



# nourished kitchen

## meal plans} autumn: week 6

### 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
<b>red curry salmon</b> <ul style="list-style-type: none"> <li>red curry salmon</li> <li>sprouted rice OR riced cauliflower</li> </ul>	<b>beef burgundy</b> <ul style="list-style-type: none"> <li>beef burgundy</li> <li>sourdough bread OR almond flour bread</li> <li>green salad with cider vinaigrette</li> </ul>	<b>chicken with marinara</b> <ul style="list-style-type: none"> <li>herbed chicken cutlets</li> <li>simple marinara sauce</li> <li>roasted spaghetti squash</li> <li>green salad with creamy italian dressing</li> </ul>	<b>ferments, soups, desserts</b> <ul style="list-style-type: none"> <li>gingered root vegetables</li> <li>cherry, date &amp; walnut snack bars</li> <li>butternut squash soup with garlic &amp; sage</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>fresh chicken broth</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1 cup, 3 tbsps)<sup>SA</sup>
- \_\_\_ eggs (3 whole, 1 yolk)

### meat, fish & fowl

- \_\_\_ salmon filets (4, 4- to 6-oz each)
- \_\_\_ beef stew meat (1 lb)
- \_\_\_ beef stock (2 cups)
- \_\_\_ chicken stock (2 quarts, 1 cup)
- \_\_\_ boneless, skinless chicken breasts (4)

### fresh produce & herbs

- \_\_\_ ginger (1 1-inch knob + 3/4 lb)
- \_\_\_ bell peppers (4)
- \_\_\_ white onion (1)
- \_\_\_ chopped fresh basil (1/2 cup, 1 tbsp)
- \_\_\_ chopped fresh flat-leaf parsley (1 tbsp)
- \_\_\_ chopped fresh cilantro (1/2 cup)
- \_\_\_ chopped fresh sage (1/4 cup)
- \_\_\_ cauliflower (1 head)
- \_\_\_ thyme or marjoram (2 bunches)
- \_\_\_ carrots (11)
- \_\_\_ beets (4)
- \_\_\_ daikon radish (1)
- \_\_\_ celery ribs (8)
- \_\_\_ yellow onions (5)
- \_\_\_ mushrooms (1 lb)
- \_\_\_ garlic (9 cloves)
- \_\_\_ shallot (2)
- \_\_\_ mixed salad greens (16 cups)
- \_\_\_ apples (2)

- \_\_\_ tomatoes (4 lbs)
- \_\_\_ red onion (2)
- \_\_\_ spaghetti squash (1)
- \_\_\_ butternut squash (1)

### pantry items

- \_\_\_ coconut oil (3 tbsps)
- \_\_\_ red curry paste (1/4 cup)
- \_\_\_ fish sauce (2 tbsps)
- \_\_\_ coconut milk (2 cups)
- \_\_\_ dates (1 cup)
- \_\_\_ dried cherries (1 cup)
- \_\_\_ cider vinegar (1/4 cup, 1/2 tsp)
- \_\_\_ red wine vinegar (1/4 cup)
- \_\_\_ walnuts (1 cup)
- \_\_\_ unrefined extra virgin olive oil (1 3/4 cup)
- \_\_\_ whole-grain spelt or wheat flour (5 cups)
- \_\_\_ blanched almond flour (3 1/2 cups)
- \_\_\_ honey (1 tbsp)
- \_\_\_ short grain brown rice (1 1/2 cups)

### spices, extracts & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ bay leaves (6)
- \_\_\_ cinnamon (1 tsp)
- \_\_\_ baking soda (1/2 tsp)

### miscellaneous & specialty

- \_\_\_ proofed, bubbly sourdough starter (1 cup)
- \_\_\_ red wine (1 cup)

**If preparing sourdough bread:** You may omit 2 1/2 cups almond flour, 3 eggs, 1/2 tsp cider vinegar and baking soda.

**If preparing almond flour bread:** You may omit sourdough starter and wheat or spelt flours.

**If preparing riced cauliflower:** You may omit 1 tbsp coconut oil and 1 1/2 cups short grain brown rice.

**If preparing sprouted brown rice:** You may omit 1 head cauliflower.

## menu #1} red curry salmon, sprouted rice or riced cauliflower

scheduled for: \_\_\_\_\_

I love the combination of red curry, coconut milk and salmon. I like to serve this dish as a substantial lunch or for a quick and simple dinner. This one-dish meal is lovely when paired with sprouted brown rice or riced cauliflower for those that are gluten-free; alternatively, you can serve it in a large bowl dressed only with fresh cilantro and basil.



