



nourished kitchen

meal plans} autumn: week 2

about your ingredients}

Dairy: Choose raw milk, cream and butter when you can, provided they're from cows raised on pasture. Avoid ultrapasteurized dairy products.

Eggs: Choose farm-fresh eggs from hens raised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.

Pantry Items: Choose organic, local and raw when and where possible.

Fresh Produce: Choose organic, local vegetables when possible.

Meat, Fish & Fowl: Choose locally and naturally raised meats from animals allowed to graze on fresh pastures.

SA: Substitution available, see recipe. HM: Preferably homemade. O: Optional ingredient.

menu #1	menu #2	menu #3	weekly extras
bistro dinner <ul style="list-style-type: none"> chicken liver pate with butternut squash and sage almond flour bread or whole-grain sourdough bread autumn salad 	one-dish meal <ul style="list-style-type: none"> beef pot roast with fall roots simple salad with cider vinaigrette 	kids' favorites <ul style="list-style-type: none"> chicken fingers oven fries cut up vegetables 	ferments, soups, desserts <ul style="list-style-type: none"> herbed mayonnaise simple butternut squash soup cinnamon applesauce supplemental recipes <ul style="list-style-type: none"> chicken stock fresh whey/yogurt cheese

shopping list

dairy & eggs

- ___ milk (1 quart)^{SA}
- ___ butter (2 cups, 1/4 cup, 1 tbsp)^{SA}
- ___ eggs (3 whole, 3 yolks)
- ___ fresh whey (1/4 cup)

meat, fish & fowl

- ___ chicken livers (1 lb)
- ___ beef rump roast (4 to 5 lbs)
- ___ bonless, skinless chicken breasts (1 1/2 lbs)
- ___ chicken stock (2 quarts)

fresh produce & herbs

- ___ butternut squash (2 whole, about 1 1/2 lbs each)
- ___ shallots (6)
- ___ fresh sage (2 tbsps)
- ___ salad greens (16 cups, loosely packed)
- ___ apples (3 lbs + 2)
- ___ pears (2)
- ___ grapes (1 cup)
- ___ red onion (2)
- ___ carrots (1/2 lb + 6)
- ___ celery ribs (8)
- ___ yellow onion (1)
- ___ turnips (2)
- ___ flat-leaf parsley (1/2 cup)
- ___ lemon (1)
- ___ russet potatoes (2 1/2 lbs)^{SA}
- ___ radishes (1/2 lb)
- ___ sugar snap peas (1/2 lb)
- ___ snipped fresh herbs (2 tbsps)

pantry items

- ___ blanched almond meal (3 1/4 cups)^{SA}
- ___ honey (3 tbsps)
- ___ Dijon-style mustard (2 tbsps)
- ___ unrefined extra virgin olive oil (3 cups)
- ___ cider vinegar (1/2 cup, 2 tbsps, 1/2 tsp)
- ___ hard red wheat flour (1 cup)
- ___ whole white wheat or spelt flour (2 cups)

spices, extracts & dried herbs

- ___ unrefined sea salt
- ___ ground black pepper
- ___ mixed dried herbs (2 tbsps)
- ___ ground cinnamon (2 tbsps)

miscellaneous & specialty

- ___ sherry (1/4 cup)
- ___ proofed and bubbly sourdough starter (1 cup)
- ___ apple juice (2 cups)

If preparing sourdough bread for menu #1: You may omit 2 1/2 cups almond flour, 1/2 tsp baking soda, 3 whole eggs, 1 tbsp honey and 1/2 tsp apple cider vinegar.

