



7-DAY MEAL PLAN

NOURISHING TRADITIONS

WYLD
DER

7 DAY MEAL PLAN



day 1

- Breakfast: Soaked Oatmeal with Raw Cream and Fresh Berries
- Lunch: Chicken Liver Pâté with Fermented Vegetables and Sprouted Crackers
- Dinner: Roasted Chicken with Garlic and Lemon, Mashed Cauliflower, and Fermented Sauerkraut



Day 2

- Breakfast: Scrambled Eggs with Homemade Salsa and Fermented Sourdough Toast
- Lunch: Creamy Butternut Squash Soup with a Side of Fermented Pickles
- Dinner: Beef Stew with Root Vegetables and Lacto-Fermented Carrots



Day 3

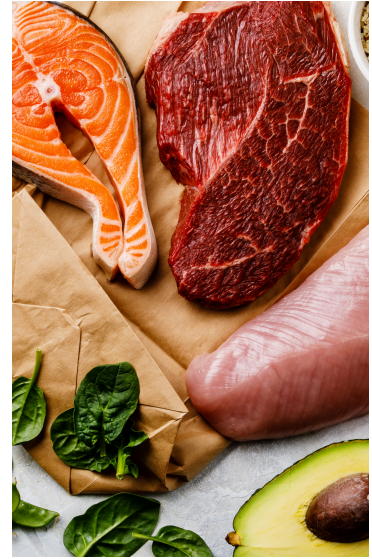
- Breakfast: Smoothie with Raw Milk Kefir, Raw Honey, and Seasonal Fruits
- Lunch: Tuna Salad Made with Homemade Mayonnaise, Served in Butter Lettuce Cups
- Dinner: Baked Salmon with Herb Butter, Steamed Asparagus, and Quinoa



7 DAY MEAL PLAN

Day 4

- Breakfast: Soaked Buckwheat Pancakes with Butter and Maple Syrup
- Lunch: Lentil Soup with Fermented Beets and a Side Salad
- Dinner: Slow-Cooked Lamb Shanks with Garlic Mashed Potatoes and Braised Greens



Day 5

- Breakfast: Poached Eggs Over Wilted Spinach with Hollandaise Sauce
- Lunch: Grass-Fed Beef Burgers (No Bun) with Lacto-Fermented Cabbage Slaw
- Dinner: Roast Duck with Orange Glaze, Roasted Sweet Potatoes, and a Side of Fermented Relish

Day 6

- Breakfast: Yogurt with Soaked Granola and Seasonal Fruits
- Lunch: Chicken Salad with Fermented Pickles and Fermented Soda (Kombucha or Ginger Ale)
- Dinner: Pork Chops with Apple Chutney, Creamed Spinach, and Spiced Fermented Veggies



Day 7

- Breakfast: Custard Made with Raw Cream and Fresh Nutmeg
- Lunch: Leftover Roast Chicken Salad on Sprouted Bread with Fermented Condiments
- Dinner: Broth-Based Vegetable Soup with Shredded Meat and Lacto-Fermented Salsa

SHOPPING LIST

Dairy

- Raw cream
- Raw milk or high-quality whole milk
- Grass-fed butter
- Raw milk cheese
- Yogurt (or culture to make your own)

Grains

- Organic rolled oats
- Buckwheat groats
- Quinoa
- Sprouted crackers
- Sprouted sourdough bread

Vegetables & Fruits

- Leafy greens (spinach, kale, butter lettuce)
- Root vegetables (carrots, potatoes, sweet potatoes)
- Seasonal fruits (apples, berries, bananas, etc.)
- Fermentables (cabbage, cucumbers, beets, etc.)

Proteins

- Pastured chicken (whole, breasts, and thighs)
- Grass-fed beef stew meat and ground beef
- Wild-caught salmon fillets
- Pork chops
- Lamb shanks
- Duck or turkey (optional)
- Chicken livers
- Tuna (sustainably sourced, canned in olive oil)

Pantry Items

- Olive oil
- Coconut oil
- Maple syrup
- Raw honey
- Sea salt
- Apple cider vinegar

Ferments & Condiments

- Lacto-fermented pickles, salsa, sauerkraut, and carrots
- Homemade mayonnaise ingredients (egg yolks, mustard, olive oil)
- Kombucha or fermented soda



MEAL PREP TIPS

1. Weekend Prep:

- Soak grains (oats, buckwheat) for breakfasts.
- Prepare lacto-fermented vegetables to use throughout the week.
- Batch-cook chicken broth for soups and stews.

