



nourished kitchen

meal plans} autumn: week 5

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"> • roast chicken with lemon & thyme • pan vegetables • green salad with lemon & olive oil 	baked salmon <ul style="list-style-type: none"> • baked salmon • buttered butternut squash • creamed spinach 	beef carbonnade <ul style="list-style-type: none"> • beef carbonnade • green salad & cider vinaigrette • almond-flax bread OR no-knead whole wheat bread 	ferments, soups, desserts <ul style="list-style-type: none"> • brine-pickled cabbage • lentil soup • pomegranate sorbet supplemental recipes <ul style="list-style-type: none"> • fresh chicken broth • beef stock • fresh whey/yogurt cheese

shopping list

dairy & eggs

- ___ butter (1/2 cup, 2 tbsps)^{SA}
- ___ heavy cream (1 cup)^{SA}
- ___ eggs (4 whole)

meat, fish & fowl

- ___ whole chicken (3 to 5 lbs)
- ___ wild-caught salmon (4, 4- to 6-oz filets)
- ___ beef stew meat (1 1/2 lbs)
- ___ beef stock (1 cup)^{HM}
- ___ pastured bacon (1/2 lb)^{SA}
- ___ chicken broth (2 qts)^{HM}

fresh produce & herbs

- ___ lemon (4 whole)
- ___ thyme (2 bunches)
- ___ yellow onion (3)
- ___ beets (4)
- ___ carrots (10)
- ___ garlic (1 head)
- ___ mixed greens (16 cups)
- ___ red onion (2)
- ___ spinach (2 lbs)
- ___ butternut squash (1 large)
- ___ bay leaves (2)
- ___ parsley (1 bunch)
- ___ shallot (1)
- ___ celery (4 ribs)
- ___ pomegranate (1)
- ___ cabbage (1)

pantry items

- ___ unrefined extra virgin olive oil (1 cup, 1 tbsp)
- ___ coconut oil (1 tbsp)
- ___ cider vinegar (1/4 cup, 1 tbsp, 1/2 tsp)
- ___ blanched almond flour (1 1/2 cups)
- ___ ground flax (1/4 cup)
- ___ whole flax seeds (2 tbsps)
- ___ baking soda (1/2 tsp)
- ___ honey (1/2 cup)
- ___ active dry yeast (1/2 tsp)
- ___ molasses (2 tbsps)
- ___ sunflower seeds (2 tbsps)
- ___ pumpkin seeds (2 tbsps)
- ___ whole black peppercorns (1 tbsp)
- ___ brown lentils (3 cups)

spices, extracts & dried herbs

- ___ unrefined sea salt
- ___ ground black pepper
- ___ cinnamon (1 1/2 tsp)
- ___ nutmeg (1/4 tsp)

miscellaneous & specialty

- ___ dark beer (2 cups)^{SA}
- ___ pomegranate juice (3 cups)

menu #1} roast chicken with lemon and thyme, pan vegetables, green salad with lemon and olive oil

Roast chicken pairs beautifully with lemon and thyme, and in this simple dinner we combine them with root vegetables and a fresh green salad.



Lighten your budget} \$3

Substitute 2 teaspoons dried thyme for fresh thyme and save about \$3.



make this meal}

up to 3 days ahead: Thaw chicken.

up to 1 day ahead: Make the lemon vinaigrette.
4 hrs ahead: Prepare roast chicken with pan vegetables.

15 mins ahead: Remove chicken from oven and allow it to rest before carving. Toss greens with red onion for salad and dress at the table just prior to serving.



food for thought}

Pastured chicken is less likely to be infected with salmonella than conventionally raised birds. It is also rich in preformed vitamin A, a nutrient that is critical to reproductive health and vital for the developing baby. Lack of vitamin A is implicated in myriad birth defects and malformation of the palate.

Citrus is rich in vitamin C, a known immune booster, and is a good source of antioxidants.