If preparing almond flour bread for menu #1: You may omit proofed and bubbly starter, 2 cups whole wheat flour, 1 cup red wheat flour, 2 tbsps mixed dried herbs.

menu #1} chicken liver pate with butternut squash and sage, almond flour bread or whole-grain sourdough bread, autumn salad

Liver, much loved and much loathed, is a nutrient-dense addition to any plate and is particularly rich in folate, a B vitamin that is essential to women of reproductive age. I like to pair this meal: pate, bread and salad with our soup of the week: a simple butternut squash puree.



chicken liver and butternut squash pate}

skill level: moderate | **yield:** about 1 pint | **time:** 4 to 24 hrs (marinade), 45 mins (oven), 10 mins (stove), 1 hr (fridge)

ingredients

- 1 lb chicken livers
- 1 qt milk*
- 1 butternut squash, about 1 ½ lbs, split and seeded
- 2 cups butter*, divided
- 2 shallots, peeled and sliced thin
- 2 tbsps chopped fresh sage
- ¼ cup sherry**

method

1. Place chicken livers in a mixing bowl and cover with milk, transfer to the refrigerator and allow the liver to soak in milk for at least 4 and up to 24 hours. After 4 to 24 hours, drain off the milk and rinse the livers well.
2. Preheat the oven to 425° F. Place a split and seeded butternut squash in a baking dish, filling the dish with about 1 cup water. Roast the squash for 45 minutes or until it yields when pierced by a fork. Allow it to cool until it becomes comfortable enough to handle, then scoop out its flesh and set it aside.
3. Melt ¼ cup butter in a skillet. When it froths, stir in shallots and fry until fragrant. Stir in rinsed and drained chicken livers and fry until cooked through for about 5 minutes. Stir in sage and sherry and continue to fry an additional 3 to 4 minutes.

scheduled for: _____

4. Transfer liver and shallots to a food processor and add reserved butternut squash and process until smooth.
5. Transfer to the fridge to chill for at least one hour before serving.

NOTE: Save yourself time and roast the squash up to one day in advance.



almond flour bread}

skill level: easy | **yield:** 1 loaf | **time:** 45 mins (oven)

ingredients

- 2½ cups blanched almond meal
- ½ tsp unrefined sea salt
- ½ tsp baking soda
- 3 eggs, beaten
- 1 tbsp honey, optional
- ½ tsp apple cider vinegar
- coconut or butter, for greasing the pan

method

1. Preheat oven to 300° F. Grease a loaf pan.
2. Beat all ingredients together and spoon into a loaf pan.
3. Bake at 300° F for 45 minutes to one hour, or until a toothpick inserted into the bread's center comes out clean.
4. Cool completely before slicing.

***Dairy-free?** Substitute 1 quart salted water for milk and substitute chicken fat or coconut oil for butter.

****Alcohol-free?** Substitute chicken stock for sherry.



Lighten your budget} \$1

Substituting chicken stock for sherry will save about \$1.



make this meal}

up to 5 days ahead: Thaw chicken liver, if frozen. Prepare vinaigrette, storing at room temperature.

about 1 day ahead: Marinate chicken livers. Roast squash, reserving puree. Proof sourdough starter, if making bread.

about 10 hrs ahead: Begin prepare sourdough bread and allow it to rise.

about 1½ hrs ahead: Prepare chicken liver pate with roasted squash puree and marinated chicken livers. Bake bread (almond flour or sourdough) and allow to cool before serving.

about 5 mins ahead: Plate salad and dress at the table.



food for thought}

Chicken liver is rich in preformed vitamin A as well as B vitamins like folate which is essential to women of reproductive age.

Butternut squash is rich in antioxidants like beta carotene.



sourdough herb bread}

skill level: moderate | **yield:** 1 loaf | **time:** under 5 mins (active), 8 hrs (rising), 45 mins (oven)

ingredients

- 1 cup proofed, bubbly sourdough starter
- 2 cups whole white wheat or spelt flour
- 1 cup red wheat flour
- 1 tsp unrefined sea salt
- 2 tbsps mixed dried herbs (basil, parsley, marjoram, rosemary, chives, dill etc.)
- olive oil, for oiling bowl

method

1. Place all ingredients into your mixer and combine using a dough hook. Slowly add enough water to make the dough soft and pliable without being liquidy or shaggy. Process about 5 minutes.
2. Turn dough out onto a lightly floured surface for 5 minutes. Form dough into a round ball and place it into an oiled bowl.
3. Allow dough to rise until doubled in bulk, about 8 hours. Cut a cross into the top of the bread.
4. Preheat oven to 425° F.
5. Place bread on a baking stone or sheet and bake at 425° F for 30 minutes to 45 minutes until cooked through.