2. Batch Cooking:

- Roast a whole chicken to use in dinners and salads.
- Make large batches of soup and stew to refrigerate or freeze for lunches.

3. Stock the Pantry:

- Ensure you have a good selection of traditional cooking staples like sea salt, olive oil, raw honey, and apple cider vinegar.



CREATING LASTING HABITS



Sustainable Nutrition

Building lasting habits around traditional cooking and holistic eating can feel overwhelming at first, but with the right mindset and strategies, you can make them second nature. Here are practical steps to help you create sustainable habits:

1. Start Small, Stay Consistent

- **Set One Goal at a Time:** Focus on soaking grains, fermenting one vegetable, or batch-cooking each week.
- **Anchor New Habits:** Pair your new habit with an existing one. For example, prep ferments while waiting for your morning coffee to brew.

2. Plan and Prepare

- **Use the 7-Day Meal Plan:** Having a clear roadmap eliminates decision fatigue and keeps you on track.
- **Batch Cooking:** Dedicate one day a week to preparing broths, fermenting veggies, and prepping ingredients to save time on busy days.

3. Track Your Progress

- **Daily Checklists:** Use a printable or digital tracker to check off tasks like soaking grains or setting up meals.
- **Celebrate Wins:** Reward yourself when you complete a week of planned meals or try a new recipe.

4. Make It Enjoyable

- **Cook Together:** Involve family or friends to make cooking fun and educational.
- **Experiment:** Try new recipes or flavor combinations to keep meals exciting and engaging.

5. Stay Inspired

- **Join a Community:** Share tips, questions, and successes in a group like your Wylder Space community.
- **Learn Continuously:** Read books, attend workshops, or watch videos to deepen your understanding of traditional methods.

6. Be Patient

- **Expect Challenges:** Not every meal will be perfect, and that's okay. Focus on progress, not perfection.
- **Adapt:** Adjust your approach based on what works best for your schedule and tastes.



Day 1

Recipes:

Soaked Oatmeal with Raw Cream and Fresh Berries Ingredients:

- 1 cup rolled oats
- 2 cups filtered water
- 2 tbsp apple cider vinegar or lemon juice
- 1/2 tsp sea salt
- 1/2 cup raw cream
- 1/2 cup fresh berries (e.g., blueberries, strawberries)

Instructions:

In a bowl, combine oats, water, and apple cider vinegar. Cover and soak overnight.

In the morning, drain and rinse the oats.

Cook oats with fresh water and sea salt over medium heat for 5-7 minutes.

Top with raw cream and fresh berries before serving.

Chicken Liver Pâté with Fermented Vegetables Ingredients:

- 1 lb chicken livers
- 1/2 cup grass-fed butter
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- Sea salt and black pepper to taste
- Fermented vegetables (e.g., sauerkraut or pickles)

Instructions:

In a skillet, heat 2 tbsp butter over medium heat. Sauté onions and garlic until soft.

Add chicken livers and cook until browned on the outside but slightly pink inside.

Transfer to a food processor and blend with remaining butter until smooth. Season with salt and pepper.

Serve with fermented vegetables and crackers.

Roasted Chicken with Garlic and Lemon Ingredients:

1 whole pastured chicken

2 lemons, halved

1 bulb garlic, halved

2 tbsp olive oil

Sea salt and pepper to taste

Instructions:

Preheat oven to 375°F (190°C).

Place chicken in a roasting pan. Stuff cavity with lemon halves and garlic. Rub olive oil over the skin, then season generously with salt and pepper. Roast for 1.5-2 hours, basting occasionally, until the internal temperature reaches 165°F (74°C).

Day 2

Recipes:

Scrambled Eggs with Homemade Salsa and Fermented Sourdough Toast

Ingredients:

4 eggs (pastured)

1/4 cup milk or cream

2 tbsp butter

1/2 cup homemade salsa

2 slices fermented sourdough toast

Instructions:

Whisk eggs and milk together in a bowl.

Heat butter in a skillet over medium heat. Add egg mixture and cook, stirring gently, until set.

