

Create Your Traditional Foods Kitchen

This chart helps you easily make the transition to a Traditional Foods Kitchen. Try making recipes in at least 2-3 categories each week. By the end of your fourth week, you'll see the 10 recipes you've tried, and you'll be well on your way to creating your Traditional Foods Kitchen. (And congratulations on learning those new kitchen skills too!)



Category	Item	Week 1	Week 2	Week 3	Week 4	Total
1	Roast Chicken					
	Bone Broth (Beef , Chicken , Fish , Pork , Turkey)					
	Soup made with Bone Broth					
2	Soaked and Sprouted Beans					
3	Cereals: Soaked Oatmeal					
	Granola					
	Flaked Cereal					
4	Soaked Nuts					
5	Cultured Dairy: Yogurt					
	Milk Kefir					
6	Ferments: Sauerkraut					
	Fermented Vegetables					
	Condiments					
7	Sourdough Starter / Bread					
8	Beverages: Beet or Rye Kvass					
	Water Kefir					
	Kombucha					
9	Vinegar: Apple Cider Vinegar					
	Fruit Scrap					
10	Sprouted Flour / Bread					
	Weekly Total					

Additional Resources

- [Ten Easy Ways to Create a Traditional Foods Kitchen](#)
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