

## Weekly Menu Plan #1

**Are not five sparrows sold for two copper coins? And not one of them is forgotten before God. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows. —Luke 12:6**

Tough times? It is so easy during dark times to despair and think that God has forgotten about us. Whenever I feel that way, I remember the little things that God does for me. If I'm stuck in traffic, I ask Him to show me an opening and He does! Amazes me every time. When I feel down in the dumps, I look at my children's glowing faces. Then I well up with gratitude that God would fill my life with such love.

We can know from God's daily care and from His Word that He does not forget us. Even more than that, He values us! Much more than the sparrows, also known by Him. Take heart that the Lord loves you very much and will provide what you need, when you need it.

How does God show you He cares for you? If you cannot think of anything, pay attention for the next few days. I am sure you will notice His care more than ever.

*Lord, thank you for loving us, even more than the sparrows. Thank you for the many ways you show us your care. Remind us daily of your presence, and teach us how to love others with your love. Amen.*

This week, you can look forward to satisfying, warm, and hearty winter meals! With seasonal ingredients a bit light (at least in my neck of the woods), we do a fair bit of growing our own — sprouting! So you'll see a sprouted lentil salad in this week's menu. If you sprout more lentils, you can use them for salads with other meals; just vary the dressings and other ingredients for a variety of tastes. Both the lacto-ferment and the breakfast make use of the fragrant 5-spice blend, which I hope you'll like. If you don't, feel free to use cinnamon and other baking spices (such as cloves and nutmeg) instead.

### How to Use this Menu Plan

- ▶ **Choose when you'll serve each meal.** This menu plan contains three complete dinners, one breakfast, one lacto-ferment, and one dessert. Every family is different, so we cannot possibly assign days to each meal! Choose the days that fit your schedule. You can write the day down on the page for the meal, or you can 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.
- ▶ **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 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 distribute our weekly menu plans to others. Instead, invite others to download a sample plan at: [gnowfglins.com/weekly-menus](http://gnowfglins.com/weekly-menus).*

#### Dinners

- ▶ Chicken Chili, Sauteed Sweet Potatoes, and Sourdough Biscuits
- ▶ Chicken, Wild Rice & Lentil Stew and Sprouted Lentil Salad
- ▶ Sloppy Joe's in a Bowl

#### Breakfast

- ▶ 5-Spice Oatmeal

#### Lacto-Ferment

- ▶ 5-Spice Apple Chutney

#### Dessert

- ▶ Apple Pie

## Dinner 1: Chili, Sauteed Sweet Potatoes, and Sourdough Biscuits

### Two days before (AM).

- ▶ Thaw chicken.

### One day before (AM).

- ▶ Roast or cook chicken in crockpot.

### One day before (PM).

- ▶ Debone chicken. Put meat in fridge for dinner #1 and dinner #2. Start stock (or in next AM).
- ▶ Start soaking beans.

### The day of (AM).

- ▶ Start biscuit dough souring.
- ▶ Rinse beans. Cook beans.
- ▶ Strain stock and put it in the fridge for dinner #1 (4 to 8 cups), #2 (4 to 8 cups), and #3 (2 cups).

### The day of (about 1 hour before meal time).

- ▶ Prepare sweet potatoes. Sautee (see recipe).
- ▶ Make chili (see recipe).
- ▶ Finish biscuits (see recipe).

## 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

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. Mix in leavenings and salt. Do not overmix. Flour a cutting surface. Roll dough out to a 1/2" rectangle. Cut into

Day of Week: \_\_\_\_\_

squares. Put on baking trays. Bake for 8 minutes, or until golden brown.

## Sauteed Sweet Potatoes

- ▶ 2 to 3 large sweet potatoes
- ▶ 1/4 cup butter or coconut oil
- ▶ sea salt, to taste
- ▶ sprinkle of cinnamon (optional)

Wash, peel and dice sweet potatoes. Melt fat in a large cast-iron skillet over medium heat. Add sweet potatoes and let saute until soft. Using higher heat allows them to crisp a bit. Salt to taste, adding cinnamon if desired.