autumn salad}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active)

ingredients

for the vinaigrette

- ¼ cup apple cider vinegar
- 1 shallot, peeled and minced
- 1 tablespoon honey
- 1 tablespoon Dijon-style mustard
- ¾ cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed salad greens
- 2 apples, cored and sliced thin
- 2 pears, cored and sliced thin
- 1 cup grapes, seeded and halved
- 1 red onion, peeled, sliced into thin rounds

method

1. Whisk cider vinegar with shallot, honey and mustard. Whisk in olive oil and store in a salad dressing cruet or mason jar until ready to serve.
2. Plate greens, apples, pears, grapes and red onion, dress with vinaigrette at the table.

NOTE: This is the same vinaigrette recipe as called for in menu #2. Save yourself time and make a double batch for the week.

menu #2} simplest beef pot roast with fall roots, salad with cider vinaigrette

This time of year is always busy for me, so I rely on simple one-dish meals for days that I haven't time to think, let alone cook. It's simple, delicious and using the slowcooker affords the feeling of letting someone else cook for you; it's so easy. Pair this meal with a simple green salad, and you've a fully nourishing and filling supper.



Lighten your budget} \$2

Omitting fresh parsley will save about \$2.



make this meal}

up to 1 week ahead: Prepare vinaigrette, storing at room temperature until ready to serve.

about 5 days ahead: Thaw beef, if frozen, in the refrigerator.

about 9 and at least 14 hrs ahead: Begin slowcooking beef.

at least 1 and up to 2 hrs ahead: Add vegetables to slowcooker.

about 5 mins ahead: Plate salad and dress at the table. Sprinkle roast with fresh parsley and serve



food for thought}

Grass-fed beef is an excellent source of protein and offers a favorable ratio of omega-3 to omega-6 fatty acids. It is rich in conjugated linoleic acid, a wholesome fat thought to offer protective effects against cancer and metabolic syndrome.

Carrots are rich in carotenoids, phytonutrients known as powerful antioxidants. They are best served with a fat which enables their nutrients to be better absorbed.



simplest beef pot roast with fall roots}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 9 to 14 hrs (slowcooker)

ingredients

- 4 to 5 lbs beef rump roast
- ½ tsp unrefined sea salt
- 1 tsp ground black pepper
- 6 large carrots, scraped and chopped
- 8 ribs celery, chopped
- 1 large yellow onion, peeled, sliced thin
- 2 turnips, peeled and chopped
- ½ cup chopped flat-leaf parsley

method

1. Season roast with salt and pepper. Transfer to a slowcooker, cover with water by one inch and cook on low for about 8 to 12 hours, stir in carrots, celery, onion and turnips and continue cooking on low for 1 to 2 hours before serving. Sprinkle with parsley just before serving.

scheduled for: _____



salad with cider vinaigrette}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active)

ingredients

for the vinaigrette

- ¼ cup apple cider vinegar
- 1 shallot, peeled and minced
- 1 tablespoon honey
- 1 tablespoon Dijon-style mustard
- ¾ cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed salad greens
- 1 red onion, peeled and sliced into thin rounds

method

1. Whisk cider vinegar with shallot, honey and mustard. Whisk in olive oil and store in a salad dressing cruet or mason jar until ready to serve.
2. Plate greens and red onion, dress with vinaigrette at the table.

