

ANCESTRAL KITCHEN PODCAST¹ NOURISHING TRADITIONS READING SCHEDULE

Pick two (or more!) recipes from the monthly reading to make and enjoy, and share your experience and thoughts (and photos, if you have them!) with the group.

- Preface, and Introduction: Politically Correct Nutrition (xi-xii, 1-3)
- Recipes: Cultured Dairy; Fermented Vegetables & Fruits (79-111)

- Introduction Section: Fats (4-20)
- Recipes: Sprouted Grains, Nuts & Seeds; Stock (112-125)

- Introduction: Carbohydrates (21-25)
- Recipes: About Stock Based Sauces; Salad Dressings (126-135)

- Introduction: Proteins (26-32)
- Recipes: Sauces, Marinades & Condiments; About Coconut Products (136-160)

- Introduction: Milk and Milk Products (33-35)
- Recipes: Hors d'oeuvres & Dips; Vegetables Salads (160-196)

- Introduction: Vitamins (36-39)
- Recipes: Soups; Raw Meat Appetizers (197-242)

- Introduction: Minerals (40-45)
- Recipes: Gourmet Appetizers; Fish (243-278)

- Introduction: Enzymes (46-47)
- Recipes: Poultry; Organ Meats (279-316)

- Introduction: Salt, Spices, & Additives (48-50)
- Recipes: Game; Beef & Lamb (317-354)

¹ www.ancestralkitchenpodcast.com or look for Ancestral Kitchen Podcast anywhere you listen to pods!

- Introduction: Beverages (51-55)
- Recipes: Ground Meat; A Catalog of Vegetables (355-412)

- Introduction: About Food Allergies & Special Diets(56-62)
- Recipes: Meat Salads; South of the Border (413-435)

- Introduction: Parting Words (63-64)
- Recipes: Eggs; Sandwich Suggestions (436-450)

- Introduction: Guide to Food Selection (64-65)
- Recipes: Whole Grains; Breads & Flour Products (451-475)

- Introduction: A Word on Equipment (66-68)
- Recipes: Baking with Alternative Grains; Legumes(477-510)

- Introduction: Kitchen Tips and Hints (69-71)
- Recipes: Snacks & Finger Foods; Natural Sweeteners (511-537)

- Introduction: References (72-78)
- Recipes: Sweets for Kids of All Ages; Pies & Cakes (538-573)

- Appendices A - F (621-634)
- Recipes: Gourmet Desserts; Beverages (574-596)^{2 3}

- Recipes: Feeding Babies; Tonics & Superfoods (597 - 607)
- Choose a book from the footnotes or bibliography to start reading next!

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³ Thank you Rachael for putting this schedule together and sharing it with us!