### Lighten your budget} \$22

Using only one bell pepper in this menu should save \$6. Substituting canned salmon for fresh/frozen should save about \$10. Substituting 2 tbsps each dried herbs for fresh should save about \$6.



### make this meal}

**up to 3 days ahead:** Thaw salmon, if frozen.  
**2 days ahead:** Begin sprouting rice, remembering to rinse and stir the rice at least twice the day until you're ready to prepare the dish.  
**40 mins ahead:** Begin cooking sprouted rice.  
**30 mins ahead:** Prepare red curry salmon.  
**10 mins ahead:** Prepare riced cauliflower, if serving.  
**5 mins ahead:** Sprinkle red curry salmon with fresh herbs.



### food for thought}

**Coconut milk and coconut oil** are rich in lauric acid, an immune-boosting fatty acid that is also found in human breast milk.

**Salmon** is rich in vitamin B6, vitamin D and omega-3 fatty acids.

**Sprouted rice** offers improved digestibility and improved nutrient profile compared to plain, unsprouted brown rice or polished rice.



### red curry salmon}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 25 mins (stove)

#### ingredients

- 2 tbsps coconut oil
- 1 1-inch knob ginger, peeled and cut into matchsticks
- 4 bell peppers, seeded and sliced thin
- 1 large white onion, peeled, sliced thin
- 4 filets salmon (4- to 6-oz each)
- 2 cups coconut milk
- ¼ cup red curry paste\*
- 2 tbsps fish sauce\*
- ½ cup chopped fresh basil
- ½ cup chopped fresh cilantro

#### method

1. Melt coconut oil in a skillet over moderately high heat. Stir in ginger, bell peppers and onion, frying until fragrant for about 2 minutes.
2. Place salmon in pan and sear on all sides.
3. In a separate bowl whisk coconut milk, red curry paste and fish sauce together. Pour the coconut-red curry sauce over the salmon and vegetables. Simmer, covered, for 20 minutes.
4. Just before serving, sprinkle with fresh chopped basil and cilantro.



### sprouted rice}

**skill level:** easy | **yield:** 4 servings | **time:** 12 hrs (soaking), 48 hrs (germination), cook time varies based on altitude

#### ingredients

- 1½ cups short grain brown rice
- warm water, to cover
- 1 tbsp coconut oil
- 2 cups water

#### method

1. Rinse rice in flowing water until the water runs clear.
2. Pour the rinsed rice in a mixing bowl with warm water to cover by two inches. Allow the rice to soak in water for 12 hours.
3. After the rice has soaked for 12 hours, drain it through a fine-mesh sieve and rinse it well.
4. Set the strainer over a mixing bowl out of sunlight, cover with a kitchen towel. Rinse the rice, stirring well with your fingers, twice a day for 2 days.
5. The rice will begin germinating after 2 days, rinse it 1 last time.
6. Toss rice, coconut oil and 2 cups water in a rice cooker and cook as you normally would. If you don't have a rice cooker, cook rice as you normally would, using slightly less water.



### riced cauliflower}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 8 mins (stove)

#### ingredients

- 1 large head cauliflower

#### method

1. Grate the cauliflower until it resembles the texture of rice.
2. Bring two inches of water to simmer in a saucepan, and place a fine-mesh sieve over the simmering water.
3. Steam the grated cauliflower in the sieve over simmering water until tender, about 6 to 8 minutes.

**\*Don't know where to get red curry paste or fish sauce?** These ingredients are readily found in the Asian section of most well-stocked grocery stores and health food stores. Alternatively, you can find them for the best price at Asian markets.

## menu #2} beef burgundy, green salad with cider vinaigrette, almond flour or sourdough bread

**B**eef burgundy is a deeply satisfying and nourishing dish, perfect for cold autumn and winter evenings. I rely on my slowcooker to minimize active time in the kitchen and to ensure a succulent and tender stew.