## Chicken Chili

- ▶ 1 onion, diced
- ▶ 3 cloves garlic, chopped or crushed
- ▶ 3 tablespoons butter or coconut oil
- ▶ meat from 1/2 cooked chicken
- ▶ 8 cups cooked Great Northern or kidney beans
- ▶ 1 28-ounce can diced tomatoes
- ▶ 1 6-ounce can tomato paste
- ▶ 4 cups stock (or water)
- ▶ 2 tablespoons cumin
- ▶ 1 tablespoon paprika
- ▶ 1 teaspoon each thyme and oregano
- ▶ 2 teaspoons sea salt
- ▶ 1/2 teaspoon black pepper

Soak and cook up 3 cups of dry Great Northern or navy beans. Use 3 tablespoons of vinegar in the soaking water.

In a large stockpot, saute the onions and garlic in the fat over medium heat. Add chicken chunks, beans, and diced tomatoes. Whisk tomato paste and stock together in a 4-cup measuring glass. Add to chili. Add all spices. Let simmer for 20 to 30 minutes. Serve with sourdough biscuits or bread.

## Dinner 2: Chicken, Wild Rice & Lentil Stew, with Sprouted Lentil Salad

### Three to four days before (AM).

- ▶ Soak lentils.

### Three to four days before (PM).

- ▶ Rinse lentils and begin sprouting (continue rinsing twice daily until sprouted).

### One day before (AM)

- ▶ See prep on dinner #1 for chicken and stock.

### The morning of (AM)

- ▶ Soak rice and lentils (see recipe).

### The day of (about 1 hour before meal time)

- ▶ Make soup (see recipe).
- ▶ Make salad (see recipe).

## Sprouted Lentil Salad

- ▶ 1 cup dry lentils
- ▶ assorted diced/shredded veggies: cucumber, carrot, tomato, avocado, bell pepper, etc.
- ▶ chopped, fresh herbs: parsley or cilantro
- ▶ sliced olives
- ▶ crumbled feta cheese
- ▶ creamy salad dressing (see below)

Soak, then sprout the lentils until 1/4" tails and possibly the first green leaves appear. Use 3 to 5 cups of them in the salad.

Combine all salad ingredients. Chill or serve immediately.

## Creamy Salad Dressing

- ▶ 1 cup soft cheese (cream cheese, yogurt cheese or kefir cheese)
- ▶ 1/2 to 1 cup+ raw milk
- ▶ 1/4 cup raw apple cider vinegar
- ▶ 1/2 to 1 teaspoon sea salt, to taste

Day of Week: \_\_\_\_\_

- ▶ 1/2 teaspoon garlic powder
- ▶ 1 tablespoon each dried dill, parsley and chives
- ▶ a pinch of black pepper

Whisk all ingredients together. Store in an air-tight jar in the refrigerator. Makes 2 to 3 cups.

## Chicken, Wild Rice, & Lentil Stew

- ▶ 2 cups dry lentils
- ▶ 1-1/2 cups brown rice (we like basmati or jasmine)
- ▶ 1/2 cup wild rice blend (or more brown rice)
- ▶ 1/2 cup raw apple cider vinegar, lemon juice, or whey
- ▶ 8 cups water (for soaking)
- ▶ 2 to 4 tablespoons butter or coconut oil
- ▶ 1 onion, diced
- ▶ 3 cloves garlic, crushed or chopped
- ▶ 5 to 8 carrots, diced
- ▶ 5 to 8 stalks of celery, diced
- ▶ 4 to 8 cups stock, plus additional water
- ▶ 2 tablespoons dried parsley
- ▶ 1 tablespoon sage
- ▶ 2 teaspoons oregano
- ▶ 2 teaspoons thyme
- ▶ salt and pepper to taste (may not be necessary at all)
- ▶ meat from 1/2 cooked chicken

Combine the lentils, rice, water, and acid in a soup pot. Put on the heat just to bring the contents to a near boil, then remove from heat. Cover and let soak a minimum of 7 to 8 hours. Drain and rinse.

Saute onions, carrots, celery and garlic in fat until slightly soft. Add the lentils and rice(s). Add water and stock to cover, for your desired thickness. Add the spices. Bring to a simmer. Reduce heat, cover and simmer for 1/2 to 1 hour, until lentils and rice are tender. Add the chicken. Adjust seasonings and serve. Add additional water or stock as needed.

## Dinner 3: Sloppy Joe's in a Bowl

### One day before (AM)

- ▶ See prep on dinner #1 for stock.

