



nourished kitchen

meal plans} autumn: week 13

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
one-pot meal <ul style="list-style-type: none"> slowcooker roast lamb with turnips apples and greens salad with cider vinaigrette 	chicken en papillote <ul style="list-style-type: none"> chicken en papillote broccoli raab with garlic and lemon honey-roasted beets 	mussels in broth and herbs <ul style="list-style-type: none"> mussels in broth with herbs green salad with red wine vinaigrette butternut squash oven-fries garlic mayonnaise 	ferments, soups, desserts <ul style="list-style-type: none"> pineapple chutney lentil stew bananas foster supplemental recipes <ul style="list-style-type: none"> chicken stock fresh whey/yogurt cheese dairy-free whipped cream

shopping list

dairy & eggs

- ___ butter (1 cup, 1 tbsp)^{SA}
- ___ eggs (3 yolks)
- ___ whipped cream (to serve)^{O, SA, HM}
- ___ fresh whey (1/4 cup)^{SA, HM}

meat, fish & fowl

- ___ lamb roast (2-3 lbs)^{SA}
- ___ chicken stock (3 qt)^{HM}
- ___ chicken breasts (4)
- ___ mussels (2 lbs)
- ___ pastured bacon (8 oz)

fresh produce & herbs

- ___ yellow onion (2)
- ___ turnips (1 lb)^{SA}
- ___ potatoes (1 lb)
- ___ parsley (2 bunches)
- ___ shallot (1)
- ___ salad greens (16 cups)
- ___ red onion (4)
- ___ apples (2)
- ___ garlic (17 cloves)
- ___ lemons (3)
- ___ oregano (1 bunch)
- ___ broccoli raab (1 1/2 lbs)
- ___ beets (2 lbs)
- ___ oranges (3)
- ___ butternut squash (1 small)
- ___ celery ribs (4)
- ___ carrots (5)
- ___ pineapple (1)
- ___ bananas (4)

pantry items

- ___ apple cider vinegar (1/4 cup, 1 tbsp)
- ___ raw honey (3 tbsp)
- ___ kalamata olives (1 cup, pitted)
- ___ red wine vinegar (2 tbsps)
- ___ dijon-style mustard (1 tbsp)
- ___ extra virgin olive oil (1 1/2 cups)
- ___ brown lentils (3 cups)
- ___ raisins (1/4 cup)
- ___ unrefined cane sugar (2 tbsps)^{SA}

spices, extracts & dried herbs

- ___ unrefined sea salt
- ___ ground black pepper
- ___ paprika (1/2 tsp)
- ___ ground coriander (1/2 tsp)
- ___ grated nutmeg (1/2 tsp)
- ___ ground allspice (1/4 tsp)
- ___ vanilla extract (1 tbsp)

miscellaneous & specialty

- ___ white wine (3/4 cup)^{SA}
- ___ rum (1/4 cup)^{SA}

menu #1} slowcooker roast lamb with turnips, salad with cider vinaigrette

About once a week, I like to serve a slowcooker pot roast, one filled with nourishing, grass-fed meats, fresh vegetables and seasoned at the last minute with herbs. While this recipe calls for lamb, if you haven't any lamb, you can substitute grass-fed beef or any red meat as an alternative.



Lighten your budget} \$9

Substituting beef for lamb will save about \$6. Omitting fresh parsley will save about \$3.



make this meal}

up to 5 days ahead: Make stock. Thaw meat in the fridge. Prepare cider vinaigrette and store in the fridge until ready to use.
about 8-12 hrs ahead: Prepare lamb roast.
about 5 mins ahead: Sprinkle roast with parsley. Toss salad together and dress at the table with vinaigrette.



food for thought}

Grass-fed lamb offers a balance of omega-3 to omega-6 fatty acids for optimal health, and is a good source of vitamin B12 and zinc.

Bone broth is an excellent source of easy-to-assimilate minerals, and glucosamine chondroitin, a nutrient critical to joint health.