Serve with salsa on top and sourdough toast on the side.

Creamy Butternut Squash Soup with Fermented Pickles

Ingredients:

1 medium butternut squash, peeled and cubed

1 onion, chopped

2 tbsp butter

3 cups chicken broth

1/2 cup cream

Sea salt and pepper to taste

Fermented pickles for garnish

Instructions:

Sauté onion in butter until translucent. Add squash and broth.

Simmer until squash is tender, about 20 minutes.

Blend until smooth and stir in cream. Season with salt and pepper. Garnish with chopped pickles.

Beef Stew with Root Vegetables and Lacto-Fermented Carrots Ingredients:

1 lb grass-fed beef stew meat

4 cups beef broth

2 carrots, peeled and sliced

2 potatoes, cubed

1 onion, chopped

2 tbsp olive oil

Sea salt and pepper to taste

Lacto-fermented carrots for garnish

Instructions:

Heat olive oil in a pot. Brown beef on all sides.

Add onion, carrots, potatoes, and broth. Simmer for 1.5 hours until tender.

Season with salt and pepper. Serve with lacto-fermented carrots on the side.

Breakfast: Soaked Oatmeal with Raw Cream and Fresh Berries

Lunch: Chicken Liver Pâté with Fermented Vegetables and Sprouted Crackers

Dinner: Roasted Chicken with Garlic and Lemon, Mashed Cauliflower, and Fermented Sauerkraut

Day 3

Recipes:

Smoothie with Raw Milk Kefir, Raw Honey, and Seasonal Fruits Ingredients:

1 cup raw milk kefir

1 banana

1/2 cup mixed berries (frozen or fresh)

1 tbsp raw honey

Instructions:

Combine all ingredients in a blender. Blend until smooth.

Serve immediately and enjoy!

Tuna Salad with Homemade Mayonnaise Ingredients:

1 can of sustainably sourced tuna in olive oil, drained

2 tbsp homemade mayonnaise

1 stalk celery, finely chopped

1 tbsp fresh parsley, chopped

Sea salt and pepper to taste

Butter lettuce leaves for serving

Instructions:

In a bowl, mix tuna, mayonnaise, celery, and parsley until combined.

Season with salt and pepper.

Serve in butter lettuce cups.

Baked Salmon with Herb Butter Ingredients:

- 2 wild-caught salmon fillets
- 2 tbsp grass-fed butter, softened
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh parsley, chopped
- 1 lemon, sliced

Instructions:

Preheat oven to 375°F (190°C).

Mix butter with dill and parsley. Spread over salmon fillets.

Place salmon on a baking sheet lined with parchment paper. Top with lemon slices.

Bake for 15-20 minutes or until salmon flakes easily.

Day 4

Recipes:

Soaked Buckwheat Pancakes with Butter and Maple Syrup Ingredients:

1 cup buckwheat flour

1 cup filtered water

1 tbsp apple cider vinegar

1 egg

1/4 tsp sea salt

Grass-fed butter for cooking

Maple syrup for serving

Instructions:

Mix buckwheat flour, water, and vinegar. Soak overnight.

In the morning, whisk in egg and sea salt.

Heat butter in a skillet and pour batter to form pancakes. Cook until bubbles form and flip.

Serve with maple syrup.

Lentil Soup with Fermented Beets Ingredients:

1 cup lentils, soaked overnight

1 onion, chopped

2 carrots, chopped

2 tbsp olive oil

4 cups chicken broth

Sea salt and pepper to taste

Fermented beets for garnish

Instructions:

Heat olive oil in a pot. Sauté onion and carrots until softened.

Add lentils and broth. Simmer for 30-40 minutes until lentils are tender.

Season with salt and pepper. Serve with fermented beets.

Slow-Cooked Lamb Shanks with Garlic Mashed Potatoes Ingredients:

2 lamb shanks
4 cloves garlic, minced
2 tbsp olive oil
1 cup red wine (optional)
3 cups beef broth
4 potatoes, peeled and cubed
2 tbsp butter
1/4 cup raw cream

Instructions:

Brown lamb shanks in olive oil in a skillet. Transfer to a slow cooker.
Add garlic, red wine, and broth. Cook on low for 6-8 hours.
Boil potatoes until tender. Mash with butter and cream.
Serve lamb shanks with mashed potatoes.

