



nourished kitchen

meal plans} autumn: week 4

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
chicken with lemon & thyme <ul style="list-style-type: none"> • simple roast chicken • onion gravy • cabbage with apples and walnuts • roasted beets 	pot-au-feu <ul style="list-style-type: none"> • pot-au-feu • green salad with white wine vinaigrette • sourdough or almond flour bread 	marinated fajita <ul style="list-style-type: none"> • marinated fajita with peppers and onions • guacamole • salad with cumin-chile vinaigrette 	ferments, soups, desserts <ul style="list-style-type: none"> • pickled peppers • curried pumpkin soup • cinnamon roasted pears supplemental recipes <ul style="list-style-type: none"> • fresh chicken broth • fresh whey/yogurt cheese • 24-hour yogurt

shopping list

dairy & eggs

- ___ butter (1/2 cup, 2 tbsps)^{SA}
- ___ fresh whey (1/4 cup)^{SA, SA}
- ___ **eggs (3 whole)**

meat, fish & fowl

- ___ whole chicken (3 to 4 lbs)
- ___ chicken stock (2 1/2 quarts)^{HM}
- ___ beef chuck roast (4 to 5 lbs)
- ___ skirt steak (1 lb)

fresh produce & herbs

- ___ yellow onion (10)
- ___ cabbage (1 lb)
- ___ apple (1)
- ___ thyme (1 sprig)
- ___ beets (1 1/2 lbs)
- ___ carrots (1 lb)
- ___ turnips (1 lb)
- ___ celery ribs (5 ribs)
- ___ chopped parsley (1/4 cup)
- ___ shallot (1)
- ___ salad greens (16 cups)
- ___ tomatoes (4)
- ___ limes (6)
- ___ garlic (7 cloves)
- ___ bell or other sweet peppers (12)
- ___ avocados (3)
- ___ red onion (1)
- ___ chopped cilantro (1/2 cup)
- ___ pumpkin (3 to 4 lbs)

- ___ ginger (1-inch knob)
- ___ pears (4)

pantry items

- ___ walnuts (1/2 cup)
- ___ white wine vinegar (1/4 cup)
- ___ extra virgin olive oil (1 3/4 cup)
- ___ honey (2 tbsps)
- ___ coconut oil (2 tbsps)
- ___ coconut milk (2 cups)
- ___ **wheat or spelt flour (5 cups)**
- ___ **cider vinegar (1/2 tsp)**
- ___ **blanched almond flour (2 1/2 cups)**

spices, extracts & dried herbs

- ___ unrefined sea salt
- ___ ground black pepper
- ___ nutmeg (1/4 tsp)
- ___ whole black peppercorns (1 tbsps)

- ___ cloves (2)
- ___ baking soda
- ___ cumin powder (1 tsp)
- ___ chile powder (1/2 tsp)
- ___ pickling spice (2 tbsps)
- ___ curry powder (1 tbsps)
- ___ cinnamon (1 tbsps)

miscellaneous & specialty

- ___ proofed and bubbly sourdough starter (1 cup)

If preparing sourdough bread: You may omit 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.

menu #1} simple roast chicken, onion gravy, cabbage with apples and walnuts, roasted beets

One of my favorite Sunday night suppers, this combination of simple roast chicken dressed with onion gravy and served with a heaping portion of sauteed cabbage with apples and walnuts and buttered roasted beets is enormously satisfying and deeply nutritious.



Lighten your budge} \$2

Omitting walnuts should save about \$2.



make this meal}

up to 3 days ahead: Thaw chicken.

4 hrs ahead: Begin roasting chicken.

1 hr ahead: Increase oven temperature to 375° F, continue roasting chicken and begin roasting beets.

15 mins ahead: Prepare cabbage and onions. Allow chicken to rest before carving. Allow beets to cool before peeling and chopping.

