



Mary's Nest Cooking School

Seven-Day Traditional Foods Winter Menu Plan



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Hi Sweet Friends,

This menu plan provides a general outline to get you thinking about how to structure your meals using Traditional Foods. This plan's flexibility allows for various options and substitutions based on what you have on hand in your Four Corners Traditional Foods Pantry.

Enjoy!

Love and God Bless,

Mary ❤️

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The Four Corners Pantry

The “Four Corners Pantry” refers to the four places that most home cooks store food, including your:

- Working Pantry
- Refrigerator
- Freezer
- Extended Pantry (also known as the “Prepper” Pantry)

The Working Pantry is that area in your kitchen where you keep non-perishable foods that you access daily. The Refrigerator and Freezer are self-explanatory, but the term “Extended Pantry” may be new to you.

Generally speaking, the Extended Pantry refers to that area in your home where you store extra non-perishable foods. These can be foods that you buy or foods you make that have an extended shelf life, such as my [Make-Ahead Mixes](#) that I have shared with you in my video series.

When you keep a well-stocked Extended Pantry, you can buy the foods you like when they are on sale and restock your Working Pantry to keep your supplies from running low. Having this Extended Pantry can come in quite handy in the event of illness, job loss, bad weather, or unexpected events such as those we experienced in 2020 and now into 2021.

We call our pantry the Four Corners “Traditional Foods” Pantry because we want to stock our pantry with traditional foods.

Download the Four Corners Pantry List eBook

Be sure to download my **free** 36-Page Essential Four Corners Traditional Foods Pantry List. It lists everything you need to fully stock a Traditional Foods Pantry. Plus, I share lots of links to videos to show you how to prepare many of the foods.

In addition to video links, I've also added lots of useful tidbits of information about Traditional Foods that answers many of the frequently asked questions that I receive daily on my website, YouTube channel, private Facebook group, and email.

▶ Download your **free** copy at marysnest.com/free-traditional-foods-pantry-list/



Shop the Seasons, Shop the Sales

When it comes to stocking your Four Corners Pantry, keep in mind the seasons and the sales. For fresh produce, buying what's in season will always save you money. And if you're not sure what's in season in your area, there's a simple way to figure it out, and you don't even need to look online. All you have to do is look for the most abundant produce at the best price. Chances are you've found what's in season!



Seasonal shopping is not only smart for staying within your budget, but it's great for your body too. Our gut flora changes slightly throughout the seasons, so we can better digest the foods we eat when we eat them in season! Makes sense!

When it comes to non-perishable foods such as canned goods and dried goods, be sure to shop the sales. When you see the foods you like to eat, and they are on sale, buy an extra can or package and add it to your Extended Pantry so that you can easily restock your Working Pantry to prevent those items from running low. When you find that you are out of something you need, you won't need to make a quick run to the grocery store to pay full price or find that it's not available! You can just "shop" in your Extended Pantry.

Shopping Guide and Discount Codes

In addition to my local grocery store, the farmer's market, and local farms, I also shop online. On my Shopping Guide web page, I share my go-to resources where I find the best foods and products for stocking my Traditional Foods Kitchen. I only share retailers that I actually buy from and products that I actually use.

Check out the latest discount codes on my Shopping Guide page for grass-fed beef, wild seafood, fermenting supplies, grain mills, ancient grains, and more for Mary's Nest viewers.

▶ Access my Shopping Guide web page and latest discount codes: marysnest.com/shopping-guide/

Seasonal Menu Plan

This Winter Menu Plan focuses on those foods that are in season and are best digested by our bodies during the cooler winter months.

If possible, choose organic and local produce if within your budget. If you can, try to get raw milk along with meat and eggs from pastured animals, but this is not required. As your finances allow and you move farther along your journey from a processed foods kitchen to a Traditional Foods Kitchen, you can add more of these types of foods to your menu plan.

Lunch, Dinner, or Supper?

When I was growing up, we often referred to the term Dinner as the midday meal. We used the word Supper to describe the evening meal. And this brings us to an interesting point. If you have more time during the day and you want to eat your main meal at midday, by all means, go ahead and do that. You can simply switch the Lunch and Dinner menu plans.