Beets are a good source of folate, a B vitamin that is critical for women of reproductive age.



roast chicken with lemon and thyme, pan vegetables}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 3 hrs, 45 mins (oven)

ingredients

- 1 whole chicken (3-5 lbs)
- ½ tsp unrefined sea salt
- ½ tsp ground black pepper
- 1 tbsp unrefined extra virgin olive oil
- zest and juice of 1 lemon
- 1 lemon, quartered
- 1 bunch fresh thyme, divided
- 1 yellow onion, quartered
- 4 medium beets, peeled and quartered
- 4 medium carrots, peeled, chopped coarse

method

1. Preheat the oven to 275° F.
2. Truss the chicken and season with salt and pepper, inside and out.
3. Pour olive oil over the breast, then sprinkle with the zest and juice of one lemon as well as half of the thyme leaves.
4. Place the remaining thyme leaves plus quartered lemon and onion in the bird's cavity.
5. Place the quartered beets and chopped carrots into the pan and roast the chicken, covered, in an oven for 3 hours. Uncover the chicken then increase the temperature to 375° F and continue roasting for a further 30 to 45 minutes.
6. Serve with pan vegetables and drippings.

NOTE: Save the chicken's frame to make roast chicken stock, or freeze until needed.

scheduled for: _____



green salad with lemon and olive oil}

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

ingredients

for the dressing

- juice of 2 lemons
- 1 garlic clove, minced
- 1 tbsp honey
- 1 cup unrefined extra virgin olive oil
- unrefined sea salt, to taste
- ground black pepper, to taste

for the salad

- 8 cups lettuce or mixed greens
- 1 red onion, thinly sliced

method

1. Whisk the lemon juice together with minced garlic and honey. Whisk in unrefined extra virgin olive oil. Season, as it suits you, with unrefined sea salt and black pepper.
2. Dress greens and onion or transfer the dressing to a salad dressing cruet or mason jar, storing at room temperature, until ready to use.

menu #2} baked salmon, buttered butternut squash, creamed spinach

scheduled for: _____

For this meal, we pair baked salmon with simple buttered butternut squash and creamed spinach. Don't worry, if you're on GAPS or are dairy-free, we've got some great alternatives that your family will positively love.



make this meal}

up to 3 days ahead: Thaw fish.

up to 1 day ahead: Prepare the buttered butternut squash, if desired, storing in the refrigerator until ready to reheat for serving.

30 mins ahead: Reheat butternut squash in oven. Prepare creamed spinach, keep warm until ready to serve. Bake the salmon.



food for thought}

Butternut squash is naturally sweet and buttery, a favorite with small children. It can keep for up to 7 or 8 months, properly cared for, in cold storage so stock up at the farmers market in autumn. It's also rich in beta carotene, an antioxidant and precursor to vitamin A that's best absorbed when eaten with a wholesome fat.

Spinach is a good source of iron and in food folate, a nutrient critical for women of reproductive age. It is best served cooked due to its high oxalate content.

Heavy cream is rich in conjugated linoleic acid, a known cancer fighter.



baked salmon}

skill level: easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 25 mins (oven)

ingredients

- 4 4- to 6-oz servings of wild-caught salmon
- ½ tsp unrefined sea salt
- 1 tsp ground black pepper

method

1. Preheat oven to 375° F. and line a baking sheet with parchment paper.
2. Place salmon filets on the baking sheet, sprinkle with salt and pepper. Bake about 25 minutes or until the fish flakes easily with a fork.



buttered butternut squash}

skill level: easy | **serves:** 4 | **time:** 10 mins (active), 45 mins (oven)

ingredients

- 1 large butternut squash, seeded
- 1 tbsp coconut oil
- ¼ cup butter*
- ½ tsp cinnamon

method

1. Preheat oven 375° F.
2. Rub the skin of the seeded butternut squash with coconut oil then invert the squash on a baking sheet and roast until the skin has browned and is easily pierced with a knife.
3. Allow the squash to cool until comfortable to handle, about 10 minutes.
4. Spoon the flesh from the squash and toss it into a food mill, blender or food processor along with ¼ cup butter and ½ teaspoon cinnamon. Process until smooth.

Transfer to a serving dish and serve warm.

NOTE: Are you making this dish ahead? Warm it in the oven 30 minutes before serving.



creamed spinach}

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

ingredients

- ¼ cup butter*
- 1 yellow onion, chopped fine
- 2 lbs spinach
- 1 cup heavy cream**
- 1/4 tsp grated nutmeg

method

1. Melt butter until it froths, then toss in chopped onion, frying until fragrant and tender. Toss in the chopped spinach, stir until slightly wilted.
2. Reduce the heat, stir in cream and continue cooking until the cream is reduced by half.
3. Season with nutmeg, salt and pepper.

