

Food Stamp Challenge at NourishedKitchen.com

Grocery List:

- 2 Crowns of Organic Broccoli
- 10 lbs Conventional Potatoes
- 5 lbs Organic Carrots
- 2 Dozen Omega-3 Eggs
- 2.26 lbs Steel Cut Oats
- 1 Quart Stonyfield Farms Organic Plain Creamtop Yogurt
- Redbird Fryer Chicken
- 3 lbs Clementines
- 2 Heads Organic Frisée
- 1 lb Pearl Barley
- 1.69 lbs Yellow Onions
- 3 lbs Organic, Local Jonagold Apples
- 3 bunches Beets with Greens
- 4.45 lbs Bananas
- 1 lb Pecans
- 1 lb Butter
- 1 head Cabbage
- 1 Frozen, Wild-caught Side of Coho Salmon
- 1 lb Coleman's Natural Bacon
- 1 lb Frozen Mussels
- 1 Small Jar Bear, Unfiltered, Local Honey
- 5 lbs Whole Wheat Flour
- 1 Cantaloupe
- 6 oz. Unrefined Himalayan Sea Salt
- Ground Black Pepper
- Extra Virgin Olive Oil

Food Stamp Challenge at NourishedKitchen.com

Meal Plan

Sunday:

B: Bacon, Eggs, Beet Greens, Cantaloupe

S: Carrot Sticks, Pecans

L: Frisee Salad, Bacon, Apples

S: Clementine

D: Out – Farmers Market Meeting

Monday:

B: Steel Cut Oats, Banana, Yogurt

S: Apple

L: Bacon, Pecans, Frisee Salad with Clementines

S: Carrot Sticks

D: Roast Chicken, Steamed Broccoli, Steamed Carrots and Roasted Beets

Tuesday:

B: Cantaloupe, Yogurt, Pecans

S: Carrot Sticks

L: Poached Salmon, Frisee, Apples

S: Pecans, Banana

D: OUT at a Friend's Home

Wednesday:

B: Steel Cut Oats, Bananas, Yogurt, Pecans

S: Cantaloupe

L: Chicken Sandwiches, Carrot Sticks

S: Bananas

D: Mussels in Broth with Carrots and Onions, Roasted Beet & Frisee Salad with Pecans, Steamed Broccoli

Thursday:

B: Steel Cut Oats, Bananas, Yogurt, Pecans

S: Clementines

L: Chef's Salad, Bacon, Carrots and Apples

S: Bananas, Pecans

D: Chicken and Vegetable Soup with Barley, Beet Salad, Clementines

Friday:

B: Steel Cut Oats, Yogurt, Bananas, Pecans

S: Clementines

L: Chicken Vegetable Soup, Beet Salad, Apples

D: Roasted Potatoes, Beets with Citrus Sauce, Roast Chicken Tenders with Caramelized Onions, Baked Apples

Saturday:

B: Toast with Butter, Sauteed Bananas

S: Pecans, Apples

L: Chicken Vegetable Soup, Carrot Sticks,

D: Steamed Broccoli, Roasted Beets, Baked Salmon, Pommes Ana

Food Stamp Challenge at NourishedKitchen.com

To Do List:

Sunday:

1. Prepare all fruits and vegetables by chopping, peeling, slicing and storing. Remember to save the peelings from your onions and carrots for use in the stock pot.
2. Cook bacon to render its fat and store.
3. Acquire a sourdough starter (for free at bakeries, farmers markets, through a friend or online at the Nourished Kitchen's Starters and Cultures Swap: <http://nourishedkitchen.com/share-starters-cultures/>).
4. Feed the sourdough starter.
5. Soak oats with 1 tablespoon yogurt, overnight.
6. Thaw chicken, if frozen.
7. Soak pecans in a bit of salt water.
8. Thaw salmon, if frozen.

Monday:

1. Feed sourdough starter.
2. Save meat from the roast chicken and add the chicken frame to the slowcooker or soup pot along with onion and carrot peelings and cook overnight or longer.
3. Poach Salmon for tomorrow's salad and store.
4. Dehydrate pecans in a dehydrator or, if none is available, in your oven on its lowest setting.
5. Start your sourdough bread.

Tuesday:

1. Feed sourdough starter.
2. Bake sourdough bread.
3. Soak oats in water with 1 tablespoon of yogurt.
4. Soak barley in water with 1 tablespoon yogurt.
5. Thaw mussels, if frozen.
6. Strain broth and store.

Wednesday:

1. Feed sourdough starter.
2. Soak oats in water with 1 tablespoon yogurt.
3. Begin the soup in the morning, cooked in a slowcooker all day.

Thursday:

1. Soak oats in water with 1 tablespoon yogurt.
2. Shred cabbage for sauerkraut.

Friday:

1. Start sourdough bread overnight.
2. Examine sales flyers.

Saturday:

1. Go shopping.