5 mins ahead: Top cabbage with apples and nuts. Carve chicken. Chop and butter roasted beets.



simple roast chicken}

skill level: moderate | **yield:** 4+ leftovers |
time: 5 mins (active), 3½ hrs (oven)

ingredients

- 1 3- to 4-lb chicken
- 2 tbsps butter*, softened
- 1 tsp ground black pepper
- ½ tsp unrefined sea salt

method

1. Preheat oven to 275° F.
2. Truss chicken and brush it with softened butter. Season it with ground black pepper and unrefined sea salt.
3. Bake the trussed and seasoned chicken, covered, in an oven preheated to 275° F for 3 hours. Increase the oven temperature to 375° F for 45 minutes. Allow to rest for 15 minutes before carving.



sauteed cabbage with onions and apple}

skill level: easy | **yield:** 4 servings | **time:** 10 mins (stove), 5 mins (active)

ingredients

- 2 tbsps butter*
- 1 yellow onion, peeled and sliced thin
- about 1 lb savoy or green cabbage, cored and finely shredded
- ¼ tsp ground nutmeg
- 1 apple, cored and finely chopped
- ½ cup walnuts**, optional

method

1. Melt butter in a skillet over moderate heat. When it froths, stir in sliced yellow onion, fry until fragrant and slightly caramelized, about 5 minutes. Stir in shredded cabbage and nutmeg, frying until the cabbage is wilted and cooked through, about 3 minutes.
2. Plate the cooked cabbage and onions, top with chopped apples and walnuts, if using.

scheduled for: _____



onion gravy}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 30 mins (stove)

ingredients

- ¼ cup butter*
- 4 large yellow onions, peeled and sliced
- 1 quart chicken stock
- 1 sprig thyme

method

1. Melt butter in a saucepan, and stir in yellow onions, frying until fragrant and softened for about 5 minutes. Pour in stock and stir in thyme. Simmer, uncovered, until slightly thickened for about 20 minutes.
2. Turn off the heat, remove the sprig of thyme and blend the gravy into a smooth puree using an immersion blender.



roasted beets}

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

ingredients

- 1½ lbs beets, trimmed
- butter or coconut oil, to serve

method

1. Preheat oven to 375° F.
2. Wrap trimmed beets in parchment paper and wrap again in foil. Bake the beets in an oven preheated to 375° F for about 45 minutes.
3. Remove from the oven and allow the beets to cool until comfortable enough to handle, then peel the beets, chop them and serve them with butter or coconut oil.

***Dairy-free?** Substitute coconut oil, olive oil or bacon fat for butter.
****Nutrition Tip:** Prepare your walnuts properly by soaking overnight and dehydrating in an oven or toasting gently in the oven.

menu #2} pot-au-feu, greens with white wine vinaigrette sourdough bread or almond flour bread

Perfect for autumn, pot au feu is a French-style pot roast that combines meat with root vegetables for long and slow cooking. We like to serve it with a crusty loaf of bread and a huge green salad dressed simply by vinegar and olive oil.



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 12 and up to 14 hrs ahead: Begin preparing pot-au-feu.

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.
Sprinkle pot-au-feu with parsley.



slowcooker pot-au-feu}

skill level: easy | **yield:** 4 servings | **time:** 12-14 hrs (slowcooker)

ingredients

- 1 chuck roast (4 to 5 lbs)
- 1 tbsp black peppercorns
- 2 cloves
- 2 yellow onions, peeled and quartered
- 1 lb carrots, scraped and chopped into bite-sized pieces
- 1 lb turnips, peeled, chopped bite-sized
- 5 celery ribs, chopped bite-sized pieces
- ¼ cup chopped fresh parsley

method

1. Place chuck roast in a slowcooker and cover with water by 1 inch.
2. Place peppercorns and cloves on a small square of cheesecloth and secure it by tying it close with cooking twine. Place this sachet in the slowcooker and cook the meat, water and spices together on high for 10 hours.
3. Add onion, carrot, turnips and celery to the slowcooker and continue cooking for 2 to 4 more hours.
4. Remove the sachet of spices. Serve the pot roast with vegetables, sprinkled by chopped parsley.



green salad with white wine vinaigrette}

skill level: easy | **yield:** 1 pint | **time:** 5 mins

ingredients

- ¼ cup white wine 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 large tomatoes, quartered

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.



sourdough bread}

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

ingredients

- 1 cup proofed, bubbly sourdough starter

scheduled for: _____

- 1½ cups warm water
- 1 tbsp honey, optional
- 2½ tps unrefined sea salt
- 5 cups sifted whole wheat or spelt flour*

method

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



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.

