

# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## ON YOUR PLATE THIS WEEK

- Sweet Potato Burger Sliders (1)
- Chicken Fajita Bowls (2)
- Tomato Basil Frittata (3)

## GROCERY LIST

### PRODUCE

- 2 Limes (2)
- 1 Sweet Onions (2)
- 2 Large Sweet Potatoes (1)
- 2 Medium Zucchini (2)
- 2 Bell Peppers (2)
- 2 Roma Tomatoes (1)
- 3 Cups Cherry Tomatoes (2,3)
- 3 Avocado (1,2)

### HERBS

- ½ Cup Basil (3)

### MEAT/FISH

- 1.25-1.5 LBS Ground Beef (1)
- 1-2 LBS Chicken Breast (2)
- 1 Dozen Eggs (3)

### DAIRY

- ½ Cup Feta (3)

### BULK

- Ketchup or BBQ Sauce to Taste (1)
- 3 tsp Garlic Powder (1,2,3)
- 3 tsp Onion Powder (1,2,3)
- 1 tsp Paprika (2)
- 1 tsp Cumin (2)
- 1/8 tsp Chili Powder (optional) (2)

### PANTRY

- 2 TBS Honey (1)

### FREEZER

- 1 LBS Bag Frozen Spinach (3)

### STOCKED

- 2 TBS Coconut Oil (or Olive Oil) (1,3)
- 1 TBS Salt (1,3)
- ½ TBS Pepper (1,3)

### TIPS, etc.

- Meals #1 is a dinner that cooks quickly.
- Meal #2 is a dinner designed to have 1-2 portions leftover for lunches if you are feeding 4 people.
- Meal #3 is a breakfast but can also make a fabulous lunch.
- If you need more food, double up on recipes, or to reduce, cut out recipes.
- Simplify your week even more with meals prepped for you from Local Rhoots. Use code **MEALPREP10** for 10% off next week's menu.

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## INGREDIENT LIST

### Sweet Potato Burger Sliders (1)

- 1.25-1.5 LBS Ground Beef
- 2 Large Sweet Potatoes
- 2 Roma Tomatoes
- 1 Avocado
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 TBS Honey
- Ketchup or BBQ Sauce to Taste
- Salt & Pepper to Taste

### Chicken Fajita Bowls (2)

- 1-2 LBS Chicken Breast
- 1 Zucchini
- 2 Bell Peppers
- 1 Sweet Onion
- 2 Avocado
- 2 Cups Cherry Tomatoes
- 2 Limes
- 1 tsp Paprika
- 1 tsp Cumin
- 1 tsp Garlic Powder
- ½ tsp Onion Powder
- 1/8 tsp Chili Powder (optional)
- 2 TBS Coconut Oil (or other)
- 1 TBS Salt
- ½ TBS Pepper

### Tomato Basil Frittata (3)

- 1 Dozen Eggs
- ½ Cup Basil
- 1 Cup Cherry Tomatoes
- 1 LBS Frozen Spinach
- ½ Cup Feta
- 2 TBS Coconut Oil (or Olive Oil)
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Salt
- ½ tsp Pepper

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## PREP DAY

### TOOLS

- 1 Baking Sheets (2)
- 4 Medium Lunch Containers with Lids (2)
- 1 9" Round Baking Dish (3)
- Tin Foil (2)

### PRE-PREP

- Preheat oven to 400. Pull out 4 medium containers with lids and 1 baking sheets. (2)
- Defrost 1 bag frozen spinach, squeeze out as much water as possible. (3)

### CHOP

- Prep the following, placing in separate bowls (or just keep separated): (2)
  - Slice 1 zucchini and 2 bell peppers into long thin strips.
  - Cut 1 sweet onion in half then slice into thin half rounds.
  - Cut 2 cups of cherry tomatoes in half.
  - Cut 1 lime in quarters.
- Chop ½ cup basil. Cut 1 cup cherry tomatoes in half. Set aside, keep separated. (3)

### WHISK

- REDUCE oven to 375. Cover round baking dish with wax paper. (3)
- In a bowl, whisk 12 eggs, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp salt, ½ tsp pepper, 2 TBS coconut oil and ½ cup crumbled feta. (3)
- Using a fork, whisk in bag of frozen spinach and basil. Pour mix into round baking dish, top with cherry tomato halves. Bake 40 minutes. Remove, cover and refrigerate. (3)

### SAUTE

- In a sauté pan, heat 2 TBS of coconut oil (or other) over medium-high heat. Add onions and sauté until they begin to brown, about 10 minutes. (3)
- Squeeze ½ lime over the onion and season with last ¼ of seasoning mix that you used on the chicken. (2)
- Mix well then add bell peppers and tomatoes. Sauté for another 5 minutes. (2)
- Add zucchini and sauté for another 5 minutes. Divide evenly between the 4 containers with chicken, add 1 slice of lime in each, seal and refrigerate. (2)

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## DAY OF

### **Sweet Potato Burger Sliders (1)**

- Preheat oven to 415. Cover baking sheet with wax paper.
- Slice sweet potatoes into 1" thick rounds. Place on baking sheet and bake 15 minutes.
- In a bowl, mix ground beef, 1 tsp garlic powder, 1 tsp onion powder, 1 TBS honey, salt and pepper to taste. Make 8-10 small burgers. Cook to preference.
- Slice tomatoes into 1/2" rounds. Slice avocado.
- Build your sliders: 1 sweet potato, 1 burger, 1 slice tomato, 1 piece avocado and topped with ketchup or BBQ sauce. Plate & serve.

### **Chicken Fajita Bowls (2)**

- Add ½ an avocado to your lunch bowls. Squeeze lime over everything prior to eating.

### **Tomato Basil Frittata (3)**

- Slice and serve. Optional: Reheat in microwave 30 seconds.