### make this meal}

**up to 1 week ahead:** Prepare vinaigrette, store at room temperature.

**up to 3 days ahead:** Thaw meat.

**up to 1 day ahead:** Feed and proof sourdough starter, if preparing sourdough bread.

**at least 6 and up to 8 hrs ahead:** Begin preparing beef burgundy.

**about 12 hrs ahead:** Begin mixing bread dough, allowing bread to rise - if rising too quickly, consider retarding the dough in the refrigerator.

**about 1 hr to 45 mins ahead:** Begin baking almond flour or sourdough bread.

**5 mins ahead:** Dress salad at the table. Remove spice satchel from stew.



### beef burgundy}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 5 mins (stove), 8 hrs (slowcooker)

#### ingredients

- 3–4 bay leaves
- 1 bunch thyme or marjoram
- 1 tbsp black peppercorns
- ¼ cup butter\*
- 1 lb grass-finished beef stew meat
- 5 carrots, scraped and chopped
- 5 celery ribs, chopped
- 1 lb mushrooms, sliced thin
- 2 yellow onions, chopped
- 1 cup red wine\*\*
- 2 cups homemade beef stock

#### method

1. Place bay leaves, thyme or marjoram and black peppercorns in a small square of 100% cotton cheesecloth. Tie with cooking twine and set aside.
2. Melt butter in a skillet over a moderate flame and brown the beef stew meat in the hot butter for about 2 minutes.
3. Transfer the stew meat to a slowcooker and add carrots, celery, mushrooms, yellow onions and satchel of bay leaves, thyme and peppercorns.
4. Cook on low for 8 hours, then season as needed with salt and serve.



### greens with cider vinaigrette}

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

#### ingredients

- ¼ cup cider vinegar
- 1 shallot, peeled and minced
- ¼ tsp unrefined sea salt
- ¼ tsp ground black pepper
- ¾ cup unrefined extra virgin olive oil
- 8 cups mixed salad greens
- 2 apples, cored and chopped
- 1 red onion, peeled and sliced thin

#### method

1. Whisk vinegar with shallot, salt and pepper. Whisk in olive oil.
2. Plate salad greens and tomatoes. Dress at the table with white wine vinaigrette.



### almond flour bread}

**skill level:** easy | **yield:** 4 servings | **time:** 45 mins (oven)

#### ingredients

- 2½ cups blanched almond flour
- ½ tsp unrefined sea salt

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- ½ tsp baking soda
- 3 eggs, beaten
- 1 tbsps 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. Cool completely before slicing.



### sourdough bread}

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

#### ingredients

- 1 cup proofed, bubbly sourdough starter
- 1½ cups warm water
- 1 tbsps honey, optional
- 2½ tps unrefined sea salt
- 5 cups sifted whole wheat or spelt flour\*\*\*

#### method

1. Combine all ingredients together then need into a smooth dough.
2. Allow the dough to rise, covered, until doubled in bulk.
3. Divide the dough in half. Shape each half of the dough into an oval loaf, cover and let rise for 1 to 2 hours.
4. Preheat the oven to 425° F.
5. Spritz loaves with water. With a very sharp knife, slash the loaves diagonally about ¼ to ½ inch deep.
6. Bake for 30 minutes.

\***Don't do dairy?** Substitute olive oil, tallow or lard for butter.

\*\***Don't do alcohol?** Substitute additional beef stock.

\*\*\*This produces a dense loaf. For a cheater's bread, substitute half of the whole grain flour for unbleached bread flour.

## menu #3} chicken cutlets, simple marinara sauce, roasted spaghetti squash with garlic, green salad with creamy italian dressing

scheduled for: \_\_\_\_\_

I served this dinner, chicken cutlets drenched in home-made marinara, for friends who fell in love with the simple, but deeply flavorful recipes. This combination of chicken pounded thin, dredged in almond flour and herbs and then gently cooked in butter is a special favorite of small children who appreciate the crispness of the chicken on the outside and its succulent meat on the inside.



### make this meal}

**up to 1 week ahead:** Prepare chicken stock.

**up to 3 days ahead:** Thaw chicken.

**50 mins ahead:** Prepare roasted spaghetti squash with garlic.

**30 mins ahead:** Prepare chicken cutlets and marinara sauce.

**5 mins ahead:** Plate the spaghetti squash, top with chicken cutlets and marinara. Dress the salad at the table.

2. Whisk almond flour, thyme, unrefined sea salt and black pepper together.
3. Melt clarified butter/ghee in a skillet over a moderately high flame.
4. While the fat melts, dredge chicken in the almond flour mixture.
5. Working in batches, fry the seasoned cutlets in the butter until golden brown, about 4 minutes on each side.