NOTE: This is the same vinaigrette recipe as called for in menu #1. Save yourself time and make a double batch for the week.

menu #3} chicken fingers, oven fries, cut up vegetables

My little boy loves these simple and beautifully seasoned chicken fingers which are dredged in almond flour and baked in the oven. I like to serve them with oven-fried potatoes, cut up of vegetables and herbed mayonnaise (our ferment of the week).

make this meal}

up to 1 week ahead: Prepare herbed mayonnaise.

up to 3 days ahead: Thaw chicken, if frozen.

about 50 mins ahead: Prepare oven-fried potatoes.

about 30 mins ahead: Prepare chicken fingers.

food for thought}

Pasture-raised chicken is an excellent source of complete protein. It is richer in vitamins A, D and E and the antioxidant beta carotene than conventionally-raised chicken, and it offers a favorable ratio of omega-3 to omega-6 fatty acids.



chicken fingers}

skill level: easy | **yield:** 4 servings | **time:** 5 mins (active), 20 mins (oven)

ingredients

- ¾ cup blanched almond flour*
- ½ tsp unrefined sea salt
- ½ tsp ground black pepper
- zest of 1 lemon
- 1 ½ lbs boneless, skinless chicken breasts, chopped into bite-sized pieces

method

1. Preheat the oven to 425° F and line a baking sheet with parchment paper.
2. Whisk almond flour, unrefined sea salt and ground black pepper together in a small bowl with the zest of one lemon.
3. Dredge the chicken in seasoned almond flour.
4. Transfer the chicken to a baking sheet lined with parchment paper and bake for twenty minutes in an oven preheated to 425° F, turning once.



oven fries}

skill level: easy | **yield:** 4 servings | **time:** under 5 mins (active), 45 mins (oven)

ingredients

- 2 ½ lbs russet potatoes** cut into strips no thicker than ¼ inch
- 1 tbsp butter***, melted
- unrefined sea salt, as needed
- ground black pepper, as needed

method

1. Preheat oven to 425° F.
2. Place fries in cold water while the oven preheats, then drain, rinse and pat dry with a kitchen towel.

scheduled for: _____

3. Toss fries back into the mixing bowl with melted butter, salt and pepper to coat, then spread in a single layer on a parchment-lined baking sheet.
4. Bake in an oven preheated to 425° F for 40 to 45 minutes, stirring once, until cooked through and crisped.



cut up vegetables}

skill level: easy | **yield:** 4 servings | **time:** 10 mins (active)

ingredients

- ½ lb carrots, scraped and cut into strips
- ½ lb radishes, trimmed and quartered
- ½ lb sugar snap peas, trimmed
- ice water

method

1. Ten minutes before dinner, prepare the vegetables and plunge them into a mixing bowl filled with ice water until ready to serve, then drain them and pat them dry with a towel.

***Avoiding nuts?** Substitute ground pumpkin seeds and ground sunflower seeds or any whole-grain flour.

****On Gaps?** Substitute butternut squash for potatoes.

*****Dairy-free?** Substitute grass-fed tallow, sustainably harvested palm kernel oil or olive oil.

ferments, soups, desserts} herbed mayonnaise, butternut squash soup, cinnamon applesauce

scheduled for: _____

Butternut squash soup is one of my favorite soups and I love preparing this deeply nourishing dish every autumn. With the equinox looming, it's perfect time to revive the dish for another year. This week's ferment of the week is herbed mayonnaise which I love slathered on bread for sandwiches or served as a dip for fresh vegetables. And your kids will love our cinnamon applesauce.

make this meal}

up to 1 week ahead: Prepare chicken stock. Roast the squash. Prepare fresh whey.

food for thought}

Chicken stock is rich in gelatin, which soothes the stomach and promotes good digestive health and in glucosamin-chondroitin, thought to promote joint health. It's also rich in trace minerals and represents an excellent dairy-free source of calcium.