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

menu #3} marinated fajita with peppers and onions, guacamole, salad with cumin-chile vinaigrette

We love skirt steak, marinated in spices and served with sauteed peppers and onions over fresh greens and dressed with a cumin-chile vinaigrette. It's a lovely substitute to classic fajitas, only served without the tortilla.



Lighten your budget} \$ 11

Substitute tomatoes for peppers and save about \$8. Omit cilantro and save a further \$3.



make this meal}

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

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

Up to 8 hours ahead: Marinate meat.

About 20 minutes ahead: Prepare steak.

10 mins ahead: Prepare guacamole. Plate salads. Dress at the table.



marinated fajita with grilled peppers and onions}

skill level: easy | **yield:** 4 servings | **time:** 1-8 hrs (marinade), 15 mins (stove)

ingredients

for the marinade

- juice and zest of 2 limes
- ¼ cup olive oil
- 2 cloves garlic, peeled and minced
- ½ tsp ground cumin
- 1 tsp chile powder

for the steak

- 1 skirt steak, about 1 lb

for the peppers

- 4 bell peppers, any color, seeded and sliced thin
- 2 yellow onions, peeled and sliced thin

method

1. Whisk lime juice and zest, olive oil, garlic, cumin and chile powder.
2. Place steak in a mixing bowl and cover with marinade. Allow the steak to marinate between 1 to 8 hours.
3. After at least an hour and up to 8 hours, remove steak from marinade. Heat a skillet over a high flame and sear about 5 minutes on each side or until done to your liking. Remove from the pan and allow it to sit for 5 minutes, covered, while you prepare the peppers and onions.
4. As the steak rests, toss peppers and onions into the hot skillet and stir-fry for 5 minutes until barely cooked.
5. Slice steak into strips and serve the steak, peppers and onions over a bed of greens dressed by guacamole and cumin-chile vinaigrette.



guacamole}

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

ingredients

- 3 large avocados
- ½ small red onion, peeled and minced
- 3 cloves garlic, peeled and minced
- dash chili powder
- dash powdered cumin
- juice of 2 limes

method

1. Combine all ingredients together in a mixing bowl and mash with a fork or potato masher until well-combined, about 3 minutes.
2. Serve over steak. If not serving immediately, you can prevent your guacamole from oxidizing by covering its top directly with plastic wrap.

scheduled for: _____



cumin-chile vinaigrette}

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

ingredients

for the vinaigrette

- juice and zest of 2 limes
- ½ tsp cumin powder
- ¼ tsp chile powder
- 1 clove garlic, peeled and minced
- ¾ cup unrefined extra virgin olive oil

for the salad

- 8 cups loosely packed salad greens
- 2 tomatoes, quartered
- ½ cup chopped fresh cilantro
- 1 recipe marinated fajita with peppers and onions

method

1. Whisk the zest and juice of two limes with cumin, chile powder and minced garlic. Whisk in extra virgin olive oil and transfer to a salad dressing cruet or mason jar until ready to serve.
2. Arrange greens, tomatoes, cilantro, steak, peppers and onions on individual plates and serve with vinaigrette.

ferments, soups, desserts} pickled peppers, curried pumpkin soup, cinnamon-roasted pears

Every year I make pickled peppers with the sweet peppers that come into their season between September and mid-October; they're lovely, sweet and tart at the same time and they make an excellent accompaniment to Mexican-inspired dishes and also are beautiful when served on Italian antipasto platters. I also like to serve this simple curried pumpkin soup as well as cinnamonroasted pears which often find their way to our table not only for dessert, but also at breakfast as well.



make this meal}

Pickled peppers: Prepare fresh whey up to 1 week in advance.

Curried pumpkin soup: Prepare stock up to 1 week in advance. The pumpkin can be roasted and its roasted flesh stored in the refrigerator for up to 3 days before preparing the soup.



food for thought}

Chicken broth is an excellent source of easy-to-assimilate minerals and of glucosamine chondroitin, which is excellent for gut health.