When time permits, eating your heavier meal during lunchtime can be especially helpful if you experience digestion difficulties in the evening. You can often quell indigestion, reflux, and the like by eating a lighter meal in the evening. So if digestive woes plague you, this change may be something to consider.

Sunday Dinner

And speaking of Dinner, I still refer to our midday meal on Sunday as “Sunday Dinner.” It’s a big meal that we eat at a leisurely pace. And it’s probably one of my favorite meals of the week: Calm and relaxed with good food, good company, and lovely conversation. That’s good for digestion anytime!

But by all means, if Sundays are hectic for you, simply adjust the menu plan to suit your schedule best and serve Sunday Dinner in the evening as opposed to midday.

If, after enjoying our Sunday Dinner at midday, we are a bit hungry later in the evening on Sunday, that's when we'll want what I call "Sunday Night Supper." This is generally more of a snack than a meal and often takes the shape of a small charcuterie platter, such as a delicious plate of small cheeses and vegetables.

In the winter months, something as simple as a Welsh Rarebit would be delicious. (Some call it a Rabbit, but rest assured, there is no Rabbit in it.) A Welsh Rarebit consists of a piece of bread spread with a bit of English mustard, topped with cheese, and toasted under the broiler for a minute or two. It's absolutely scrumptious!

When it comes to Sunday Night Supper, the bottom line is a theme that applies to my whole outlook regarding menu planning. Keep things simple. Often simple, wholesome ingredients that require little preparation, and are allowed to let their flavors shine through, are the best!

A Note About Fermented Vegetables and Condiments

I recommend you serve fermented vegetables or condiments, such as ketchup or mustard, on the side with cooked foods. Whether a vegetable or an actual condiment, these fermented sides are meant to be served in small portions. You do not need to eat large amounts of fermented vegetables or condiments to gain their benefits.

Ferments serve two purposes:



- The natural enzymes in Vegetable Ferments help us to digest cooked foods.
- Vegetable Ferments also provide both prebiotics (through their fiber) and probiotics (through the fermentation process) to create an excellent balance of gut bacteria.

Note that a small portion of fermented sides goes a long way, so there is no need to overdo it. Otherwise, you might develop gas and bloating or other digestive upset!

Just needing to eat a small amount is good news, especially if your palate is new to fermented foods! Remember, everyone is different, including our gut bacteria, so it comes down to a matter of trial and error. Start slow with fermented veggies and condiments. See how they agree with you. And then you can increase your consumption of these healthy foods slowly.

A Note About Seasonings

When it comes to seasonings, I recommend using them liberally. Herbs and Spices bring flavor to food and lend many healing benefits, including anti-inflammatory, anti-bacterial, and anti-viral properties. Therefore be sure to include:

- Onions
- Garlic
- Ginger
- Assorted herbs and spices:
 - Basil
 - Chilis
 - Coriander
 - Cinnamon (Ceylon)
 - Cumin
 - Oregano
 - Thyme
 - Turmeric
- And any other flavorings you enjoy



Where possible, use freshly ground black pepper since pepper loses its efficacy over time once ground. Also, add some plain salt to your shopping list, such as a sea salt that is rich in minerals but void of chemicals and anti-caking agents.

Guided Video Instructions

Where available, I have provided video links in this menu plan to show you how to prepare certain traditional foods and how to prepare certain recipes using traditional foods. Most of the video recipes include printable recipes as well.

And speaking of videos, have you subscribed to my YouTube channel? I upload all my free videos to my channel to help you learn how to make traditional foods. If you enjoy learning how to make traditional foods, visit my YouTube Homepage and consider subscribing. Be sure to select notifications, too, so YouTube will notify you every time I upload a video, and you won't miss a thing!

▶ Subscribe to my YouTube channel at: https://www.youtube.com/marysnest?sub_confirmation=1

Detailed Mastering the Basics Videos



While you are over on my YouTube Homepage, be sure to look around. On my main page, I have 10 curated playlists that touch on all the areas of Traditional “Nutrient Dense” Foods cooking, including a very detailed 15-video series that I call “[Mastering the Basics.](#)”

The [Mastering the Basics playlist](#) includes how to:

- Make Bone Broth
- Culture Dairy
- Make Ferments
- Make Sourdough Starter (my foolproof starter!)
- Bake Sourdough Bread,
- Soak and Sprout Grains, Beans, and more!