Raw vinegar can be a good source of food enzymes and is useful in reducing the glycemic load of a meal.



slowcooker lamb pot roast}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 8-12 hrs (slowcooker)

ingredients

- 1 (2- to 3-lb) lamb roast*
- unrefined sea salt, as needed
- ground black pepper, as needed
- 1 onion, peeled and sliced thin
- 1 lb turnips, peeled and chopped into bite-sized pieces
- 1 lb potatoes, chopped into bite-sized pieces**
- 1 qt chicken stock
- leaves of 1 bunch parsley, minced

method

1. Season roast with salt and pepper, then add it to a slowcooker with sliced onion, chopped turnips and chicken stock.
2. Cook the roast and vegetables on high for 8 hours or on low for 12 hours.
3. Sprinkle with parsley before serving.

scheduled for: _____



apple and greens salad with cider vinaigrette}

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

ingredients

- 2 tbsps apple cider vinegar
- 1 shallot, peeled and finely minced
- 1 tbsp raw honey
- ½ cup unrefined extra virgin olive oil
- 8 cups mixed salad greens
- 1 small red onion, peeled and sliced thin
- 2 apples, cored and sliced thin

method

1. Whisk vinegar, minced shallot and honey together to mix, then whisk in unrefined extra virgin olive oil. Store in a salad dressing cruet or mason jar at room temperature until ready to serve, shake well before dressing salad. To prepare the salad, toss greens, onion and apples together. Dress with vinaigrette.

***Don't have lamb handy?** Substitute grass-fed beef roast.

***Don't do potatoes?** Substitute additional turnips.

menu #2} chicken en papillote, broccoli raab, roasted beets

Chicken en papillote is a wonderfully simple, but radically flavorful dish. Easy to prepare, the paper envelope helps to capture both steam and flavors, ensuring meat is both flavorful and succulent. Here we pair chicken en papillote with broccoli raab and honey-citrus roasted beets.



Lighten your budget} \$3

Substituting 1 tsp dried oregano for fresh will save about \$2.50. Substituting chicken stock for wine will save about \$1.50.



make this meal}

up to 3 days ahead: Thaw chicken.

1 hr ahead: Roast beets.

45 mins ahead: Begin baking chicken en papillote.

20 mins ahead: Begin making broccoli raab.

15 mins ahead: Pull beets from the oven and allow them to cool. Pull chicken en papillote out of the oven and allow it to cook before opening.

5 mins ahead: Dress beets with honey-citrus sauce.



chicken en papillote}

skill level: easy | **yield:** 4 servings | **time:** under 5 mins (active), 30 mins (oven)

ingredients

- 4 chicken breasts
- unrefined sea salt, to taste
- ground black pepper, to taste
- ¼ cup butter*
- 4 cloves garlic, chopped
- 1 small red onion, peeled, sliced thinly
- 1 lemon, sliced thinly
- 1 cup kalamata olives
- 1 bunch fresh oregano
- ¼ cup white wine**

method

1. Preheat the oven to 425° F. Cut squares of parchment paper or large enough to fully envelop the chicken.
2. Place a breast of chicken on each of the squares. Season the chicken with salt and pepper as it suits you and top with one tablespoon butter.
3. Distribute chopped garlic, sliced onion, sliced lemon, kalamata olives and oregano evenly over each chicken breast.
4. Secure the parchment paper or aluminum foil around the chicken and filling, add about one tablespoon of wine to each package. Bake in an oven preheated to 425° F for 45 minutes.
5. Remove from the oven an open gently to allow steam to escape.



broccoli raab with lemon}

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

ingredients

- 2 tbsps butter*

scheduled for: _____

- 3 cloves garlic, peeled and chopped
- 1½ lbs broccoli raab, chopped coarsley
- juice and zest of 1 lemon

method

1. Melt butter in a skillet until it froths.
2. Add chopped garlic to the pan, and fry until fragrant.
3. Stir in broccoli raab and fry until tender.
4. Season with the juice and zest of 1 lemon.



honey & citrus roasted beets}

skill level: easy | **yield:** 4 servings | **time:** 20 mins (active), 45 mins (oven)

ingredients

- 2 lbs beets, scrubbed and trimmed
- juice and zest of 2 oranges
- 2 tbsps honey
- 3 tbsps butter*

method

1. Preheat the oven to 425° F.
2. Wrap scrubbed and trimmed beets in aluminum foil lined with parchment paper. Place them in the oven and roast them at 425° F until tender, about 45 minutes.
3. Remove beets from oven and allow to cool.
4. Once beets are cooled, peel them and chop them into bite-sized pieces.
5. Heat the juice and zest of two oranges over a moderate flame, stirring in 2 tablespoons honey and 3 tablespoons coconut oil. Simmer, uncovered, until reduced by half.
6. Pour sauce over the beets and serve.

***Don't do dairy?** Substitute coconut oil.

***Don't do alcohol?** Substitute chicken stock.

menu #3} mussels in broth, salad with red wine vinaigrette, oven-baked butternut squash fries, garlic mayonnaise

A variation on the classic French dish moules frites, this meal combines mussels in broth with oven-baked butternut squash fries and a fresh green salad with a simple red wine vinaigrette.



make this meal}

up to 1 week ahead: Prepare the red wine vinaigrette and store at room temp.

up to 3 days ahead: Prepare garlic mayonnaise and store in an airtight container in the fridge until ready to use. Purchase the mussels no more than 3 days ahead, and preferably the day you plan to cook the meal.