### One day before (PM)

- ▶ Thaw ground beef.

### The morning of (AM)

- ▶ Soak rice (or evening before).
- ▶ Soak lentils (or evening before).

### The day of (about 1 hour before meal time)

- ▶ Cook rice.
- ▶ Cook lentils.
- ▶ Make Sloppy Joe's (see recipe).
- ▶ Prepare toppings (see recipe).

## Sloppy Joe's in a Bowl

- ▶ 2 cups dry brown basmati rice
- ▶ 2 cups water plus 1/4 cup raw apple cider vinegar
- ▶ 1 teaspoon sea salt
- ▶ 2 tablespoons coconut oil or butter
- ▶ 2 cups stock (from D1 preparations)
- ▶ 2 cups dry lentils
- ▶ 4 cups water plus 2 T raw apple cider vinegar
- ▶ 2 pounds grass-fed ground beef (or ground buffalo)
- ▶ 1 onion, diced
- ▶ 3 cloves garlic, diced
- ▶ 3/4 cup filtered water
- ▶ 1 6-ounce jar tomato paste
- ▶ 2 teaspoons sea salt
- ▶ 1/4 teaspoon black pepper
- ▶ 3 tablespoons extra virgin olive oil
- ▶ 3 tablespoons raw honey
- ▶ toppings: sliced olives, thinly sliced or diced onions, diced tomatoes, diced avocado, and/or homemade sour cream (see recipe), chopped cilantro, shredded raw cheese

## Day of Week: \_\_\_\_\_

In a 2 to 3 quart pot, soak the rice in the 2 cups of water and 1/4 cup raw apple cider vinegar overnight.



Separately, in another pot, soak 2 cups of lentils in 4 cups of water and 2 tablespoons of vinegar overnight.

About an hour before mealtime, add 2 cups stock to the rice, along with 1 teaspoon salt and 2 tablespoons coconut oil or butter. Bring to a boil. Reduce heat and simmer, covered, until all liquid is absorbed and grains are fluffy and tender. This will be about a half hour (except at high elevations). Remove from heat. Let stand for 10 minutes. Fluff with a fork.

Also an hour before mealtime, put the pot of lentils on a burner. Bring to a boil and cook until the lentils are tender, about half hour.

While rice and lentils are cooking, brown the ground beef in a 4 to 6 quart stock pot over medium heat. Add onions and garlic. Saute until soft.

In a 4 cup measuring cup, whisk together: water, tomato paste, sea salt, pepper, olive oil, and honey. Add sauce mixture to meat. Add some or all of the cooked lentils. Adjust seasonings to taste. Cover and let simmer for 20 minutes.

Fill bowls with rice, then meat sauce, then desired garnishes. The picture shows a Sloppy Joe's bowl garnished with diced shredded homemade goat cheese, diced onions, diced avocado, chopped cilantro, and a drizzle of "sour cream." I make our "sour cream" by blending homemade chevre or kefir cheese with raw milk to a drizzly sour cream consistency.

## Homemade Sour Cream

- ▶ 1 to 2 cups yogurt cheese, kefir cheese, or homemade soft cheese
- ▶ raw milk

Blend together, adding milking to achieve a sour cream consistency. Will thicken up in the refrigerator.

## Breakfast: 5-Spice Oatmeal

### One day before (PM)

- ▶ Soak oats.
- ▶ Make 5-Spice Powder (see recipe).

### The morning of (AM)

- ▶ Cook oatmeal (see recipe).

## Homemade 5-Spice Powder

You can buy this in a nice spice department or Asian market, but why not make your own?

- ▶ ground anise
- ▶ ground pepper
- ▶ ground cinnamon
- ▶ ground cloves
- ▶ ground fennel

Mix together equal parts of all listed spices.

Store in an airtight container in the spice cupboard.

Day of Week: \_\_\_\_\_

## 5-Spice Oatmeal

- ▶ 4 cups thick rolled certified gluten-free oats
- ▶ 8 cups water
- ▶ raw apple cider vinegar, Kombucha, yogurt or kefir
- ▶ 1/8 teaspoon green leaf stevia powder (optional)
- ▶ 1 teaspoon Chinese 5-spice powder
- ▶ 1 teaspoon vanilla extract
- ▶ 1/2 cup unsweetened shredded coconut
- ▶ 1/2 cup raisins
- ▶ 1/2 cup chopped (soaked and dehydrated) nuts
- ▶ garnishes: 5-spice apple chutney, raw honey or maple syrup, raw milk, yogurt, kefir

Combine oats and water and vinegar (or other acid), in a pot. Cover and let sit at room temperature overnight.