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

****On GAPS/SCD?** Substitute properly cultured sour cream, creme fraiche or yogurt. Dairy-free? Substitute coconut milk for cream and coconut oil for butter; omit nutmeg and use coriander instead.

menu #3} beef carbonnade, green salad with cider vinaigrette, almond-flax bread or slow-rise whole grain bread

Simple, wholesome and nourishing, this classic Belgian beef stew is rich in flavor and super easy to make at home. Serve with a big green salad and a loaf of bread (almond-flax or slow-rise bread).



Lighten your budget} \$6

Substitute 2 teaspoons dried thyme for fresh thyme and save about \$3. Omit parsley to save a further \$3.



make this meal}

up to 1 week ahead: Make vinaigrette and store at room temp in a lidded mason jar or salad dressing cuet.

up to 3 days ahead: Thaw beef stew meat.

at least 12 and up to 24 hrs ahead: Mix batter for slow-rise bread, if using.

up to 12 and at least 8 hrs ahead: Brown beef and begin stewing the beef carbonnade.

1 hr ahead: Bake almond flour bread, if using, or slow-rise bread, if using.



food for thought}

Grass-fed beef is an excellent source of complete protein and in conjugated linoleic acid. It offers a favorable ratio of omega-3 to omega-6 fatty acids.

Bone broths and stocks are a source of easy-to-assimilate minerals as well as glucosamin chondroitin and collagen.



beef carbonnade}

skill level: easy | **yield:** 4 servings | **time:** 10 mins (active), 8-12 hrs (slowcooking)

ingredients

- 1 ½ lbs stew meat
- unrefined sea salt, to taste
- ground black pepper, to taste
- 2 tablespoons butter*
- 1 yellow onion, peeled and sliced in rounds
- 4 garlic cloves, chopped coarsely
- 1 bunch thyme
- 2 bay leaves
- 1 cup beef stock
- 2 cups dark beer**
- fresh parsley, chopped, to serve

method

1. Season stew meat with unrefined sea salt and ground black pepper.
2. Melt butter until frothy, add stew meat, browning on all sides.
3. Add stew meat, sliced onion, garlic cloves, thyme, two bay leaves, beef stock and beer into a slowcooker. Cook on low for 12 hours or on high for 8 hours.
4. Dress with fresh parsley.

scheduled for: _____



green salad with cider vinaigrette}

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

ingredients

- 2 tbsps apple cider vinegar
- 1 shallot, peeled and finely minced
- ½ tsp unrefined sea salt
- ½ cup unrefined extra virgin olive oil
- 8 cups mixed salad greens
- 1 small red onion, peeled and sliced thin

method

1. Toss minced shallot and garlic in a mixing bowl with apple cider vinegar and unrefined sea salt. Whisk in extra virgin olive oil and transfer to a salad dressing cuet or mason jar.
2. If your vinaigrette separates, and it will, simply shake it up before dressing salad.
3. Toss greens with red onion, and allow diners to dress the salad themselves.

***Don't do dairy?** Substitute olive oil, bacon fat, pastured lard, grass-fed tallow, palm kernel oil, clarified butter or ghee.

****Alcohol-free?** Substitute beef stock or red wine.



slow-rise whole grain bread}

skill level: easy | **yield:** 1 loaf | **time:** 5 mins (active), 12-24 hrs (rising), 1 hr (oven)

ingredients

- 2 cups water
- ½ tsp active dry yeast***
- 2 tbsps molasses****
- 4 cups whole grain flour
- 2 tsps unrefined sea salt
- 2 tbsps sunflower seeds
- 2 tbsps pumpkin seeds
- 2 tbsps flaxseeds

method

1. Mix water, yeast and molasses in a bowl, allow the yeast to proof.
2. Add flour, salt and seeds to the yeast, blending well with a wooden spoon. The dough should be wet and shaggy.
3. Cover the bowl with a kitchen towel and allow to rest for 12 to 24 hours at room temperature.
4. Flour your work surface, then turn out the dough onto the flour. Allow it to rest for an additional hour and a half.
5. Place a Dutch oven or clay baker in an oven and preheat the oven to 475° F.
6. Once the oven is preheated, dump the dough into the preheated clay baker. Cover the clay baker or Dutch oven. Reduce the heat to 450° F and bake for 30 minutes. Remove the lid from the baker or Dutch oven and continue baking for 20 to 30 minutes.
7. Cool completely before slicing.



almond-flax bread}

skill level: easy | **yield:** 1 loaf | **time:** 5 mins (active), 45 mins (oven)

ingredients

- 1½ cups blanched almond flour
- ¼ cup ground flax seeds
- 1 tbsp whole flax seeds
- ½ tsp unrefined sea salt
- ½ tsp baking soda
- 4 eggs, beaten
- 2 teaspoons honey, optional
- ½ tsp raw cider vinegar
- butter*, to grease a loaf pan

method

1. Preheat the oven to 300° F.
2. Grease a loaf pan.
3. Mix all ingredients together until thoroughly combined, then pour into a greased loaf pan and bake at 300° F for 45 minutes, or until a toothpick inserted into the bread's center comes out clean.
4. Cool completely before serving.