Day 5

Recipes:

Poached Eggs Over Wilted Spinach with Hollandaise Sauce Ingredients:

2 eggs
2 cups fresh spinach
2 tbsp butter
2 egg yolks
1 tbsp lemon juice
Sea salt to taste

Instructions:

Poach eggs in simmering water for 3-4 minutes.

Sauté spinach in butter until wilted.

Whisk egg yolks and lemon juice over a double boiler. Gradually whisk in melted butter to create Hollandaise sauce.

Serve poached eggs over spinach with sauce.

Grass-Fed Beef Burgers with Lacto-Fermented Cabbage Slaw Ingredients:

1 lb grass-fed ground beef
Sea salt and pepper to taste
1 cup lacto-fermented cabbage
1/4 cup mayonnaise

Instructions:

Form beef into patties. Season with salt and pepper.

Cook in a skillet over medium heat to desired doneness.

Mix cabbage and mayonnaise for slaw. Serve burgers with slaw.

Roast Duck with Orange Glaze Ingredients:

1 whole duck
1/4 cup orange juice
2 tbsp honey
1 tbsp soy sauce

Instructions:

Preheat oven to 375°F (190°C).

Mix orange juice, honey, and soy sauce for glaze.

Roast duck for 1.5-2 hours, brushing glaze on every 20 minutes.

Rest 10 minutes before carving.

Day 6

Recipes:

Yogurt with Soaked Granola and Seasonal Fruits Ingredients:

1 cup homemade or high-quality yogurt

1/2 cup soaked granola

1/2 cup seasonal fruits

Instructions:

Combine yogurt, granola, and fruits in a bowl. Serve immediately.

Chicken Salad with Fermented Pickles Ingredients:

1 cup cooked chicken, shredded

2 tbsp mayonnaise

1/4 cup fermented pickles, chopped

Lettuce leaves for serving

Instructions:

Mix chicken, mayonnaise, and pickles.

Serve in lettuce leaves.

Pork Chops with Apple Chutney Ingredients:

2 pork chops

1 apple, peeled and diced

1 tbsp honey

1/2 tsp cinnamon

Instructions:

Cook pork chops in a skillet until browned.

Simmer apple, honey, and cinnamon in a saucepan until soft.

Serve chops topped with chutney.

Day 7

Recipes:

Custard Made with Raw Cream and Fresh Nutmeg Ingredients:

2 cups raw cream

3 egg yolks

1/4 cup raw honey

1/2 tsp vanilla extract

Fresh nutmeg for garnish

Instructions:

Heat cream gently until warm.

Whisk egg yolks, honey, and vanilla. Gradually add warm cream while whisking.

Cook over low heat until thickened.

Chill and serve with grated nutmeg.

Leftover Roast Chicken Salad on Sprouted Bread Ingredients:

1 cup leftover roast chicken, shredded

2 tbsp mayonnaise

2 slices sprouted bread

Instructions:

Mix chicken and mayonnaise.

Spread on sprouted bread. Serve immediately.

Broth-Based Vegetable Soup with Shredded Meat Ingredients:

4 cups chicken broth

1 cup cooked shredded meat (chicken, beef, or lamb)

2 carrots, diced

1 celery stalk, chopped

Sea salt and pepper to taste

Instructions:

Simmer broth, carrots, and celery until tender.

Add shredded meat and heat through.

Season and serve.

Breakfast: Smoothie with Raw Milk Kefir, Raw Honey, and Seasonal Fruits

Lunch: Tuna Salad Made with Homemade Mayonnaise, Served in Butter Lettuce Cups

Dinner: Baked Salmon with Herb Butter, Steamed Asparagus, and Quinoa

Meal Prep Tips

Batch Cooking Tips: Strategies to stretch one recipe into multiple meals—saving you time and money.

Simple Recipes for Every Skill Level: Whether you're a seasoned chef or new to traditional foods, these recipes are approachable, inspiring, and kid-approved.

Weekend Prep:

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Batch-cook chicken broth for soups and stews.

Batch Cooking:

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Make large batches of soup and stew to refrigerate or freeze for lunches.

Stock the Pantry:

Ensure you have a good selection of traditional cooking staples like sea salt, olive oil, raw honey, and apple cider vinegar.