1 hr ahead: Prepare butternut squash fries.

20 mins ahead: Prepare the mussels.

10 mins ahead: Toss the salad and dress at the table.



food for thought}

Mussels and other mollusk featured widely in the diet of early man and in the traditional diets of some of the healthiest peoples studied by Weston Price, DDS - a pioneering nutrition researcher of the early 20th century. They are considered an aphrodisiac, and extraordinarily rich in vitamin B12, manganese and selenium and are a good source of riboflavin.

Raw vinegar can be a good source of food enzymes and is useful in reducing the glycemic load of a meal.



mussels in broth and herbs}

skill level: easy | **yield:** 4 servings | **time:** about 15 mins

ingredients

- 2 lbs mussels, rinsed and debearded if necessary
- ½ cup white wine*
- 4 cloves garlic, minced
- ¼ cup butter**
- ½ cup chopped flat-leaf Italian parsley
- unrefined sea salt, to taste
- freshly ground black pepper, to taste

method

1. Place cleaned mussels in a saucepan with white wine and chopped garlic. Bring the mussels to a simmer, covered, until they open. Continue cooking mussels a minute or two longer after they've opened, discarding any that remained closed.
2. Transfer the mussels to a serving bowl or bowls, and continue simmering the wine whisking in ¼ cup butter, pour the wine and butter sauce over the mussels and shower them with chopped flat-leaf parsley. Season with unrefined sea salt and freshly ground black pepper as it suits you.

scheduled for: _____



green salad with red wine vinaigrette}

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

ingredients

for the vinaigrette

- 2 tbsps red wine vinegar
- 1 tbsp dijon-style mustard
- 2 cloves garlic, minced
- ¼ tsp unrefined sea salt
- ¼ tsp freshly ground black pepper
- ½ cup unrefined extra virgin olive oil

for the salad

- 8 cups mixed greens
- 1 red onion, sliced thin

method

1. Whisk vinegar, dijon-style mustard, minced garlic, unrefined sea salt, freshly ground black pepper with ½ cup extra virgin olive oil. Transfer to a salad dressing cruet or mason jar.
2. Serve the dressing over mixed greens with sliced red onion. If the vinaigrette separates, and it is likely to do so, simply shake it vigorously before serving.

***Don't do alcohol?** Substitute chicken stock.

****Don't do dairy?** Substitute olive oil.

menu #3} oven-baked butternut squash fries, garlic mayonnaise

scheduled for: _____



food for thought}

Butternut squash is a good source of vitamin C, potassium, magnesium and manganese.

Raw pastured egg yolk contains essential fatty acids including DHA and arachidonic acid. It is rich in food enzymes and is a good source of the vitamin biotin and the amino acid cysteine which may be less available to the body when cooked or heated.

Unrefined extra virgin olive oil is an excellent source of vitamin E and antioxidants, and monounsaturated fatty acids.



butternut squash fries}

skill level: easy | **yield:** 4+ leftovers | **time:** 10 mins (active), 50 mins (baking)

ingredients

- 1 small butternut squash
- 2 tbsps butter*, melted
- ½ tsp unrefined sea salt
- ½ tsp paprika

method

1. Preheat the oven to 425° F.
2. Peel the butternut squash, split it in half and seed it. Slice the squash into thin strips about 4- to 5-inches long and no more than ½ inch thick.
3. Toss the strips of squash into a mixing bowl with melted coconut oil, ½ teaspoon unrefined sea salt and ½ teaspoon paprika. Mix thoroughly to coat.
4. Spread the seasoned squash fries on a baking sheet and bake in an oven preheated to 425° F for 20 minutes, stir the fries to turn and continue baking for another 20 to 30 minutes, until their edges begin to crisp.
5. Serve right away with garlic mayonnaise.



garlic mayonnaise}

skill level: easy | **yield:** 1 cup | **time:** under 5 mins (active)

ingredients

- 4 cloves garlic, crushed
- 2 pastured egg yolks
- juice of 1 lemon
- dash unrefined sea salt
- ½ cup unrefined extra virgin olive oil

method

1. Combine garlic, egg yolks, the juice of 1 lemon and a dash unrefined sea salt into the basin of a food processor or blender. Pulse once or twice to mix ingredients. Then process while slowly, drop-by-drop, pouring unrefined extra virgin olive oil into the blender or food processor until the ingredients form a smooth emulsified aioli.
2. Refrigerate for 10 to 15 minutes to stiffen the mayonnaise, if necessary, and consume within 1 week.

