

# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## ON YOUR PLATE THIS WEEK

- Roasted Tomato Basil Soup (1)
- Chicken Parmesan & Roasted Eggplant (2)
- Roasted Salmon with Creamy Curry Potatoes and Greens (3)
- Dark Cherry Chia Pudding (4)

## GROCERY LIST

### PRODUCE

- 3/4 Cup Fresh Fruit, berries or orange (4)
- 1 Sweet Onion (1)
- 1-2 LBS Fingerling Potatoes (or other) (3)
- 3 Roasted Garlic Cloves (1)
- 1-2 Medium Eggplants (2)
- 2 Bunches Swiss Chard (3)

### HERBS

- 1 Small Bunch Basil (1)

### MEAT/FISH

- 4 B/S Chicken Breasts (2)
- 1.25-1.5 LBS Salmon (or Steelhead) Filet (3)
- 3 Eggs (2)

### DAIRY

- 1/2 Cup Grated Parmesan (optional) (2)
- 8-oz Buffalo Mozzarella (optional) (2)

### PANTRY

- 2 26-oz Cans Whole Tomatoes (1)
- 32-oz Chicken Broth (or other) (1)

### PANTRY (cont'd)

- 1 Cans Full Fat Coconut Milk (3)
- 4-oz Can Coconut Cream (1)
- 1 TBS Curry Paste (3)

### BULK

- Pinch of Cayenne (optional) (1, 2)
- 2 tsp Dried Oregano (2)
- 1 tsp Dried Marjoram (2)
- 1 tsp Dried Basil (2)
- 1/2 Cup Almond Flour (2)
- 1/4 Cup Coconut Flour (2)
- 4 TBS Chia Seeds (4)
- 3 Heaping TBS Coconut Flakes (4)
- 3 TBS Dried Cherries, or other (4)
- 3 Dates, Chopped (4)
- 3 Heaping TBS Nuts of Choice (4)
- 1 Teaspoon Vanilla (4)

### FREEZER

- 1 Bag Frozen Cherries (4)

### STOCKED

- 1/4 Cup + 4 TBS Olive Oil (1, 2, 3)
- 2 TBS Coconut Oil (4)
- 1 TBS Butter (or Ghee) (1)

### TIPS, etc.

- Meals #1-#3 are dinners designed to have 1-2 portions leftover for lunches if you are feeding 4 people.
- Meal #4 is a delightful snack.
- Dairy is optional.
- Simplify your week: If you need more food, double up on recipes.
- Make your week even easier at use MEALPREP10 at [www.localrhoots.com](http://www.localrhoots.com) for 10% off a week of dinners or lunches, or both!

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## INGREDIENT LIST

### Roasted Tomato Basil Soup (1)

- 2 26-oz Cans Whole Tomatoes
- 1 Sweet Onion
- 3 Roasted Garlic Cloves
- 32-oz Chicken Broth (
- 1 Small Bunch Basil
- 1/4 Cup Whole Fat Milk (cow or coconut)
- 1 TBS Olive Oil
- 1 TBS Butter (or Ghee)
- Pinch of Cayenne (optional)
- Salt & Pepper to Taste

### Chicken Parmesan & Roasted Eggplant (2)

- 4 Boneless Skinless Chicken Breasts
- 3 Eggs
- 1/2 Cup Almond Flour
- 1/4 Cup Coconut Flour
- 2 tsp Dried Oregano
- 1 tsp Dried Marjoram
- 1 tsp Dried Basil
- Pinch of Cayenne
- 1/2 Cup Grated Parmesan (optional)
- 8-oz Buffalo Mozzarella (optional)
- 1-2 Medium Eggplants
- 1/4 Cup Olive Oil

### Roasted Salmon w/ Creamy Curry Potatoes and Greens (3)

- 1.25-1.5 LBS Salmon (or Steelhead) Filet
- 1-2 LBS Fingerling Potatoes (or other)
- 2 Bunches of Swiss Chard (or other)
- 1 Can Full Fat Coconut Milk
- 1 TBS Curry Paste
- 3 TBS Olive Oil

### Dark Cherry Chia Pudding (4)

- 1 Bag Frozen Cherries
- 1 Can Canned Full Fat Coconut Milk
- 1 tsp Vanilla
- Pinch of sea salt
- 3 Dates, Chopped
- 1 TBS Coconut Oil
- 4 TBS Chia Seeds
- 3/4 Cup Fresh Fruit Topping
- 3 Heaping TBS Coconut Flakes
- 3 TBS Dried Cherries (or other)
- 3 Heaping Tablespoon of Nuts of Choice

