December 2026

GUEST NUTRIENT
Vitamin C
+ iron dinners every week

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 Hanukkah begins at sundown	5
6 Cook double: beef and bean chili	7	8	9 Move the frozen chili to the fridge	10 Freezer night: chili bowls	11	12
13 Gallo Pinto	14	15	16	17	18	19
20 Bife con Chimichurri	21	22	23	24 Christmas Eve No cooking planned	25 Christmas Day No cooking planned	26 Kwanzaa begins
27 Gado Gado	28	29	30	31 New Year's Eve		

Recipes, numbers and QR codes for each dinner are on page 2.

This month's dinners

DECEMBER 2026

Vitamin C + iron

Adults need **90 mg (men) or 75 mg (women) of vitamin C a day**; people who smoke need 35 mg more. Citrus fruits, red and green peppers and kiwifruit have a lot; broccoli, strawberries, baked potatoes and tomatoes have some too. Vitamin C also helps your body absorb the iron in plant foods. Each dinner below has about 40 to 55 mg a serving.

Source: NIH Office of Dietary Supplements, vitamin C fact sheet. Numbers per serving: USDA FoodData Central, counted from raw ingredients (cooking lowers vitamin C a little).

FOUR SUNDAY DINNERS (SCAN A CODE TO OPEN THE RECIPE ON YOUR PHONE)



SUN DEC 6 · EAT AGAIN THU DEC 10

Beef and bean chili

Double batch: half goes in the freezer

Iron 6.4 mg · Vitamin C 53 mg

About 50 min · serves 4 + 4 frozen

Scan for the recipe
asknutmeg.com/plan/see-day-1.html



SUN DEC 13

Gallo Pinto

Costa Rica & Nicaragua · black beans and rice

Iron 3.9 mg · Vitamin C 42 mg

About 20 min · serves 4 · uses cooked rice and beans

Scan for the recipe
asknutmeg.com/dishes/gallo-pinto.html



SUN DEC 20

Bife con Chimichurri

Argentina · steak with fresh parsley sauce

Iron 5.5 mg · Vitamin C 42 mg

About 30 min · serves 2 (double it for 4)

Scan for the recipe
asknutmeg.com/dishes/bife-con-chimichurri.html



SUN DEC 27

Gado Gado

Indonesia · vegetables, tofu, egg, peanut sauce

Iron 4.8 mg · Vitamin C 42 mg

About 35 min · serves 2 · contains peanuts

Scan for the recipe
asknutmeg.com/dishes/gado-gado.html

COOK ONCE, EAT TWICE

On Dec 6, freeze half the chili in shallow containers. Move it to the fridge Wednesday night for Thursday's bowls.

PAIRS WELL

A squeeze of lime or a few orange slices on the side add vitamin C, which helps your body use the iron in beans and tofu.

KEEP IT FRESH

Long cooking and storage lower vitamin C. Add raw peppers, parsley or cilantro at the end, and steam or microwave vegetables.

IRON EVERY MONTH, PLUS ONE GUEST NUTRIENT (2027)

JAN Vitamin D	FEB Zinc	MAR Vitamin B12	APR Fiber	MAY Omega-3	JUN Probiotics
JUL Magnesium	AUG Calcium	SEP Folate	OCT Vitamin A	NOV Iron	DEC Vitamin C

The 2027 calendar and every recipe: **asknutmeg.com/calendar/**

This isn't medical advice. If you feel tired or pale, or you're worried about your iron, ask your doctor for a blood test. Too much iron is also harmful, so don't take iron supplements unless a doctor says to.

Photos via Wikimedia Commons: Chili by Carstor (CC BY-SA 2.5); Gallo Pinto by Gmasmcal (CC BY 4.0); Steak with chimichurri by Dominic Lockyer (CC BY 2.0); Gado gado by Piknikdong (CC BY-SA 4.0).

Free to print and share. © 2026 Ask Nutmeg