



WEEK FOUR CHALLENGE: WALK OUTSIDE 1 HOUR DAILY

Walking is a great way to incorporate exercise and stress release into your daily routine and is a great break from rigid exercise in a gym. Aim for 1 hour of walking outside daily as a way to take in nature, calm your nervous system and optimize your Vitamin D status! Grab your dog, your kids in the stroller or on their bikes, a girlfriend you need to catch up with, or just yourself and the Naturally Nourished Podcast and get those steps in!

Health benefits of walking:

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Improved Heart health
- Lowers blood sugar
- Reduced Joint pain
- Immune support
- Energy boost
- Mood enhancement
- Increased life span



WEEK 4

WEEK FOUR MENU

Kale Cheddar Frittata

Coconut Vanilla Chia Pudding

AB+C Shake

Smoked Salmon Roll Ups

Liver Pate and Radishes

Olives + Cashews

Bacon Wrapped Chicken Thighs + Cauli Mash

Snapper with Oranges and Beurre Blanc + Butter Lettuce Salad

Broccoli Cheddar Soup

Cheeseburger Casserole

WEEK THREE

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	FAST	AB+ C Shake	Bacon Wrapped Chicken Thighs + Cauli Mash	Olives + Cashews
TUESDAY	FAST	Smoked Salmon Roll Up	Broccoli Cheddar Soup + Rotisserie Chicken	Liver Pate + Radishes
WEDNESDAY	FAST	Kale Cheddar Frittata	Bacon Wrapped Chicken Thighs + Cauli Mash	Coconut Vanilla Chia Pudding
THURSDAY	Kale Cheddar Frittata	AB+ C Shake	Broccoli Cheddar Soup + Rotisserie Chicken	Liver Pate + Radishes
FRIDAY	Coconut Vanilla Chia Pudding	Kale Cheddar Frittata	Snapper with Beurre Blanc + Butter Lettuce Salad	Olives + Cashews
SATURDAY	Kale Cheddar Frittata	AB+ C Shake	WILD CARD	Liver Pate + Radishes
SUNDAY	Coconut Vanilla Chia Pudding	Smoked Salmon Roll Up	Cheeseburger Casserole	Olives + Cashews



PRODUCE

- 4 medium yellow onions
- 1 medium red onion
- 1 shallot
- 10 cloves garlic
- 4 cups lacinato kale
- 3 Tbsp chives
- 1 carton berries, optional
- 2 Tbsp fresh rosemary
- 2 Tbsp fresh thyme
- 2 Tbsp fresh oregano
- 1 small bunch fresh parsley
- 1 lemon
- 1 bunch radishes
- 2 medium heads cauliflower
- 1 bunch Swiss chard
- 2 roma tomatoes
- 2 carrots
- 6 cups broccoli
- 1 orange
- 1 large grapefruit
- 2 avocados
- 4 heads butter lettuce

PERISHABLES

- 1 cup grassfed butter
- 12 eggs
- 2/3 cup raw cheddar
- 32 oz unsweetened almond milk (such as MALK)
- 2 oz goat cheese
- 2 ½ cups whole milk
- ½ cup parmesan cheese
- 2 1/2 cups shredded cheddar cheese
- ¼ cup heavy cream
- 2 fermented pickles
- 24 olives of choice, we like cavelstrano or cerignola

PANTRY GOODS

- Sea salt
- Black pepper
- Pinch white pepper
- 1 cup full fat coconut milk
- 1/2 cup chia seeds
- 4 tsp vanilla extract
- 4 scoops collagen
- 1 Tbsp maple syrup
- 3 tbsp almond butter
- 3 tbsp raw cacao
- 3 scoop Naturally Nourished Grass Fed Whey Protein
- ½ cup white wine
- 8 Tbsp extra virgin olive oil
- 24 cashews
- 2 tsp smoked paprika
- 1 tsp mustard powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 teaspoon truffle oil
- 1 Tbsp avocado oil
- 2 Tbsp tomato paste
- Mustard
- Ketchup
- 6 cups chicken bone broth
- 2 bay leaves
- ¼ cup white-wine vinegar
- 1 t Dijon mustard
- ¼ cup walnuts, toasted