The next morning, add stevia, 5-spice powder and vanilla extract. Bring to boil, then reduce to low heat and let simmer until thick. Stir in coconut, raisins, and nuts. Spoon into bowls. Top with garnishes and serve.

## Lacto-Ferment: 5-Spice Apple Chutney

### Two to three days before

- ▶ Mix up chutney (see recipe).

### Daily

- ▶ Skim top and repack carefully (see recipe).

### The day of

- ▶ Enjoy!

## Apple-Raisin Chutney

Makes 1/2 gallon or 2 quarts.

- ▶ 1/2 cup lemon juice
- ▶ 1/4 to 1/2 cup whey
- ▶ 1 cup water
- ▶ 6 cups coarsely chopped apples\*
- ▶ 1/4 cup Rapadura, Sucanat, palm sugar or other natural sweetener
- ▶ 1 cup chopped pecans or other nut\*\*
- ▶ 1 cup raisins
- ▶ 1 teaspoon sea salt
- ▶ 4 tablespoons 5-spice blend

\*Wash, quarter, and core the apples, then coarsely chop by hand or in the food processor.

Combine all ingredients in a mixing bowl. Transfer to one clean half gallon jar, two quart jars, or a crock. Pack down so all ingredients are covered in liquid, and at least 1/2" below the rim of the container.

Day of Week: \_\_\_\_\_



Add more water if necessary to submerge all ingredients. Cover tightly. If your crock doesn't have a lid, cover with plastic wrap and secure with a rubber band. Let sit out at room temperature for two to three days. Daily, or as necessary, check for any mold growing on the surface and skim away, repacking carefully.

Taste for desired texture. If the weather is very hot, fermentation may only take a day or so. Burp the jar if necessary (to prevent explosions). When you're happy with the taste and texture, transfer to the refrigerator in an airtight container. Will keep for a few weeks.

Enjoy mixed with kefir or yogurt. Put on top of 5-spice oatmeal. Spread on toast, pancakes or waffles. Eat alongside baked or grilled chicken or turkey.

Repack the storage container carefully after each dipping.

## Dessert: Apple Pie

### 5 hours before baking

- ▶ Make pie crust dough

### 1/2 hour before baking

- ▶ Prepare apples (see recipe).
- ▶ Roll out dough (see recipe).

### Just before serving

- ▶ Make whipped cream.

## Apple Pie

### The Crust

- ▶ 2 cups whole wheat pastry flour
- ▶ pinch salt
- ▶ 1 stick (1/2 cup) cold butter (salted)
- ▶ 2 tablespoons sourdough starter
- ▶ 1/2 cup+ cold water
- ▶ 1/2 teaspoon baking soda

### The Filling

- ▶ Cool water plus a splash of lemon juice or vinegar
- ▶ 4 to 5 peeled apples
- ▶ 1/2 cup Rapadura or Sucanat
- ▶ 1 to 2 teaspoons cinnamon
- ▶ pinch salt
- ▶ approx. 2 tablespoons butter

In a medium size mixing bowl, add salt to flour and mix lightly. Cut in butter to pea size pieces. Add sourdough starter and water, a little at a time until dough holds together. **Don't overmix.** Cover tightly with plastic wrap and set aside to sour at room temperature for 4 to 5 hours. If your room temperature is very warm, the butter will melt, so

## Day of Week: \_\_\_\_\_

best move to refrigerator for souring for 8 to 12 hours.

Half hour before baking, preheat oven to 400 degrees Fahrenheit.

Sprinkle dough with baking soda. Work in very gently, and minimally. Put dough in refrigerator for 5 to 10 minutes. Bring out of fridge. Divide in half. On a floured rolling surface, roll one half into a circle about 1/4" thick. Fold in half, then fold again. Transfer to pie plate so point of folds is in center. Unfold and gently mold to shape of pie plate. Just leave the edges alone for now. Prick bottom with a fork, all over.