My YouTube homepage also has curated playlists, such as:

- [Ultimate Prepper Pantry Series](#)
- [How to Stock the Traditional Foods Pantry Series](#)

Join the Traditional Foods Kitchen Academy



Before you dive into the menu plan, I want to mention that if you are a Traditional Foods devotee and are looking to delve into these subjects in greater detail, consider joining our Traditional Foods Kitchen Academy and becoming a Kitchen Pioneer.

The Kitchen Academy is an optional paid YouTube community membership with exclusive member videos and live streams that are in addition to my free public videos.

▶ Join the Traditional Foods Kitchen Academy and become a Kitchen Pioneer at: <https://youtube.com/marysnest/join>

Getting Started

So let's get started with this 7-Day Winter Menu Plan! I start with Sunday and work my way through to Saturday. Once you have used this menu plan for one week, you can start all over again and repeat this week after week throughout the winter months, making minor substitutions or variations to help prevent too much repetition.

But please keep in mind, this is only a general blueprint to get you started. None of this is inflexible, so make any changes you want. I have left lots of room for flexibility and, in many cases, have provided only general suggestions to guide you, as opposed to hard and fast recipes that you need to follow.



As to Breakfast and Lunch, I share what we eat during the week and on the weekends. I do not make things difficult for myself with endless variety. There is a general rhythm to what we eat for Breakfast

and Lunch, and it is within this rhythm that I add variety. For example, I might serve soaked oatmeal on Monday through Friday for breakfast, but I might top it with different ingredients each day to provide variety.

And remember, when it comes to dinner, it's all about coming up with a theme—a general idea—of what you will be making each evening. If you assigned “Chicken Night” as the theme for one evening, all you need to remember to do is defrost some chicken the night before. And if you forget, no problem.

You can always pull a quick pantry meal together in 10 minutes or just substitute in the Sunday Night Supper recommendation in this menu plan, or put together an informal charcuterie platter. This process doesn't need to be complicated. Keep things as simple as possible, and you will get into an easy rhythm before you know it.

And speaking of defrosting chicken, I share some suggestions for how to prep the night before for the next day's meals where appropriate. You can do this. Before you know it, you will have a smoothly running Traditional Foods Kitchen!

7-Day Traditional Foods Winter Menu Plan



Sunday

Breakfast:

- Eggs - any style
- Bacon or Sausage - or other breakfast meat
- Sourdough Toast with cultured Butter and homemade Jam.
- Half Grapefruit
- Coffee, Hot Tea - caffeinated or herbal, or a fermented dairy beverage such as kefir

When it comes to Sunday Breakfasts, we usually make it quite the hearty meal! It's meant to last us until Sunday Dinner, which I generally serve in the mid-afternoon between 1:00 and 3:00 pm. After Sunday Dinner, we usually don't eat again until breakfast the next morning.

However, suppose we find ourselves particularly hungry in the evening. In that case, I will usually put together a “Sunday Night Supper,” which is a small charcuterie board of cured meats and cheeses with some homemade crackers or homemade sourdough bread along with a bit of jam. This jam can be preferably homemade or store-bought like fig jam, which goes beautifully with cheese and crackers. Also included with this supper is a bit of fermented veggies like Giardiniera or pickles, or a fermented condiment like my homemade mustard.

Dinner (Mid-Afternoon) - “Mothership Meal” Theme:

- Roast Chicken with Potatoes, Carrots and Onions
- Fermented Side/ Condiment
- Beverages could include room temperature water or hot tea - caffeinated or herbal.

Sunday Dinner is what I generally refer to as my “Mothership Meal,” an expression coined by the chef and cookbook author Jamie Oliver. He thinks of Sunday Dinner as that big meal that can provide leftovers to help you with meal prep during the workweek. I think of it the same way. And it is not uncommon to find me roasting two chickens instead of one! So don’t be shy. If you know you have a busy workweek ahead, roast two chickens so that you have lots of chicken meat at the ready to provide for an endless variety of weeknight dinners.