MEAT & DELI

- 8 oz smoked salmon
- 1 lb pasture raised chicken livers
- 2 lbs bone-in chicken thighs
- 1 package pasture raised bacon
- 1.5 pounds grassfed ground beef
- Optional: 1 rotisserie chicken (about 2 pounds) or protein of your choice
- 1 ¼ pounds Red Snapper, skin removed and cut into 4 portions

Kale Cheddar Frittata



Ingredients:

2 Tbsp grassfed butter
 1 onion, peeled and sliced
 2 cloves garlic, chopped
 4 cups lacinato kale, chiffonade
 12 eggs
 3 Tbsp chives, chopped
 3/4 tsp salt
 1/2 tsp pepper
 2/3 cup raw cheddar

Directions:

Preheat oven to 375 F. In a bowl, whisk the eggs, chives, salt, and pepper. Heat butter in a 10 inch cast-iron skillet over medium heat. Add the onion and a pinch of salt, stir with spoon to coat, then allow to sit undisturbed for 3 minutes or so and stir once again allowing to sit for an additional 3 minutes. Repeat this process for 10-12 minutes until onions are translucent and caramelized. Then add the garlic and stir continuously to prevent burning. Add the chopped kale to the pan along with another pinch of salt and pepper and stir to coat with fat.

Once the greens have reduced to ½ the size, about 2-3 minutes of sauteing, lower the heat, add the egg mixture to the skillet. Do not stir but use your wooden spoon to distribute the mixture throughout the pan, be careful not to over stir or you will create a scramble. After about 3 minutes once the edges form and tiny bubbles are forming at the surface, add cheddar cheese on top, pressing into the frittata with a spoon.

Transfer to the oven and bake for 10 minutes until eggs are set and the top of the frittata is golden. Remove from the oven and let set for 5 minutes and then transfer to a plate to cut into wedges. Enjoy!

Makes 6 servings

Nutrition per serving: 260 Calories, 16g Fat, 10g Carbs, 20g Protein

This frittata is a great way to prepare a nutrient-dense breakfast ahead of time to avoid the chaos and stress of the morning. Make this on a Sunday night and have breakfast all week long. Breakfast casseroles, frittatas, and quiches are a great way to incorporate vegetables into your morning meal while ensuring you are meeting your protein needs. Beyond grams of protein, eggs provide a variety of nutrients. Pasture-raised eggs are higher in omega-3s, vitamin E, vitamin D, B-vitamins, and choline which is a nutrient associated with brain function, maintains vascular health, and hormonal balance.

Coconut Vanilla Chia Pudding

Chia pudding makes a great snack on the go or a quick overnight breakfast. Chia seeds are packed with anti-inflammatory omega 3 fatty acids as well as a substantial amount of fiber, making them a great addition to smoothies, breakfasts and even desserts. Chia seeds also help to stabilize blood sugar and create a feeling of satiety, keeping you full for longer. The addition of full fat coconut milk provides a boost of healthy fat to support satiety and the collagen helps to ramp up protein while supporting connective tissue and gut integrity!

Ingredients:

- 1 cup full fat coconut milk
- 1 cup almond milk (no binders or fillers such as MALK)
- 1/2 cup chia seeds
- 1 tsp vanilla extract (or 1/2 tsp vanilla bean powder)
- 4 scoops collagen
- 1 Tbsp maple syrup

Optional: berries and coconut shreds for topping

Directions:

Whisk all ingredients until combined. Pour into ball jars for a quick grab or place in a glass container and set in fridge. Allow to chill at least 3 hours before serving. Top with berries and coconut shreds if desired.

Makes 6 servings

Nutrition per serving: 203 Calories, 13g Fat, 11g Carbs, 10g Protein, 7g Fiber

Note: this breakfast is a bit lower in protein than the optimal 15+ grams per meal, you can choose to add a couple slices of bacon or a hard boiled egg alongside if desired. If not, the chia seeds will keep you quite full while stabilizing blood sugar and the rest of the day will be ample in protein!