***Substitute ¼ cup proofed levain.

****Substitute honey.

ferments, soups, desserts} brine-pickled red cabbage, lentil soup, pomegranate sorbet

Brine-pickled cabbage with its pronounced flavors pairs well with this week's beef carbonnade, creating a deeply hearty and rich meal. It also is nice stirred into lentil soup.



make this meal}

Lentil stew: Make chicken stock up to 1 week ahead. Soak lentils at least 10-12 hours ahead.



food for thought}

Lentils are rich in folate, thiamin, vitamin B6 and trace minerals.

Mineral-rich chicken stock is rich in trace minerals and a good source of glucosamine chondroitin, a nutrient which can benefit the joints. is a good source of natural gelatin, which is good for digestion and provides easily assimilated protein.



brine-pickled red cabbage}

skill level: easy | **yield:** 1 qt | **time:** 20 mins (active), up to 7 days (fermentation)

ingredients

- 1 lb red cabbage, shredded fine
- 1 carrot, peeled and shredded fine
- 1 tbsp whole black peppercorns
- 1 tbsp unrefined sea salt

method

1. Toss all ingredients into a mixing bowl and stir thoroughly with a wooden spoon until the vegetables are well-seasoned with salt.
2. Layer shredded cabbage and carrot in a mason jar, mashing down with a wooden spoon until the vegetables release their juice, combining with the salt to create a brine. Continue layering and pounding until the vegetable mixture is exhausted and the brine created by juice and salt covers the vegetables.
3. Pack the vegetables down at least one inch below the lip of the jar, cover loosely with a lid and allow the brine-pickled cabbage to ferment at room temperature for up to 7 days.
4. Transfer to cold storage (root cellar or fridge), and consume within about 3 to 4 months.



lentil soup}

skill level: easy | **yield:** about 2 qts | **time:** 20 mins (oven), 30 mins (stove)

ingredients

- 3 cups brown lentils
- 3 tbsps cider vinegar
- 8 oz pastured bacon*

scheduled for: _____

- 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.
3. Add onions, celery and carrots to the bacon fat.
4. Transfer onions, bacon, lentils and stock to a slowcooker and cook for 8 hours on high to 12 hours on high.
5. Season with chopped parsley, salt, pepper and extra virgin olive oil.



pomegranate sorbet}

skill level: easy | **yield:** about 1 qt | **time:** under 5 mins (active), freezing time varies according to ice cream maker

ingredients

- ½ cup raw honey, room temperature
- 3 cups pomegranate juice, room temp
- seeds of one pomegranate

method

1. Whisk ½ cup raw honey with 3 cups pomegranate juice until well-combined. Pour into your ice cream maker and freeze according to ice cream maker's manufacturer's instructions.
2. Garnish with pomegranate seeds.

***Don't do pork?** Substitute beef bacon or omit.

supplemental recipes} fresh chicken broth, beef stock, fresh whey/yogurt cheese



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 scraps
- 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 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.



beef stock}

skill level: easy | **yield:** 2 qts | **time:** 5 mins (active), 20 mins (roasting), 6 hrs (stove)

ingredients

- 2 lbs beef soup bones
- 1 gallon miscellaneous vegetable scraps (onions, carrots, celery, fresh parsley, leeks)
- 2-3 dried bay leaves
- 1 tbsp whole peppercorns
- 2 tbsps apple cider vinegar
- filtered water to cover

method

1. Preheat oven to 400° F.
2. Place bones and vegetable scraps in a roasting pan and roast at 400° F for 20 minutes.
3. Transfer roasted vegetables and bones to a stock pot, cover with filtered water and stir in bay leaves, peppercorns and cider vinegar.
4. Bring to a boil, reduce the heat and simmer, covered, for at least 6 hours. Skim any scum from the surface as it rises.

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



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.