Supper (Optional): Homemade Crackers, cheese (preferably raw milk cheeses, if available), high-fat/cured meats/cold-cuts such as liverwurst, salami, and pepperoni or pickled fish such as herring in sour cream, and an assortment of Jams and Fermented Condiments. You can enjoy room temperature water, sparkling mineral water, or Easy Make Ahead Hot Cocoa for a beverage.

Evening Prep:

- Soak oats (whole groats, steel-cut, or flaked). I generally soak the amount of oats that will make enough oatmeal that I can store in the fridge and reheat throughout the week.

If you're planning on serving oatmeal with yogurt or kefir, prepare the yogurt or kefir now if you do not have any made.

- Soak nuts.
- Soak beans or grains (except for rice), if you are planning to use these in a soup for Monday.
- Feed sourdough starter.
- Strip chicken carcass of all meat and store away both the meat and the carcass.



If you know you will be eating all the chicken meat over the next few days, store it well-wrapped in your fridge. You can portion out your chicken meat and store it in several well-wrapped packages in your freezer as another option. Cooked chicken meat will store well in your freezer for up to two to three months. Then, when you want to make a quick chicken soup, or maybe a chicken salad, or chicken tacos, you can quickly defrost your cooked chicken meat and be ready to go.

When it comes to the chicken carcass, you can store this away in your freezer with any other chicken scraps and save it until you are ready to make bone broth. I generally recommend waiting until you have three chicken carcasses to make bone broth, as this amount will make a nice rich bone broth. But if you want to get started making bone broth with just one carcass, you can certainly do that.

Chicken bone broth generally needs about six hours on the stovetop or slow cooker or two hours in the Instant Pot to make nicely flavored, gelatinous-rich broth. So gauge what

time you want to get your bone broth started based on your schedule and the appliance you are using.

RECIPES (Links to Videos and Printable Recipes):

- Butter: [How to Make Cultured Butter](#)
- Chicken Bone Broth: [How to Make Roast Chicken Bone Broth for Pennies a Jar](#)
- Crackers: [Easy Slice and Bake Healthy Crackers Recipe](#)
- Roast Chicken: [Roast Chicken with Potatoes, Garlic, Lemons](#)
- Fermented Dairy: [How to Make Homemade Yogurt](#)
- Fermented Condiments: [How to Make Fermented Giardiniera](#)
- Soaked Beans: [How to Soak and Sprout Beans](#)
- Soaked Nuts: [How to Make Crispy Pecans](#)
- Soaked Oats: [How to Make Soaked Oatmeal Using Oat Groats](#)
- Sourdough Bread: [No Knead Sourdough Bread Recipe](#)
- Sourdough Starter: [The Complete Sourdough Starter Guide](#)
- Strawberry Jam: [How to Make Low Sugar Strawberry Jam](#)

Monday

Breakfast:

- Soaked oatmeal (or other soaked grain or combination of soaked grains such as einkorn, rye, or spelt) with chopped soaked nuts, maple syrup, raw cream or fermented dairy such as yogurt or kefir, and fresh fruit in season (such as pomegranates), or dried fruit
- Half grapefruit, some orange slices, or another citrus in season

During the winter months, serve this oatmeal in a generous portion—at least one cup or more per person. Soaked oatmeal can be repeated for breakfast throughout the week for ease of preparation, and you can vary the toppings to prevent boredom.

We generally eat oatmeal Monday through Friday and vary the toppings. I will soak enough oats on Sunday night to make enough oatmeal on Monday morning with leftovers that I can store in my fridge and reheat each morning.

Lunch: Keep in mind there is no harm in flipping the lunch and dinner menu plans or serving the same dish twice. If you have a simple chicken soup made the night before, you can serve it for lunch with a sandwich or a salad topped with fermented veggies, such as the Giardiniera, or a different salad dressing from what you plan to use in the evening.

If you will be on the go, prep the rest of the lunch the night before. If you use divided containers, you can bring a sandwich with some other additions. If you find that sandwiches made the night before tend to be soggy, try mixing things up a bit and simply filling your containers with a “deconstructed sandwich” of sorts: veggies, cheese, and protein-based salads, such a chicken salad or salmon salad, along with slices of Sourdough Bread or Homemade Crackers.

