

# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## ON YOUR PLATE THIS WEEK

Turmeric Spiced Pork Kabobs & Avocado Cucumber Salad (1)  
Shrimp Fajitas (2)  
Avocado Chocolate Pudding (3)

## GROCERY LIST

### PRODUCE

- 3 Lemons (1, 2)
- 2 Bananas (5)
- 1-2 Bunches Spinach (2)
- 5 Avocados (1, 2, 3)
- 1 Tomato (2)
- 1 Cucumbers (1)
- 2 Bell Peppers (2)
- 1 Yellow Onion (2)
- 3 Sweet Potato (optional) (1)

### HERBS

- 1 Bunches Parsley (1)

### MEAT/FISH

- 1.25-1.5 LBS Pork Tenderloin (1)
- 1 LB Shrimp (fresh or frozen) (2)

### PANTRY

- 1 Can Full Fat Coconut Milk (3)
- 1-4 Tbsp Maple Syrup (3)

### BULK

- 2 tsp Turmeric (1)
- 1 tsp Cumin (1)
- 2 tsp Coriander (1, 2)
- 3 ½ tsp Garlic Powder (1, 2)
- 1/2 tsp Cinnamon (1)
- 1 tsp Dried Oregano (1)
- 2 tsp Chili Powder (2)
- 2 tbsps Cocoa Powder (3)

### STOCKED

- ½ TBS + 3 tsp Salt (1, 2)
- 3 ½ tsp Pepper (1, 2)
- 5 TBs Olive Oil (1)

### TIPS, etc.

- Meals #1-#2 are dinners designed to have 1-2 portions leftover for lunches if you are feeding 4 people.
- Meal #3 is breakfast, snack or dessert, it is so versatile, healthy and delicious!
- 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

### **Turmeric Spiced Pork Kabobs & Avocado Cucumber Salad (1)**

- 1.25-1.5 LBS Pork Tenderloin
- 2 Avocados
- 2 Cucumbers
- 3 Lemons
- 1 Bunch Parsley
- 2 tsp Turmeric
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Garlic Powder
- 1/2 tsp Cinnamon
- 1 tsp Dried Oregano
- 5 TBs Olive Oil
- 1-2 Sweet Potatoes (optional)

### **Shrimp Fajitas (2)**

- 1 LB Shrimp (fresh or frozen)
- 2 Bell Peppers
- 1 Yellow Onion
- 1 Lemon
- 2 Avocado
- 1 Tomato
- 1-2 Bunches Spinach
- 2 tsp Chili Powder
- 1 tsp Garlic Powder
- 1 tsp Cumin
- 1 tsp Coriander

### **Avocado Chocolate Pudding (5)**

- 2 Avocados
- 2 Bananas
- 1 Can Coconut Milk
- 2 TBS Cocoa Powder
- 1-4 TBS Maple Syrup (optional)
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## PREP DAY

### TOOLS

- 6-8 Kabob Sticks (1)
- 1 1-Gallon Freezer Bag (1)
- 3 Medium Container with Lid (1,3)
- Food Processor (3)

### PRE-PREP

- OPTIONAL: Heat oven to 400. Stick fork in all the sweet potatoes, wrap in foil and bake for 40 minutes. Remove and refrigerate. (1)

### PROCESS

- In a food processor, add 2 avocados, 2 bananas, 1 can coconut milk, 2 TBS cocoa powder, pinch of salt. Blend until smooth. Taste and add maple syrup as desired. Process again. Store in a medium or 4 6-ounce containers. (3)

### CHOP

- Cut pork tenderloin into 1-2" pieces, add to 1-gallon Ziploc. (1)
- Rough chop 1/2 of the parsley, add half to the bag with the pork tenderloin and half to the container with the cucumber and avocado. (1)

### MIX

- In a bowl, combine 2 tsp Turmeric, 1 tsp Cumin, 1 tsp Coriander, 1 tsp Garlic Powder, 1/2 tsp Cinnamon, 1 tsp Dried Oregano, 2 tsp Salt, 1 tsp Pepper, 2 TBs Olive Oil plus the juice of 1 lime. (1)
- Pour seasoning mix into the bag with the pork, remove all the air from the bag, seal and squish the bag around to evenly disperse the seasoning. Refrigerate. (1)

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## DAY OF

### **Turmeric Spiced Pork Kabobs & Avocado Cucumber Salad (1)**

- Turn on the BBQ, or take out a grill pan. OPTIONAL: Reheat baked potatoes in oven 15 minutes at 425.
- Heat grill over medium heat. Skewer pork onto kabob sticks. Grill kabobs turning every 4 minutes until done.
- Cube 2 Avocados and 2 cucumbers, add to medium bowl.
- Slice 1 lemon in half and squeeze juice over the avocado and cucumber, season with salt and pepper plus 3 TBS olive oil, set aside until ready to serve.
- Plate Kabobs with the Avocado Cucumber Salad and sweet potato

### **Shrimp Fajitas (2)**

- IF SHRIMP ARE FROZEN: Place in a bowl with cool tap water, replacing water every 5 minutes until ice is gone and shrimp are defrosted. Peel shrimp if needed.
- Cut 2 bell peppers and 1 yellow onion in half, then slice into long thin pieces.
- Dice 1 tomato and place in a bowl. To the tomato, add 1 avocado (skin and seed removed) plus the juice of 1 lemon.
- Using a fork, mash the avocado and tomato together, season with salt and pepper to taste. Refrigerate until you are ready to eat.
- In a small bowl, combine 2 tsp Chili Powder, 1 tsp Garlic Powder, 1 tsp Cumin, 1 tsp Coriander, 1/2 TBS Salt, 1 tsp Pepper, set aside.
- In a large sauté pan, heat 2 TBS oil of choice over medium-high heat. Add onions to the pan and sauté until they begin to brown, about 8-10 minutes. Add seasoning mix to the onions, combine and cook; about 1 minute. Add bell peppers to the pan and sauté 5 minutes. Pour in the shrimp, mix to combine well and sauté until shrimp are pink; about 3 minutes.
- Fill serving bowls with spinach. Top spinach with shrimp fajitas and avocado mix. Serve.

### **Avocado Chocolate Pudding (3) | Ready to Eat**

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