

Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

ON YOUR PLATE THIS WEEK

Hearty Chicken Soup (1)
Balsamic Glazed Salmon Salad (2)
Pumpkin Quiche (3)

GROCERY LIST

PRODUCE

- ½" Ginger (1)
- 2 Garlic Cloves (1)
- 1 Sweet Potato (1)
- 5 Large Yellow Onions (1,3)
- 1 Shallot (2)
- 1 Bag Baby Carrots (1)
- 2-3 Carrots (2)
- 5-6 Radishes (2)
- 3 Celery Stalks (1)
- 5 Endives (or 8-10 Cups of Greens of Choice) (2)
- 1 Cucumber (2)

HERBS

- 1 tsp Fresh Rosemary (3)

MEAT/FISH

- 1 Whole Chicken (1)
- 1.25-1.5 LBS Salmon (or Steelhead) Filet (2)
- 8 Eggs (3)
- 3 Slices Bacon (3)

BULK

- 1 Cup Walnuts (or Sunflower Seeds) (2)
- ½ Cup Dried Fruit (cherries, cranberries etc) (2)

PANTRY

- 32-ounces Chicken Stock (1)
- 1 TBS Apple Cider Vinegar (3)
- ¼ tsp Baking Soda (3)
- ¼ tsp Baking Powder (3)
- 2 Cans of Pumpkin (3)

STOCKED

- 3 TBS (1,2,3)
- 1 TBS Pepper (1,2)
- 3 TBS Butter (or Ghee or Oil) (1,3)
- 1/3 Cup Olive Oil (2)
- 1-2 TBS Honey (2)
- 1/4 Cup Balsamic (2)

TIPS, etc.

- Meals #1 is a soup designed to have 1-2 portions leftover for lunches if you are feeding 4 people.
- Meal #2 is lunch portioned out into 4 servings on prep day, #4 is breakfast
- Simplify your week: If you need more food, double up on recipes.
- Make your week even easier at use MEALPREP10 at www.localrhoots.com for 10% off a week of dinners or lunches, or both!

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INGREDIENT LIST

Hearty Chicken Soup (1)

- 1 Whole Chicken
- 1 Large Yellow Onion
- 1 Bag Baby Carrots
- 3 Celery Stalks
- 1 Sweet Potato
- ½" Ginger
- 2 Garlic Cloves
- 1 TBS Salt
- 1 TBS Butter or Oil
- 32-oz Chicken Stock
- 32-oz Filtered Water

Balsamic Glazed Salmon Salad (2)

- 1.25-1.5 LBS Salmon (or Steelhead) Filet
- 5 Endives (or 8-10 Cups of Greens of Choice)
- 2-3 Carrots
- 5-6 Radishes
- 1 Cucumber
- 1 Shallot
- 1 Cup Walnuts (or Sunflower Seeds)
- 1/2 Cup Dried Fruit (cherries, cranberries etc)
- 1/4 Cup Balsamic
- 1/3 Cup Olive Oil
- 1-2 TBS Honey
- Salt & Pepper to Taste

Pumpkin Quiche (3)

- 2 Cans of Pumpkin
- 8 Eggs
- ½ Yellow Onion
- 3 Slices Bacon
- 1 tsp Fresh Rosemary
- 2 TBS Ghee
- 1 TBS Apple Cider Vinegar
- ¼ tsp Baking Soda
- ¼ tsp Baking Powder
- Salt & Pepper

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PREP DAY

TOOLS

- 1 16-ounce Mason Jar (or similar) (2)
- 4-5 Medium Containers with Lids (2)
- 1 Baking Sheet (2)
- Tin Foil (2)
- 1 9" Pie Dish (or baking dish) (3)
- Food Processor (3)

PRE-PREP

- Preheat oven to 375. Grease pie dish well with coconut oil or butter. Cover baking sheet with foil. (2,3)

CHOP

- Chop and evenly divide the following between 4-5 medium containers: (2)
 - 5 Endives (or 8-10 Cups Greens)
 - 2-3 Carrots
 - 5-6 Radishes
 - 1 Cucumber

MARINATE

- In a mason jar, combine 1 diced shallot, 1/4 Cup Balsamic, 1/3 Cup Olive Oil, 1-2 TBS Honey. Cover, shake well, taste, then add salt and pepper to taste. (2)

BAKE

- Cut salmon filet into 4-5 smaller filets, season with salt and pepper, place on baking sheet with foil. (2)
- Place salmon in the oven (on the middle rack) for 6 minutes, remove, drizzle 1 TBS per filet of balsamic dressing over each filet. Return to the oven for another 6-ish minutes until cooked. (2)
- Place one filet into each medium container with salad, seal and refrigerate. (2)
- Reduce oven to 350. (3)

CHOP

- Finely chop the following and set aside, but do not mix together: (3)
 - 1 tsp rosemary
 - 3 Slices of Bacon.
 - 1/2 Onion

STOVETOP

- Cook bacon until crispy, add diced 1/2 onion and sauté 3-5 minutes. Remove from heat, set aside. (3)

PROCESS

- Add the following to the food processor along, then pour into the greased pie dish, bake 30-40 minutes (until you can stick a toothpick in the middle and it comes out clean), cover and refrigerate: (3)
 - 2 Cans of Pumpkin
 - Cooked bacon and onion
 - 8 Eggs
 - 1 tsp Fresh Rosemary
 - 2 TBS Ghee
 - 1 TBS Apple Cider Vinegar
 - 1/4 tsp Baking Soda
 - 1/4 tsp Baking Powder
 - Salt & Pepper

NOTE: If you've got the extra time, go ahead and make the soup now too so you have that meal ready to eat this week.

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DAY OF

Hearty Chicken Soup (1)

- Chop 1 yellow onion, 3 celery stalks and 1 sweet potato, place in a bowl together. Peel and grate 1/2" piece of ginger, grate 2 garlic cloves, place in bowl together.
- In a medium pot, heat chicken broth and water over medium heat.
- In a large pot, heat 2 TBS olive oil over medium heat. Sauté onion, celery and carrots until translucent, about 8 minutes. Add grated garlic and ginger, sauté for another minute. Place chicken in breast side down. Add 1 TBS salt. Pour simmering chicken broth over chicken and cover.
- Bring soup to a boil, reduce heat and simmer low for 60 minutes. Remove chicken, store in a container, cover with plastic wrap and refrigerate up to 7 days, or serve. Transfer broth to a large Pyrex container, cover and refrigerate up to 7 days, or serve.

Balsamic Glazed Salmon Salad (3) | Dress salmon & salad with 1/4 or 1/5 of dressing and eat.

Pumpkin Quiche (5) | Slice and eat. Optional Reheat in the microwave 15-30 seconds.