An easy to prepare and simple lunch for home or on the go includes Homemade Crackers with sliced cheese and cubed cured meats such as salami or pepperoni. Or you can have a bit of chicken salad in place of the cheese and meats. In addition, you can also add in a bit of fermented veggies to aid in digestion. This makes a filling lunch, and you can always add a sweet treat like a Healthy Cowboy Cookie.

Depending on your location, beverages can range from coffee, tea (hot or iced and caffeinated or herbal), bone broth, or water. I would avoid carbonated drinks like kombucha or water kefir if you are taking lunch to go. These beverages can become agitated in a thermos and make a mess when opened, especially in a child's thermos.

Dinner - "Soup Night" Theme:

- Chicken Soup using homemade Chicken Bone Broth and leftover chicken from the Sunday Dinner Mothership Meal.
- Small, simple salad with basic olive oil and Apple Cider Vinegar dressing or one of my Homemade Dressings
- Homemade Sourdough Bread or Whole Grain Bread.

My Mothership Meal is generally a Roast Chicken, but if I make something else, then the theme for Monday Night Dinner usually is "Leftovers." Beef Stew makes a wonderful winter Mothership Meal and always seems to be better the next day!

Evening Prep: Defrost Chicken. During the week, I generally defrost chicken that is easy to prepare and cooks up quickly. This will sometimes be chicken breast on the bone with the skin, chicken cutlets, or chicken legs. If I have any chicken meat left over from my Sunday Dinner Mothership Meal, I will use those leftovers to prepare dinner for Tuesday and not defrost any chicken.

RECIPES (Links to Videos and Printable Recipes):

- Apple Cider Vinegar: [How to Make Homemade Apple Cider Vinegar with the Mother](#)
- Chicken Soup: [Easy Chicken Soup Recipe Made with Bone Broth](#)

- Cowboy Cookies: [Healthy Cowboy Cookies Recipe](#)
- Fermented Condiments: [How to Make Homemade Sauerkraut](#)
- Salad Dressings: [5 Homemade Salad Dressings](#)

Tuesday

Breakfast: During the winter months, we generally repeat the oatmeal through the workweek, but there are other options, time permitting. You could use collected sourdough discard to make pancakes or waffles. Or you could make “Batter Blender” pancakes or waffles. As an alternative to Soaked Oatmeal, you can also prepare Baked Oatmeal as an option.

Other options could be thick slices of Sourdough Bread or Whole Grain Bread toasted and topped with nut butter and honey. Additional toppings for thick-sliced bread could include avocados (as in the popular “avocado toast”), cultured cream cheese or cultured cottage cheese topped with some dried fruit or soaked nuts, or even a simple grilled cheese sandwich.

Lunch: As with Breakfast, lunch during the week is quite similar. It generally revolves around one of the options outlined for Monday’s lunch.

Dinner - “Chicken Night” Theme:

- Baked Chicken Breast on the bone, or boneless Chicken Breasts or Cutlets breaded and pan-fried
- Two cooked non-starchy or root vegetables, such as beets, brussels sprouts, carrots, broccoli, fennel, leeks, and onions.
- Sourdough bread and butter.

- One starchy vegetable side, such as winter squash or potatoes (white or sweet) or a whole grain side dish, like faro or a wild rice mix.
- One fermented condiment or a small amount of a fermented vegetable served in a condiment portion.

As an alternative to “Chicken Night,” this weeknight meal might have the “Comfort Food” theme. I might make a casserole or tartines, which are European-style open-faced sandwiches, for a delicious traditional “nutrient dense” meal.

You can make tartines with one slice of a thick cut sourdough bread or whole-grain bread. After toasting the bread, you can top it with a spreadable liver pâté (can be as simple as liverwurst), cured meats (such as salami), and shaved or sliced cheese. For the final topping, add lightly steamed in-season veggies tossed in olive oil or butter.

Other alternatives include what the Scandinavians do. You can first top the toasted bread (or sourdough WASA style crackers) with a good spread of Homemade Mayonnaise. Next, you can add smoked fish (such as kippers) or shrimp before finishing it off with crumbled or sliced hard-boiled eggs. Traditionally, the fish used would have been fermented, but since that is less common today, I like to add a side of fermented veggies to aid in digestion or a small, simple salad with a dressing with raw Apple Cider Vinegar.