Thinly slice apples. Put them in a bowl with the water and lemon juice to prevent discoloration. Drain water. Toss apples with cinnamon, sweetener and salt. Fill pie crust, doing your best to spread them out evenly and fill gaps. Add chunks of butter to the top of the apples.

Roll out remaining dough as before. Fold, then fold again. Transfer so point of folds is in center of pie. Unfold carefully. Roll up edges of pie crusts together. Use your fingers or the back of a knife to make a pretty pattern around the edges.

Use strips of aluminum foil to cover the edges, preventing them from burning during baking.

Bake for 50 to 60 minutes, until golden brown, removing aluminum foil during last 10 minutes so edges can brown also. Remove from oven. Let cool (at least a bit).

### Whipped Cream

- ▶ 2 cups heavy cream
- ▶ 1/4 cup Rapadura or Sucanat

Using beaters or a blender, whip the cream and sweetener together. Serve. Chill leftovers.

## Shopping List

Key: D1 = Dinner 1, D2 = Dinner 2, D3 = Dinner 3, B = Breakfast, LF = Lacto-Ferment, DS = Dessert

### Produce

- ▶ 2 to 3 large sweet potatoes (D1)
- ▶ 3 onions (D1, D2, D3)
- ▶ 9 cloves garlic (D1, D2, D3)
- ▶ fresh herbs (parsley or cilantro) (D2, D3)
- ▶ 5 to 8 stalks celery (D2)
- ▶ 5 to 8 carrots (D2)
- ▶ assorted veggies for D2 salad, such as: cucumber, carrot, tomato, avocado, bell pepper, etc. (D2)
- ▶ assorted toppings for D3: thinly sliced or diced onions, diced tomatoes, diced avocado, etc. (D3)
- ▶ 2 to 3 lemons (for 1/2 cup lemon juice) (LF)
- ▶ 12 apples (LF, D)

### Whole Grains and Beans

- ▶ 4-1/2 cups whole wheat pastry flour or 5+ cups whole spelt flour (D1, DS)
- ▶ 3 cups dry Great Northern or kidney beans (D1)
- ▶ 5 cups dry lentils (D2, D3)
- ▶ 3-1/2 cups dry brown rice (D2, D3)
- ▶ 1/2 cup dry wild rice (D2)
- ▶ 4 cups thick rolled oats (B)

### Dairy, Refrigerator, and Freezer

- ▶ 1/2 gallon raw milk (D1, D2, D3, B)
- ▶ feta cheese, small amount (D2)
- ▶ 2 to 3 cups yogurt or kefir cheese or cream cheese (D2, D3)
- ▶ 16 tablespoons butter or coconut oil (D1, D2, D3)
- ▶ 1 stick plus 2 tablespoons salted butter (DS)
- ▶ shreddable cheese (D3)
- ▶ 1/2 cup whey from making yogurt cheese or kefir cheese (LF)
- ▶ 2 cups heavy whipping cream (DS)

### Meat

- ▶ 1 large pastured chicken (D1)
- ▶ 2 pounds grass-fed ground beef (D2)

### Canned and Pantry

- ▶ 28-ounce can diced tomatoes (D1)
- ▶ (2) 6-ounce jars tomato paste (D1, D3)
- ▶ olives (slice at home to save money) (D2, D3)
- ▶ 3 tablespoons extra virgin olive oil (D3)
- ▶ Chinese 5-Spice Powder OR 1/4 cup each of ground anise, ground pepper, ground cinnamon, ground cloves and ground fennel (B)
- ▶ green leaf stevia powder (optional B)
- ▶ 3/4 cup Rapadura or Sucanat (LF, DS)

### Nuts & Dried Fruit

- ▶ 1/2 cup unsweetened shredded coconut (B)
- ▶ 1-1/2 cup raisins (B, LF)
- ▶ 1/2 cup chopped, soaked and dehydrated nuts (B)
- ▶ 1 cup chopped pecans (LF)

### Spices and Baking Staples

Keep usable quantities on hand.

Sourdough starter, sea salt, pepper, baking powder, baking soda, cinnamon, cumin, paprika, thyme, oregano, garlic powder, dill, parsley, chives, sage, raw apple cider vinegar, vanilla extract, raw honey or maple syrup.

Week of: \_\_\_\_\_

<b>Meal/Day</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Dessert</b>							