### simple marinara}

**skill level:** easy | **serves:** 4 | **time:** 25 mins (stove)

#### ingredients

- ¼ cup olive oil
- 1 yellow onion, peeled, finely chopped
- 3 cloves garlic, peeled and minced
- 4 ribs celery, finely chopped
- 4 lbs tomatoes, peeled and chopped
- 1 cup chicken stock
- 2 bay leaves
- 3 sprigs thyme

#### method

1. Heat olive oil over a moderate flame, and stir in onion, garlic and celery, frying until fragrant, about 3 minutes.
2. Stir in chopped tomatoes, chicken stock, bay and thyme. Simmer at a moderately low heat, covered, for 20 minutes.



### roasted spaghetti squash}

**skill level:** easy | **serves:** 4+ leftovers | **time:** 5mins (active), 30-40 mins (oven)

#### ingredients

- 1 small-to-medium spaghetti squash, split and seeded
- oil, for greasing the squash

#### method

1. Preheat oven to 425° F.

2. Line a baking sheet with parchment paper and grease the skin of the squash with oil.
3. Invert the squash on a parchment-lined baking sheet and roast in an oven preheated to 425° F for 30 to 40 minutes until the squash is fragrant and tender when pierced with a fork.
4. Allow to cool until the squash is comfortable to handle, then scrape the interior of each squash, removing the spaghetti-like strands and transferring to a serving dish.



### greens with creamy italian dressing}

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

#### ingredients

- ¼ cup red wine vinegar
- 1 egg yolk
- 1 clove garlic, peeled and minced
- 1 shallot, peeled and minced
- 1 tbsp chopped fresh flat-leaf parsley
- 1 tbsp chopped fresh basil
- 1 tsp chopped fresh thyme leaves
- ¼ tsp unrefined sea salt
- ¼ tsp ground black pepper
- ¾ cup unrefined extra virgin olive oil
- 8 cups mixed salad greens
- 1 red onion, peeled and sliced thin

#### method

1. Toss red wine vinegar, egg yolk, garlic, shallot, parsley, basil, thyme, sea salt and black pepper together in the basin of a food processor and pulse 2 or 3 times to combine. In a thin and steady, smooth stream, drip in olive oil until the dressing is well-emulsified. Store in the fridge.
2. Plate salad greens and vegetables, dress at the table according to preference.

**\*Dairy-free?** Substitute tallow, pastured lard or bacon fat or olive oil.



### chicken cutlets}

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

#### ingredients

- 4 boneless, skinless chicken breasts
- 1 cup blanched almond flour
- 2 tbsps chopped fresh thyme leaves
- 1 tsp unrefined sea salt
- ½ tsp ground black pepper
- clarified butter/ghee\*, for frying (about 1 cup)

#### method

1. Place the chicken breasts between 2 layers of wax paper and pound with a wooden mallet or rolling pin until the chicken is about ¼-inch thick.

## ferments, soups, desserts} gingered root vegetables, autumn spice cookies, butternut squash with sage and garlic

These gingered root vegetables pair beautifully with red curry salmon or any Asian-inspired meal where the fiery flavor of ginger helps to bring the meal together. And keep the ingredients for these snack bars on hand - they're perfect real food treats for the holidays.



### make this meal}

**Butternut squash soup:** Prepare stock up to 1 week ahead. The pumpkin can be roasted and its roasted flesh stored in the fridge for up to 3 days before preparing the soup.



### gingered root vegetables}

**skill level:** easy | **yield:** 1 qt | **time:** 15 mins (active), 5-10 days (fermentation)

#### ingredients

- 6 carrots, scraped and finely shredded
- 4 beets, peeled and finely shredded
- 1 large daikon radish, peeled and finely shredded
- ¾ lb ginger, peeled and finely shredded
- 2 tbsps unrefined sea salt

#### method

1. Toss carrots, beets, daikon radish, ginger and salt together in a large mixing bowl.
2. Knead and squeeze the mixture thoroughly by hand to break up the structure of the ginger and carrot shreds. They should be limp and softened under the pressure of kneading
3. Layer this mixture of vegetables and salt into a mason jar or vegetable fermenter and pound it down with a wooden spoon or dowel so that the vegetables are thoroughly packed into your fermenter.
4. Continue layering and pounding until your vegetables are exhausted and thoroughly packed within the jar and the level of

- brine exceeds the level of the solids.
5. Weight the vegetables, if using a weight, to prevent them from floating to the top of the brine and contaminating your gingered carrots, cover, and allow to ferment at room temp for at least 5 days before tasting it. If you prefer a stronger ferment, allow it to ferment for an extended period of time until it achieves the desired level of sourness.
  6. Transfer to cold storage. Gingered root vegetables will keep for one year, properly fermented and properly stored.