Evening Prep: Thaw frozen fish in the refrigerator

RECIPES (Links to Videos and Printable Recipes):

- Chicken Cutlets: [Easy Crispy Chicken Cutlets Recipe](#)
- Cottage Cheese: [How to Make Cottage Cheese](#)

- Cream Cheese: [How to Make Cream Cheese](#)
- Blender Batter: [Whole Grain Blender Batter Waffles](#)
- Fermented Vegetable: [How to Make Fermented Carrots](#)
- Mayonnaise: [How To Make Homemade Mayonnaise](#)
- Pancakes: [Sourdough Starter Pancakes](#)
- Pancakes: [Whole Grain Blender Batter Pancakes](#) (This is an optional breakfast idea in place of oatmeal, but it does require an overnight soak, so be sure to prep this tonight)
- Sourdough Bread: [Busy Mother's Sourdough Secret - The Easy Way to Make Sourdough Starter and Sourdough Bread](#)
- Whole Wheat Bread: [No Knead Whole Wheat Sandwich Bread](#)
- Whole Grains: [3 Ways to Cook Whole Grains](#)

Wednesday

Breakfast: See Monday and Tuesday Breakfast Notes.

Lunch: See Monday and Tuesday Lunch Notes.

Dinner - “Fish Night” Theme:

- Salmon Patties
- Rice or whole grain cooked in broth or bone broth
- Two cooked non-starchy or root vegetables such as beets, brussels sprouts, carrots, broccoli, fennel, leeks, and onions.
- One fermented condiment or a small amount of a fermented vegetable served in a condiment portion.

We generally try to eat fish at least two times per week, typically on Wednesday and Friday. I will usually have

frozen fish in the freezer, but I also rely heavily on canned fish for both its convenience, as well as its affordable price.

If you are not fond of eating fish twice per week, you can apply a different theme to one of these days. If you find that your family likes eating red meat or pork, Wednesday can be a perfect night for this. You can serve winter favorites like Beef Stew, Meatloaf, or Thick Cut Pork Chops.

Evening Prep: None

RECIPES (Links to Videos and Printable Recipes):

- Beef Stew: [How to Make the Best Beef Stew](#)
- Fermented Condiment: [Easy Homemade Fermented Mustard](#)
- Meatloaf: [Homemade Meatloaf Recipe](#)
- Pork Chops: [Thick-Cut Pork Chops with Caramelized Onions and Fried Apples](#)
- Salmon Patties: [Quick and Easy Salmon Cakes Recipe](#)
- Sardines: [A Delicious Way to Prepare Canned Sardines](#)

Thursday

Breakfast: See Monday and Tuesday Breakfast Notes.

Lunch: See Monday and Tuesday Lunch Notes.

Dinner: “Italian Night” Theme:

- Stuffed Shells with Spinach and Ricotta Cheese
- Homemade sourdough garlic bread

- Small side salad with a simple dressing of olive oil and apple cider vinegar or other homemade salad dressing.

Options for Italian Night can be broad, such as preparing Chicken Parmesan, if you earlier changed the theme for Tuesday night from Chicken Night to Comfort Food. Other Italian options can be as simple as a spaghetti bolognese. The sides usually stay the same: a small side salad and garlic bread. I say “small” side salad because we eat fewer cold salads during the winter months. We use salads more to aid in digestion rather than as a main part of the meal.

Evening Prep: Defrost frozen fish in the refrigerator.

RECIPES (Links to Videos and Printable Recipes):

- Pizza Dough: [Homemade Pizza Dough Recipe for Making a Sourdough Pizza Crust](#)
- Stuffed Shells: [Homemade Stuffed Shells Recipe with 1-Minute Tomato Sauce](#)

Friday

Breakfast: See Monday and Tuesday Breakfast Notes.

Lunch: See Monday and Tuesday Lunch Notes.

Dinner - “Fish Night” Theme:

- Fish Stew
- Sourdough Bread with Cultured Butter

I usually have frozen fish in the freezer, and this is generally the night I cook it. (On Wednesday night, I tend to rely on canned fish.) Alternating between fresh (frozen) fish and canned fish goes easy on the grocery budget.