Coconut milk is rich in lauric acid, an immune-boosting fatty acid that is also found in human breast milk.



pickled peppers}

skill level: easy | **yield:** 1 qt | **time:** 5 mins (active), 5-7 days (fermentation)

ingredients

- ¼ cup fresh whey*
- 2 tbsps unrefined sea salt
- 2 tbsps pickling spice
- about 8 large sweet peppers (such as bell peppers), seeded and sliced into thin strips
- ½ red onion, peeled, sliced into thin strips
- 1 clove garlic, peeled and crushed

method

1. Whisk fresh whey with sea salt, pickling spice and about 3 cups filtered water to create a brine for your ferment.
2. Place sliced peppers, sliced onion and garlic clove into a mason jar or vegetable fermenter. Pour brine over the vegetables and allow them to ferment at room temperature for 5 to 7 days before transferring to the refrigerator.



curried pumpkin soup}

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

ingredients

- 1 pumpkin, about 3 lbs, split and seeded
- 2 tbsps coconut oil
- 2 yellow onions, peeled, finely chopped
- 1 1-inch knob ginger, peeled and grated
- 1 tbsp curry powder
- 1½ quarts chicken stock
- 2 cups full-fat coconut milk

method

1. Preheat the oven to 400° F.
2. Place the split and seeded pumpkin flesh-side down on a baking dish and

scheduled for: _____

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 pumpkin is cool enough to handle, spoon out its flesh and set it aside.

3. Melt the coconut oil in a heavy-bottomed stock pot. Stir in onion, ginger and curry powder, stir-frying until the onion releases its fragrance and turns translucent for about 5 minutes.
4. Stir in reserved pumpkin chicken stock and coconut milk. Simmer for 20 to 30 minutes. Remove from heat and blend with an immersion blender until the soup is smooth.



cinnamon-roasted pears}

skill level: easy | **yield:** 2 qts | **time:** 50 mins (stove)

ingredients

- ¼ large pears, peeled, halved with seeds scooped out
- 1 tbsp ground cinnamon
- 2 tbsps honey
- 2 tbsps butter*

method

1. Preheat the oven to 375° F.
2. Place peeled, halved and seeded pears in a baking dish. Sprinkle with cinnamon, drizzle with honey and dot with butter. Pour ½ cup water into the dish.
3. Bake in the oven at 375° F for 45 minutes or until the pears are easily pierced by a fork.

***Dairy-free?** Substitute ½ cup brine from previously pickled vegetables, or dissolve 1 packet of starter culture with 1 tablespoon sugar or honey into ½ cup warm water. Substitute coconut oil for butter.

supplemental recipes} fresh chicken broth, 24-hour yogurt, fresh whey/yogurt cheese, roasted tomatoes



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-bottomed stock pot, cover with vegetable scrapes, 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.



24-hour yogurt}

skill level: easy | **yield:** 1 qt | **time:** 5 mins (active), 24 hrs (fermentation)

ingredients

- 1 quart milk, preferably raw
- ¼ cup yogurt from a previous batch

method

1. Heat milk to 110° F in a saucepan. Remove from heat and whisk in one-quarter cup yogurt from a previous batch. Transfer to a yogurt maker and ferment between 108° and 112° F for 24 hours. Transfer to the fridge and use within a month.



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.

To manage your account or cancel a recurring order email your request one week in advance to support@nourishedkitchen.com



roasted tomatoes}

skill level: easy | **time:** 5 mins (active), 2½ hrs (oven)

ingredients

- 2 lbs roma tomatoes, halved
- 2 tbsps olive oil
- ½ tsp unrefined sea salt

method

1. Preheat the oven to 225° F. Line a baking sheet with parchment paper.
2. Layer tomatoes on the parchment paper-lined baking sheet, drizzle with olive oil and sprinkle with unrefined sea salt. Roast the tomatoes in an oven preheated to 225° F for 2½ to 3 hours.
3. Use immediately or store in the refrigerator, covered with olive oil, for up to one week.