AB+C Shake (Almond Butter and Chocolate)

**Ingredients:**

8 oz unsweetened almond milk (such as MALK)
1 tbsp almond butter
1 tbsp raw cacao
1 tsp vanilla extract (or ½ tsp vanilla bean powder)
1 scoop Naturally Nourished Grass Fed Whey Protein

Directions:

Combine all ingredients in a blender except for the grassfed whey. Once incorporated, add 1 scoop grassfed whey and whip for 5-10 seconds until just incorporated.

Makes 1 serving

Nutrition per serving: 385 Calories, 22g Fat, 11g Carbs, 32g Protein, 4g Fiber

Wild Smoked Salmon and Chard Roll Up

Wild Salmon is full of heart healthy Omega 3 fatty acids and lean body mass fueling protein! Cured Salmon makes for a quick and easy snack or dinner and can be found prepackaged in the deli section of the super market!

Ingredients:

4 oz smoked salmon
1 oz goat cheese
¼ avocado
1 whole Swiss chard leaf (to wrap)

Directions:

Lay salmon flat on swiss chard leaf. Top with goat cheese and avocado before rolling up like a burrito. Cut into pieces like a sushi roll or eat whole as a wrap

Makes 1 serving

Nutrition per serving: 299 Calories, 11g Fat, 7g Carbohydrate, 35g Protein, 3g Fiber

Bacon Wrapped Chicken Thighs



Chicken thighs are a quick and easy protein source that is higher in saturated fat than white meat, making it more satiating. Dark meat delivers more iron, zinc and selenium than white meat and is also abundant in the nutrient taurine, which can significantly lower the risk of cardiovascular disease and can protect against diabetes and high blood pressure as well as glycine to support neurological health as well as connective tissue. These bacon wrapped chicken thighs come together in a snap and can make for an easy weeknight meal alongside your favorite non-starchy veggie!

Ingredients:

- 1 tsp sea salt
- 1/2 tsp black pepper
- 2 tsp smoked paprika
- 1 tsp mustard powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 lbs bone-in chicken thighs
- 1 package pasture raised bacon

Directions:

Preheat the oven to 375F. Combine salt, pepper and spices in a small bowl. Sprinkle each thigh with about 1 tsp of the spice mixture. Wrap in 1 strip bacon and repeat for remaining chicken thighs. Sprinkle remaining spice over all the thighs. Place in a cast iron skillet and bake about 40-45 minutes, until internal temperature reaches 165F. Note: If that bacon is not crisp once thighs are done, place under broiler for a couple minutes!

Serve over about a cup of cauliflower mash.

Makes 8 servings

Nutrition per serving: 267 Calories, 14g Fat, 0g Carbs, 33g Protein, 0g Fiber

Parmesan Truffle Cauli Mash



Cauliflower is low in carbohydrates and is incredibly nutrient dense, making it a great base for soups, purees and mashes as well as a starch replacement! Cauliflower contains powerful sulfur compounds that have the ability to protect against cancer and detoxify the body, as well as significant amounts of vitamin C, K, folate, choline, and fiber.

Ingredients:

2 medium heads cauliflower, chopped into florets (about 8 cups)
4 Tbsp grassfed butter
1 teaspoon truffle oil
½ cup whole milk
½ cup parmesan cheese, grated
½ teaspoon sea salt
Fresh herbs for garnish

Directions:

Bring a large pot filled with about 6 inches water to boil. Once boiling, add the cauliflower pieces. Boil about 10 minutes, uncovered, until cauliflower is tender. Drain the water and add the butter, truffle oil, milk, cheese and sea salt. Mash with a potato masher or use an immersion blender for a smoother texture. Add more salt or truffle oil to taste as needed. Serve topped with fresh herbs and an additional drizzle of truffle oil.