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## PREP DAY

### TOOLS

- Large Soup Pot with Lid (1)
- 1 Large Container with Lid (1)
- Hand Blender (or similar) (1)
- 1 1-Gallon Ziploc (2)
- 5 16-ounce Mason Jar (or similar) (2,4)
- 1 Medium Container with Lid (3)
- Food Processor or Blender (7)

### CHOP

- Rough chop 1 sweet onion and peel 3 garlic cloves. (1)
- Slice chicken breast in half lengthwise so you have two thin breasts. Place in a 1-gallon Ziploc bag, remove all air, seal and refrigerate. (2)
- If potatoes are bigger than 2 bites, cut them up. (3)

### MIX

- In a mason jar (or container with lid), combine 1/2 Cup Almond Flour, 1/4 Cup Coconut Flour, 2 tsp Dried Oregano, 1 tsp Dried Marjoram, 1 tsp Dried Basil, Pinch of Cayenne, 1 TBS Salt plus 1/2 TBS Pepper. Seal and store in a dry place. (2)

### STOVETOP

- In a large soup pot, heat 1 TBS olive oil plus 1 TBS butter on medium-high heat, add rough chopped onion and sauté until translucent; about 8 minutes. To the onions, add 3 garlic cloves, a pinch of cayenne plus salt and pepper to taste. Sauce 3 minutes. Pour in 2 26-ounce cans of whole tomatoes and 32-oz chicken broth, bring to a boil then reduce to a simmer, cover and cook 20 minutes. (1)
- Remove the soup from the heat, add 4-oz can coconut cream plus 1/2 bunch of basil then blend smooth using a hand blender. Taste soup and add more salt or pepper as needed, transfer to a large container with lid, seal and refrigerate. (1)
- In a large pot, heat 2 TBS of olive oil over medium-high heat, then add the potatoes and sauté 5-8 minutes. (3)
- In a small sauce pan, heat 1 TBS of curry paste over medium heat for 2-3 minutes then add 1 can full fat coconut milk, bring to a boil then pour over the potatoes. (3)
- Bring curried potatoes to a boil, reduce to a low simmer and cook 15-20 minutes (until fork tender), transfer to container with lid, seal and refrigerate. (3)
- In a small sauté pan, heat coconut oil with the dates until the oil is completely melted and hot. Remove and set aside. (4)

### PROCESS

- In a food processor, combine coconut milk, frozen cherries, vanilla, salt and dates with coconut oil. Blend until mostly smooth. (4)
- Pour into a bowl and add the Chia seeds. Whisk well every 5 minutes for 20-30 minutes until it reaches a pudding-like consistency. (4)

### ASSEMBLE

- Split the pudding evenly among the three mason jars. Add your fresh fruit on top of the pudding, then add the almonds, coconut flakes and dried cherries. Seal and refrigerate. (4)

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## DAY OF

### **Roasted Tomato Basil Soup (1)**

- Portion out into a pot, reheat and serve. Garnish with chopped basil.

### **Chicken Parmesan & Roasted Eggplant (2)**

- Pre-heat oven to 415 and take out a baking dish and a baking sheet.
- Whisk 3 eggs in a bowl. Spread flour mix onto a dish or shallow pan. OPTIONAL: Add 1/2 cup grated parmesan to the flour mixture.
- Drench each piece of chicken in the egg mix, then into the flour, placing it in the baking dish. Repeat until done.
- Cube eggplant, spread out over a baking sheet, toss with 1/4 cup olive oil plus salt and pepper.
- Place chicken on the middle rack and eggplant on the lower rack. Bake both for 20 minutes.
- Take out the tomato soup.
- OPTIONAL: Slice mozzarella into thin slices (at least 1 per slice of chicken)
- Remove chicken (leaving the eggplant), pour a couple TBS of tomato soup over each chicken piece then top with mozzarella.
- Place chicken back on the middle rack, bake another 8 minutes, then turn on broil for 3-5 (keep an eye on it so it doesn't burn)
- Remove everything from the oven, plate and serve with the tomato soup.

### **Roasted Salmon with Creamy Curry Potatoes and Greens (3)**

- Pre-heat oven to 400 and cover a baking sheet with foil.
- Lay salmon filet on the baking sheet, season with salt and pepper, bake 15-18 minutes.
- Layer Swiss chard on top of each other, roll up and slice thinly. Set aside.
- Portion out curried potatoes into a pot and reheat over low heat.
- Once salmon and curried potatoes are ready, heat a sauté pan over medium high heat, add 1 TBS of oil and sauté sliced Swiss chard 3-5 minutes until wilted. Plate and Serve.

### **Dark Chia Pudding (7) | Ready to eat**