Butternut squash is rich in antioxidants like beta carotene.

herbed mayonnaise}

skill level: easy | **yield:** about 1 1/2 cups | **time:** about 10 mins (active), 6 to 8 hrs (fermentation)

ingredients

- 3 egg yolks
- 1 tbsp lemon juice or vinegar
- 1/2 tsp unrefined sea salt
- 1 1/2 cups unrefined extra virgin olive oil
- 1/4 cup fresh whey
- 2 tbsps snipped fresh herbs (dill, chives, mint, parsley, flat-leaf parsley, chervil etc.)

method

1. Whisk egg yolks, lemon juice or vinegar together with sea salt and powdered mustard.
2. In a separate bowl whisk melted coconut oil with olive oil.
3. Pour the egg yolk mixture into a food processor and process. In a smooth and steady stream, no more than a few drops at a time in the beginning, drip olive and coconut oil mixture into the food processor and continue doing so until the mayonnaise is well-emulsified and the oils are exhausted.
4. Remove the mayonnaise from the food processor and whisk in starter culture and snipped fresh herbs.
5. Leave the mayonnaise on the counter, wellcovered, at room temperature for about 6 to 8 hours. Transfer to the refrigerator. The mayonnaise should keep for several weeks in the refrigerator.

NOTE: Lactofermented mayonnaise is typically thinner than storebought mayonnaise.

simplest butternut squash soup}

skill level: easy | **yield:** about 2 qts | **time:** 45 mins (oven), 30 mins (stove)

ingredients

- 1 butternut squash (1 1/2 lbs), split and seeded
- 1/4 cup butter*
- 2 shallots, peeled and sliced thin
- 2 quarts chicken stock
- 1 tbsp cider vinegar

method

1. Preheat the oven to 425° F. Place a split and seeded butternut squash in a baking dish, filling the dish with about 1 cup water. Roast the squash for 45 minutes or until it yields when pierced by a fork. Allow it to cool until it becomes comfortable enough to handle, then scoop out its flesh and set it aside.
2. Melt butter in a heavy-bottomed stock pot, when it begins to froth, stir in sliced shallots and fry until fragrant. Stir in stock and roasted squash. Simmer, covered, for about twenty minutes. Just before serving, blend with an immersion blender, stir in cider vinegar and season as needed with salt and pepper.



cinnamon applesauce}

skill level: easy | **yield:** about 1 qt | **time:** 35 mins (stove)

ingredients

- 3 lbs apples, peeled, cored and chopped
- 2 cups apple juice
- 2 tablespoons cinnamon

method

1. Combine all ingredients in a heavy-bottomed saucepot and bring to a slow simmer over moderate heat, cover, and continue to simmer until the apples fall apart easily when pierced by a fork for about 30 minutes.
2. Puree the apples with an immersion blender and serve warm.

***Dairy-free?** Substitute coconut oil for butter.

supplemental recipes} roast chicken stock, fresh whey/yogurt cheese



chicken stock}

skill level: easy | yield: 2 qts | time: 5 mins (active), 24 hrs (slowcooker)

ingredients

- frame of 1 chicken
- vegetable scraps
- 2 bay leaves
- 1 tablespoon apple cider vinegar

method

1. Pick the chicken frame clean of usable meat and reserve that for another dish.
2. Add the chicken carcass, vegetable scraps and bay leaves to a crockpot. Pour filtered water over the carcass to cover. Add cider vinegar.
3. Cook in your slow cooker on low heat for 24 hours or longer. Strain the broth through a fine mesh sieve, transfer to the fridge and pick off any solidified fat before using.



fresh whey/yogurt cheese}

skill level: easy

ingredients

- 1 quart yogurt

method

1. Line a fine mesh sieve with cheesecloth and place over a mixing bowl. Empty 1 quart yogurt into the lined sieve and allow the yogurt to strain overnight. Transfer the thickened yogurt to the refrigerator and use as yogurt or as cream cheese. Transfer the fresh whey to a bottle and use as a starter culture for fermented foods.

Got Questions?

If you have a specific question about the recipes contained in the meal plan, email jenny@nourishedkitchen.com.

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