Makes about 8 servings

Nutrition facts serving: 117 Calories, 8g Fat, 7g Carbohydrates, 4g Protein, 2g Fiber

Cheeseburger Casserole



Grassfed beef is rich in anti-inflammatory and heart-healthy omega-3 fatty acids and CLAs (conjugated linoleic acids) and is free from added hormones and antibiotics found in conventionally raised animal products. For meats, eggs and dairy there are significant nutritional differences in pastured animal products resulting in increased amounts of CLAs, which are fatty acids with research supporting efficacy as cancer fighting, aiding in weight loss, and supporting insulin sensitivity to promote blood sugar regulation. These CLAs are found 5 times higher in pastured grass-fed products which are also higher in amounts of omega-3 fatty acids, vitamin E, B vitamins, calcium, magnesium, and potassium, with 1/3-1/2 less fat and 1/3 less cholesterol than conventional products. With all the flavor of the burger, this casserole takes the grill-work out of the equation and uses just ONE skillet for the whole meal, making it a delicious and keto-friendly family meal that is on the table in less than 30 minutes!

Ingredients:

1 Tbsp avocado oil	2 roma tomatoes, chopped
1 small onion, diced	1/2 red onion, diced
2 cloves garlic, minced	2-3 fermented pickles, sliced
1.5 pounds grassfed ground beef	2 heads shredded butter lettuce
1/2 tsp sea salt	Mustard
1/4 tsp black pepper	Ketchup
2 Tbsp tomato paste	
1/2 cup shredded cheddar cheese	

Directions:

Preheat the oven to 350 F. Heat the avocado oil in a cast iron skillet over medium high heat. Add the onion and sauté until translucent, then add the garlic and cook 1-2 minutes. Add the ground beef and season with the salt and pepper. Brown, stirring occasionally until cooked through. Stir in the tomato paste and cook 1-2 additional minutes. Turn off the heat and layer the ground beef with the shredded cheese. Place in the oven and bake 10-15 minutes, until cheese is melted and bubbling. Top with chopped tomatoes and onions, pickles and a drizzle of mustard or ketchup. Serve over a bed of butter lettuce.

Makes 6 servings

Nutrition Per Serving: 328 Calories, 23g Fat, 3g Carbs, 25g Protein

Broccoli Cheddar Soup



Broccoli is a rich source of isothiocyanates, cancer-fighting sulfur containing compounds that reduce tumor size and support detoxification. It is also rich in indole-3-carbinol a compound that reduces excess estrogen thus preventing both breast and prostate cancer. Providing a day's worth of vitamin C in 1 cup, it also pairs nicely with the bone broth in this recipe to support a healthy immune system.

Ingredients:

4 Tbsp grassfed butter
 1 medium onion, diced
 2 carrots, chopped
 2 cloves garlic
 4 cups broccoli, stems and florets, chopped
 1/2 tsp sea salt
 1/4 tsp black pepper
 6 cups chicken bone broth
 2 cups whole milk
 2 bay leaves
 2 cups finely chopped broccoli florets
 2 cups shredded cheddar cheese
 Optional: 1 rotisserie chicken (about 2 pounds) or protein of your choice for topping

Directions:

Melt butter in large stock pot, add in chopped onion and coat in butter, then let sit in pan for 2-3 minutes. Stir onions on medium heat, allow time for them to make contact with the pan to caramelize a bit, do this for an additional 5-6 minutes. Once browned and softened, add the carrots and the garlic and stir to coat. Add in the 4 cups of chopped broccoli, salt and pepper and stir to coat all vegetables. Sauté, stirring occasionally, about 5-6 minutes until vegetables begin to soften. Add in the bone broth and milk along with the bay leaves and bring to a boil, then immediately reduce to a simmer. After about 20 minutes, remove the bay leaves and blend the soup in a blender until smooth (or use an immersion blender). At this point, add the remaining 2 cups finely chopped broccoli florets and allow to simmer until tender, about 10 minutes. Remove from heat and add in the cheddar cheese about 1/4 cup at a time, stirring constantly to not overcook the cheese. Serve each bowl topped with 2-3 oz shredded rotisserie chicken or protein of choice.