Fish night not for you? No problem. Pick any theme and accompanying recipes from earlier in the week.

Evening Prep: None.

RECIPES (Links to Videos and Printable Recipes):

- Batter Bread: [How to Make No Knead Batter Bread](#)
- Fish Stew: [Cioppino - Italian Fish Stew Recipe](#)
- Fish Stew: [How to Make Iodine Rich Fish Stew](#)
- Sourdough Bread: [How to Make Sourdough Bread](#)

Saturday

Breakfast: Saturday Breakfast is generally very similar to Sunday's Breakfast. It will include eggs, bacon, and usually, sourdough toast slathered with cultured butter and homemade jam, along with some type of citrus fruit, usually a half grapefruit. We enjoy traditional American uncured bacon, but you can certainly mix this up with sausage patties or links, Canadian bacon, or other breakfast meat.

Occasionally, I will have a leftover tomato-based meat sauce (bolognese) from the week. In that case, I will use it to make "Eggs in Purgatory" (similar to Shakshuka but with the addition of meat), which is simply eggs cooked in meat sauce. This hearty meal is perfect for a cold day when you know you will be working outside.

Other family favorites include Perfect French Toast or a thick slice of my Pantry Oatmeal Bread with a healthy smear of cultured butter and homemade jam.

Late Lunch/Early Dinner - “Family Favorites” Theme:

This “theme” leaves me with a lot of flexibility. We tend to have a hearty breakfast on Saturdays and then eat a late lunch/early dinner. Generally, what I make will depend on whether we are going to be home or heading to the movies, which is something we like to do (or should I say liked to do before the troubles of 2020) on Saturday night. Whether we are heading out or staying home to watch a movie or play a board game, I like to keep this meal filling but simple.

This Saturday meal can sometimes make use of leftovers from earlier in the week, or it can be what I call a “clean out the crisper” meal. And this doesn’t just apply to what’s in my crisper. I’ll generally take an inventory of what I have in my fridge that is perishable and needs to be used up soon. Then I will see what I have in my Working Pantry to see what dry goods I have that can complement what’s in my fridge.

For example, if I have leftover sauce from Italian Night, I’ll boil up some pasta and toss it with the leftover sauce. I’ll also sauté some veggies in olive oil to top the pasta with. If I have any leftover chicken or other protein, I’ll add that too.

Or I might make a pizza and top it with some leftover tomato sauce and any veggies I have in my fridge. You can make a delicious pizza with nothing more than a topping of olive oil, cooked greens, and some goat cheese. It really comes down to what I have on hand and what I need to use up.

Saturday's meal can also be something I call "Beans on Toast," which is popular nursery food in England. Although intended for children, this is one of those meals that children of all ages love! If I have leftover beans in the fridge, I'll dress them up, turn them into something similar to baked beans, and then pour them on top of a thick-cut toasted slice of sourdough or whole-grain bread. Brown bread is excellent for this. Sometimes I'll add a few uncured cut-up hot dogs.

Another superb and quick Saturday meal can be Welsh Rarebit (or Rabbit). It's so simple yet so tasty! All you do is take some bread, spread it with some English mustard, top it with a nice sharp cheddar, and put it under the broiler. It's ready in minutes. Serve a fermented veggie on the side or a small salad, and you have a delicious, well-rounded meal.

Other meals could be as simple as a baked potato (white or sweet) loaded with butter, veggies, or even some canned chicken tossed in with the veggies. Even leftover beef stew poured over a baked potato, or even better, mashed potatoes, can be delicious and filling on a cold winter Saturday.

Evening Prep: Thaw whole chicken for Sunday.

RECIPES (Links to Videos and Printable Recipes):

- Bean Soup: [How to Make Beans and Greens Soup](#)
- French Toast: [How to Make French Toast](#)
- Mac and Cheese: [Instant Pot Mac and Cheese](#)
- Oatmeal Bread: [Oatmeal Bread Recipe](#)
- Sandwich Bread: [No Knead Bread Recipe](#)
- Sourdough Starter: [Sourdough Skillet Dinner](#)
- Tortilla Soup: [Chicken Tortilla Soup](#)

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