheit. Sprinkle on leavenings and fold over repeatedly to incorporate, without overmixing. Flour a cutting surface. Roll dough out to a 3/4-inch-thick rectangle. Cut into squares. Put on baking trays. Bake for 8 minutes, or until golden brown. Serve with butter.

Use for dinner #2).

Supplemental Recipe 4: Lacto-Fermented Mayonnaise

- ▶ 3 egg yolks
- ▶ 1 teaspoon Dijon mustard
- ▶ 1-1/2 tablespoons raw apple cider vinegar
- ▶ 1 tablespoon whey
- ▶ 1 cup extra-virgin olive oil
- ▶ sea salt, to taste (about 8 pinches for me)

Yields about 2 cups.

All ingredients must be room temperature. Combine egg yolks, mustard, vinegar, whey and salt in a food processor bowl. Blend well, about 30 seconds. With the food processor running, add the olive oil in as slow a drizzle as possible. It will emulsify into mayonnaise. Adjust salt to taste. Leave out in an airtight container at room temperature for 7 hours. Then refrigerate.

Use for dinner #3.

Supplemental Recipe 5: Sourdough English Muffins

- ▶ 1 cup sourdough starter (thick or thin)
- ▶ 2 cups liquid (water*, milk, fermented dairy, coconut milk)
- ▶ 4 cups+ flour (your choice)
- ▶ 2 tablespoons raw honey (or any other sweetener)
- ▶ 1-1/2 to 2 teaspoons sea salt
- ▶ 2 teaspoons baking soda
- ▶ about 2 tablespoons extra-virgin olive oil

Yield: about 16 English muffins. Recipe from Erin Vander Lugt, Sourdough eCourse.

Place sourdough starter (thick or thin) into a medium-size bowl. Pour onto that the 2 cups of liquid. Stir to combine. Add 4 cups of flour to the mixture and stir well. Cover and let dough sit overnight, even up to 24 hours.

On top of the soaked dough, sprinkle sea salt, baking soda and honey. Use a wooden spoon to push/cut/stir in the newly added ingredients. Pour olive oil onto clean counter and spread it around. Dump out dough onto the oiled spot

and knead for 2 to 3 minutes to further incorporate sea salt, baking soda and honey.

Separate dough into 16 equal portions. With oiled hands, pick up a portion and gently shape it into a muffin that's about 1 finger thick and 2 1/2 inches wide. Place muffins on a lightly floured or greased sheet of wax paper or parchment paper. Cover with a dish towel and let rest for 45 minutes to 1 hour (resting is optional).

About 5 minutes before you want to cook the muffins, set your (dry or greased) griddle or skillet heat to medium. Carefully transfer the muffins onto the heat source. Cook the muffins for about five minutes on each side, flipping carefully and checking every now and again to make sure the bottoms are not getting too brown.

Use for dinner #3.

Shopping List

Key: D1 = Dinner 1, D2 = Dinner 2, D3 = Dinner 3, B = Breakfast, LF = Lacto-Ferment, DS = Dessert, S1 = Supplemental Recipe 1, S2 = Supplemental Recipe 2, S3 = Supplemental Recipe 3, S4 = Supplemental Recipe 4, S5 = Supplemental Recipe 5.

Produce

- ▶ 4 to 5 white or yellow onions (D1, D3, LF)
- ▶ 4 cups diced tomatoes (D1, D3)
- ▶ 2 bunches kale (D1, D3)
- ▶ 5 garlic cloves (D1, D3)
- ▶ 1 head romaine lettuce (D2)
- ▶ 1/2 packed + 3 tablespoons fresh parsley (D2, D3)
- ▶ 1 bunch scallions (D2)
- ▶ 2 navel oranges (D2)
- ▶ 1 pound potatoes (D3)
- ▶ 6 medium carrots and 1 bunch celery (D3)
- ▶ 2 cups pearl onions (D3)
- ▶ 1 cucumber (D3)
- ▶ 2 tomatoes (D3)
- ▶ 1 lemon (LF)

Canned and Pantry

- ▶ 2-1/2 tablespoons apple cider vinegar (D1, S4)
- ▶ 1/4 cup coconut oil (D1)
- ▶ 1 15-ounce can diced tomatoes (D1)
- ▶ 1/4 cup + 3 tablespoon extra-virgin olive oil (D2, S5)
- ▶ 1/4 cup white-wine vinegar (D2)
- ▶ 1 28-ounce can diced tomatoes (D3)
- ▶ 1-1/4 to 2 cups Rapadura or Sucanat (B, DS)

Meat

- ▶ 1/2 pound ground beef (D1)
- ▶ 4-pound grass-fed beef chuck roast (D3)
- ▶ 1 pound salmon, boneless and skinless (LF)
- ▶ 1 pastured, free-range, or organic chicken, 4 to 6 pounds (S2)

Dried Fruit and Nuts

- ▶ 1/2 cup shelled unsalted pistachios (D2)
- ▶ 1 cup raisins (DS)

Whole Grains and Beans

- ▶ 1 cup dried black beans (D1)
- ▶ 1 cup organic cornmeal (D1)
- ▶ 3 to 4 cups whole wheat flour (D1, B)
- ▶ 1-1/2 cups sprouted spelt flour (DS)
- ▶ 2-1/2 cups whole wheat pastry flour or 2-3/4 cups spelt flour (S3)
- ▶ 4 cups+ flour (your choice) (S5)

Dairy, Refrigerator, and Freezer

- ▶ 1 cup yogurt, buttermilk or kefir (D1)
- ▶ 6 pastured eggs (D1, DS, S4)
- ▶ 1-3/4 cup + 10 tablespoons butter (D1, D3, B, DS, S3)
- ▶ 1 cup shredded cheese (D1)
- ▶ 4 ounces feta (D2)
- ▶ 1 cup beef stock (D3)
- ▶ 6 slices cheese (D3)
- ▶ 3-3/4 cups milk (B, S3, S5)
- ▶ 3 tablespoons whey (LF, S4)
- ▶ 2 tablespoons store-bought sour cream with active cultures — OR — 1/8 teaspoon mesophilic culture (S1)
- ▶ 2 cups heavy cream (S1)

Spices and Baking Staples

Keep usable quantities on hand: sourdough starter, whole grain flour (for feeding starter), sea salt, ground pepper and peppercorns, baking powder, baking soda, cardamom, cream of tartar, celery seed, celery salt, cinnamon, nutmeg, cloves, anise, allspice, ginger, coriander, cumin, paprika, thyme, oregano, summer savory, marjoram, mustard powder, mustard seed, onion powder, garlic powder, dill, parsley, chives, basil, sage, fenugreek, fennel, bay leaves, cayenne pepper, curry powder, tarragon, red pepper flakes, raw apple cider vinegar, balsamic vinegar, vanilla extract, peppermint extract, raw honey or maple syrup, stevia, cocoa powder, arrowroot powder, coconut oil, extra-virgin olive oil.

Week of: _____

Meal/Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Prep							
Breakfast							
Lunch							
Dinner							
PM Prep							