Makes 8 servings

Nutrition per serving: 274 Calories, 17g Fat, 14g Carbs, 17g Protein, 3g Fiber

Snapper with Beurre Blanc and Citrus

Snapper is a lean protein that provides a boost of omega 3 fatty acids with a mild flavor (aka not too fishy!). It is a good source of selenium with the full recommended daily intake in just 6 oz, a mineral involved in thyroid function, immune health and guards against reactive oxygen species. Red snapper also offers a boost of potassium to support electrolyte balance as well as B-12 that is critical to nerve function. Because snapper is very low in fat, we recommend serving with a sauce such as the beurre blanc ("white butter") featured in this recipe.

Ingredients:

For the fish:

1 ¼ pounds Red Snapper, skin removed and cut into 4 portions
 ½ tsp sea salt
 ¼ tsp black pepper
 2 Tbsp olive oil
 1 orange, peeled and cut into segments
 ¼ bunch parsley, finely chopped

For the sauce:

¼ cup dry white wine
 ¼ cup white-wine vinegar
 1-2 Tbsp orange juice
 2 tablespoons finely chopped shallot
 ¼ cup heavy cream
 ¼ teaspoon salt
 ⅛ teaspoon white pepper, or to taste
 ½ cup chilled butter, cut into tablespoon sized pieces

Directions:

Cut the peel from the orange including all white pith with a paring knife. Cut segments free from membrane, set aside. Squeeze any remaining juice from peels and reserve for sauce.

To make the sauce, boil the wine, vinegar, orange juice and shallots in a saucepan over medium heat until liquid is reduced by half, about 5-6 minutes. Add the cream, salt and white pepper and boil for 1 minute. Run through a strainer to remove the shallot pieces, then return to pan. Reduce to low heat and add butter one tablespoon at a time, whisking constantly, until a thick sauce has formed. Remove from heat and cover while you prepare the fish.

To prepare the fish, dry the snapper filets and sprinkle on both sides with salt and pepper. Heat the olive oil over medium heat and add the snapper filets. Cook until golden brown on one side, about 3-4 minutes, then flip and cook another 2-3 minutes until just cooked through. Toss the reserved orange segments into the pan in the last 1-2 minutes of cooking so that they begin to release juices and are warmed through. Serve immediately with a generous dollop of sauce, a couple orange segments and a sprinkle of fresh parsley.

Makes 4 servings

Nutrition per serving of fish: 257 Calories, 9g Fat, 4g Carbs, 38g Protein, 1g Fiber

Nutrition per tablespoon of sauce: 150 Calories, 15g Fat, 1g Carbs, 0g Protein, 0g Fiber

Note: sauce will make a little extra and is delicious over any protein

Butter Lettuce, Grapefruit and Avocado Salad



Grapefruit is rich in lycopene and ranked in the top superfood juices based on concentration of polyphenols and antioxidants including vitamin C. Citrus is a rich source of bioflavonoids which can promote detoxification and fight against cancer. The nobiletin and ascorbic acid (vitamin C) are compounds that have antiangiogenic properties virtually starving off the fuel source of tumors at the level of the vessel. Beyond cancer prevention, citrus has been shown to aid in tolerance of chemotherapy and radiation so it can be used to aid in cancer treatment and recovery. The vitamin C plays a crucial role in our stress response as our adrenal glands are the most concentrated storage tissue for vitamin C and it can play a role in prevention of colds and flu!

Ingredients:

1 large grapefruit, sectioned, membranes removed
 1 ripe avocado, pitted and sliced
 2 heads butter lettuce, washed and torn plus any remaining chard from
 2 T olive oil
 2 T grapefruit juice, reserved from sectioned grapefruit
 1 t Dijon mustard
 pinch sea salt
 ¼ t fresh ground black pepper
 ¼ cup walnuts, toasted

Directions:

Section the grapefruit by cutting the peel from the top and bottom. Remove the peel from the sides by cutting down and around the natural curve of the fruit. Cut along the side of each membrane to separate the segments (you want little to no pith). Reserve any juice for the dressing. Set aside.