### cherry, date and walnut snack bars}

**skill level:** easy | **time:** 2-12 hrs (soaking), 10 mins (active), 8 hrs (fridge)

#### ingredients

- 1 cup walnuts
- 1 tsp unrefined sea salt
- 1 cup chopped dates
- 1 cup dried cherries
- 1 tsp cinnamon
- coconut oil or other fat for oiling hands

#### method

1. Place walnuts in a bowl, cover with warm filtered water and sprinkle in 1 teaspoon sea salt. Cover and leave on your counter for 2 to 12 hours to soak. After soaking, drain the water from the seeds.
2. In a food processor, process chopped dates and cherries together until they form a paste. Remove from the blender or food processor and set aside.
3. Pulse the soaked nuts in the food processor or blender until finely chopped.
4. Oil your hands with coconut oil or another nourishing fat and knead the nuts together

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with dates and dried fruit. Form into bars or balls and set them on a parchment paper-lined baking sheet. Refrigerate for 8 hours before serving.



### butternut squash soup with garlic & sage}

**skill level:** easy | **yield:** about 1 qt | **time:** 45 mins (oven), 35 mins (stove)

#### ingredients

- 1 butternut squash, about 3 lbs, split and seeded
- 2 tbsps butter\*
- 5 cloves garlic, peeled and chopped
- 2 yellow onions, peeled, finely chopped
- ¼ chopped fresh sage, divided
- 2 quarts chicken stock

#### method

1. Preheat the oven to 400° F.
2. Place the split and seeded squash flesh-side down on a baking dish and add about 1 cup water to the dish. Bake at 400° F until the pumpkin is easily pierced by a fork, about 45 minutes. Remove from oven and allow it to cool thoroughly. When the squash is cool enough to handle, spoon out its flesh and set it aside.
3. Melt the butter in a heavy-bottomed stock pot. Stir in garlic, onion and 2 tablespoons fresh sage, stir-frying until the onion releases its fragrance and turns translucent, about 5 minutes.
4. Stir in reserved squash and chicken stock. Simmer for 20 to 30 minutes. Remove from heat and blend with an immersion blender until the soup is smooth. Garnish with remaining 2 tablespoons fresh sage.

**\*Don't do pork?** Substitute grass-fed tallow, pastured lard or bacon fat or olive oil.

## supplemental recipes} fresh chicken broth



### fresh chicken broth}

**skill level:** easy | **yield:** 2 qts | **time:** 5 mins (active), 4-6 hrs (stove)

#### ingredients

- 1 whole chicken, cleaned with organs removed
- 1 gallon misc. vegetable scrapes
- 2 to 3 bay leaves
- 1 tbsp whole peppercorns
- 2 tbsps apple cider vinegar
- filtered water, to cover

#### method

1. Add the whole chicken to a heavy-bot-tomed stock pot, cover with vegetable scraps, bay leaves and peppercorns. Cover with very cold filtered water into which you've stirred 2 tablespoons apple cider vinegar.
2. Bring to a boil over medium-high heat. Reduce the heat, cover and simmer gently for 4 to 6 hours, skimming off any scum or foam that appears at the surface. After 4 to 6 hours of slow, gentle simmering, remove the pot from heat and strain it through a fine-mesh sieve or a colander lined with 100% cotton cheesecloth into jars or bowls to store.
3. Refrigerate and cool until the broth sets into a firm gel.

### Got Questions?

If you have a specific question about the recipes contained in the meal plan, email [jenny@nourishedkitchen.com](mailto:jenny@nourishedkitchen.com).

To manage your account or cancel a recurring order email your request one week in advance to [support@nourishedkitchen.com](mailto:support@nourishedkitchen.com)