***Don't do dairy?** Substitute coconut oil.

****Don't do dairy?** Substitute olive oil.

ferments, soups, desserts} pineapple chutney , slowcooker lentil stew, bananas foster

From a classic slowcooker lentil stew that you can fix and forget to a pineapple chutney that you'll make this week and use next week, the bonus recipes offer significant flavor and nourishment.



make this meal}

up to 1 week ahead: Make chicken stock for lentil stew. Make fresh whey for pineapple chutney.



pineapple chutney}

skill level: easy | **yield:** about 1 qt | **time:** 5 mins (active), 3-5 days (fermentation)

ingredients

- 1 pineapple, peeled, cored, chopped fine
- 1 medium red onion, peeled and chopped fine
- 1/4 cup raisins
- 1/2 tsp ground coriander
- 1/2 tsp unrefined sea salt
- 1/4 cup fresh whey*

method

1. Stir all ingredients together, transfer to a mason jar and mash until the pineapple, salt and whey creates a brine that covers the fruit.
2. Allow the mixture to ferment for 3 to 5 days before removing to cold storage.



slowcooker lentil stew}

skill level: easy | **yield:** about 2 qts | **time:** 10-12 hrs (soaking), 10 mins (stove), 8-12 hrs (slowcooker)

ingredients

- 3 cups brown lentils
- 3 tbsps cider vinegar
- 8 oz pastured bacon
- 2 qts chicken broth
- 1 yellow onion, peeled and chopped fine
- 4 ribs celery, chopped fine
- 5 carrots, peeled and chopped fine
- 1 bunch parsley, chopped fine
- unrefined sea salt, to taste
- ground black pepper, to taste
- unrefined extra virgin olive oil, to serve

method

1. Soak the lentils in hot water combined with cider vinegar for 10 to 12 hours. Rinse, drain and reserve.
2. Chop the bacon and fry it in a cast iron skillet until crispy. Add onions, celery and carrots to the bacon fat.
3. Transfer onions, bacon, lentils and stock to a slowcooker and cook for 8 hours on high to 12 hours on low.
4. Season with chopped parsley, salt, pepper and extra virgin olive oil.

scheduled for: _____



bananas foster}

skill level: easy | **yield:** about 1 qt | **time:** 5 mins (active), 5 mins (stove)

ingredients

- 2 tbsps butter*
- 2 tbsps unrefined cane sugar**
- 1/4 tsp ground allspice
- 1/2 tsp ground nutmeg
- 1 tsp vanilla extract
- 4 bananas, sliced in half length-wise
- 1/4 cup rum***
- zest of one orange
- whipped cream or dairy-free whipped cream, to serve

method

1. Melt butter in a skillet over a low flame.
2. Whisk in whole unrefined cane sugar, allspice, nutmeg and vanilla extract.
3. Add bananas and cook for 1 to 2 minutes.
4. Transfer bananas to a serving dish.
5. Increase the flame to high and whisk in rum and orange zest, cooking until syrupy about 5 minutes. (NOTE: the alcohol may flame, allow it to flame until it dies out in about 1 to 2 minutes).
6. Serve sauce over bananas with whipped cream, if desired.

***Don't do dairy?** Substitute 1/2 packet vegetable starter culture dissolved in 1/4 cup water for fresh whey. Substitute coconut oil for butter.

****Don't do cane sugar?** Substitute honey.

*****Don't do alcohol?** Substitute fresh orange juice.

supplemental recipes} chicken stock, fresh whey/yogurt cheese, dairy-free whipped cream



roast chicken stock}

skill level: easy | yield: 1 gallon | time: 5 mins (active), 24 hrs (slowcooker)

ingredients

- 1 leftover chicken frame
- about 1 gallon reserved vegetable scraps (onion tps, carrot peels, celery leaves, parsley stems, etc.)
- 1 tbsp apple cider vinegar

method

1. Place the chicken frame, vegetable scraps, and vinegar into your slowcooker. Cover with filtered water and cook on low for 24 hours, adding water as necessary.
2. Strain the broth through a fine-mesh sieve and store in mason jars in the refrigerator for up to a week.



fresh whey/yogurt cheese}

skill level: easy | yield: 1 pint | time: 12 hrs

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.



dairy-free whipped cream}

skill level: easy

ingredients

- 1 cup coconut cream

method

1. Refrigerate coconut cream for at least twenty minutes before you plan to make dairy-free whipped cream.
2. Remove whipped cream from the refrigerator and beat until soft peaks form, 3 to 5 minutes.

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