In a small bowl, whisk the oil with the grapefruit juice, mustard, black pepper and the sea salt. Place the sliced avocado in the bowl with the dressing and toss gently to coat. This will prevent oxidation and browning. Add the grapefruit sections and toss to coat. Divide the butter lettuce amongst four serving plates. Top with the avocado, grapefruit and the dressing. Sprinkle with toasted walnuts.

Makes 4 servings

Nutrition per serving: 176 Calories, 16g Fat, 9g Carbs, 3g Protein, 4g Fiber

Herby Chicken Liver Pate



Pasture-raised liver is one of the most nutrient dense foods you can eat. Organs are rich in important nutrients like Vitamins A, D, E, K, B12, folic acid, and minerals such as copper and iron. Most importantly these nutrients are in a bioavailable form meaning they are already activated by the animal and able to be quickly and easily absorbed into your body! This recipe can be eaten as a pate for a snack and leftovers can be frozen into ice cube trays to sneak nutrient density into any recipe!

Ingredients:

2 Tbsp grassfed butter	2 Tbsp fresh rosemary, chopped
1 lb pasture raised chicken livers	2 Tbsp fresh thyme, chopped
1 yellow onion, diced	2 Tbsp fresh oregano, chopped
4 cloves garlic, minced	4 Tbsp fresh parsley, chopped
½ tsp sea salt	Juice of ½ lemon
¼ tsp black pepper	4 Tbsp extra virgin olive oil
¼ cup white wine (or sub bone broth)	1 bunch fresh radishes, for serving

Directions:

Pat the livers dry with paper towels. Heat a cast iron skillet over medium heat and add the grassfed butter. Add the onion and a pinch of salt and saute, stirring every 2-3 minutes, until beginning to brown. Place the livers in the cast iron along with the minced garlic and a generous pinch of salt and pepper. Cook, stirring occasionally until livers begin to brown, then flip and brown on the other side. As the livers are browning, add the fresh herbs and liquid (either white wine or bone broth). Allow the liquid to reduce by ½. Turn off the heat once livers are cooked through and transfer to a food processor. Add the lemon juice and blend until a smooth paste is formed. Slowly stream in the olive oil a tablespoon at a time until desired texture is achieved. Taste for seasoning and add more salt and pepper as needed. Allow to cool and serve with radishes or fresh crudite of choice. Scrape the remaining pate into ice cube trays and freeze to add to soups, taco meat, chili etc.

Makes 12 servings of 1.5 oz each

Nutrition per serving: 111 Calories, 8g Fat, 4g Carbs, 7g Protein, 1g Fiber

Olives + Cashews

Ingredients:

8 olives of choice, we like Castelvetrano or Cerignola

8 cashews

Directions:

Eat and enjoy!

Makes 1 serving

Nutrition per serving: 102 Calories, 9g Fat, 5g Carbs, 2g Protein, 1g Fiber

Wild Card

The Wild Card is your flexible day once a week where you may choose to dine out, have leftovers, have dinner at a friend's home, or just take it light and sip bone broth to meal replace.

Dining Out Guidelines:

- 4-8oz protein of choice (prioritize quality such as Grassfed Beef, wild caught fish, pasture-raised chicken, local ranchers)
- 1 cup non-starchy veggies
- Skip the starch!
- Optional 1-2 indulgences: wine, low carb cocktail, 1/2 appetizer, soup, salad

Ideas of Wild Card choices:

- Roasted 1/4 chicken with crispy brussels sprouts and bacon
- Grassfed Beef burger patty with avocado slices, tomato, optional cheddar slice and side salad with olive oil based dressing
- Ahi tuna crudo, 1/2 grassfed ribeye, roasted asparagus and glass of red wine
- Shrimp or Chicken Fajitas eat the protein and meat with extra veggies and guacamole skip the rice, beans, tortillas, optional low carb margarita
- Tomato Caprese salad and bolognese on bed of greens or over roasted broccoli
- Shishito peppers with cilantro and lime and Sauteed snapper with roasted green beans and garlic