

# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## ON YOUR PLATE THIS WEEK

- Sweet Potato Chili (1)
- Lemon Soup with Chicken (2)
- Orange Tilapia with Citrus Garlic Spinach (3)
- Cuties with Chocolate Sauce (4)
- Asian Chicken Chopped Salad (5)
- Pecan Banana Overnight Oats (6)

## GROCERY LIST

### PRODUCE

- 2 Lemons (2, 3)
- 2 Oranges (3, 5)
- 1 Bag Cutie Oranges (4, 5)
- 4 Bananas (6)
- 5 Carrots (1, 2, 5)
- 1 Cucumber (5)
- 1 Bag Shredded Cabbage (5)
- 2 Bunches Spinach (3)
- 2 Celery Stalks (2)
- 1 Poblano Pepper (1)
- 2 Avocados (1)
- 3 Sweet Potatoes (1)
- 1 Bag Fingerling Potatoes (optional) (3)
- 2 Yellow Onions (1, 2)
- 4 Green Onions (5)
- 1 Garlic Head (3, 5)
- 1/2" Ginger (5)

### HERBS

- 1 Bunch Parsley (1)

### MEAT/FISH

- 1 LB Ground Lamb (or beef) (1)
- 1 Whole Chicken (2)
- 1 Whole Roasted Chicken (5)
- 1.25-1.5 LBS Tilapia (3)

### 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 snack or dessert, #5 is lunch and #6 is breakfast.
- Simplify your week: If you need more food, double up on recipes.
- Dairy is completely optional.

### BULK

- 1/2 TBS Paprika (1)
- 1/2 TBS Cumin (1)
- 1 TBS Chili Powder (1)
- 1 TBS Tarragon (2)
- 1 tsp Thyme (2)
- 1/4 Cup Cocoa Powder (4)
- 1 TBS Sesame Seeds (5)
- 1/4 Cup Slivered Almonds (5)
- 1 Cup Pecans (6)
- 1/2 Cup Coconut Flakes (6)
- 4 TBS Chia Seeds (6)
- 1/4 tsp Cinnamon (6)
- 1 tsp Vanilla (6)

### PANTRY

- 1 26-oz Can Diced Tomatoes (1)
- 1 4-oz Can Tomato Paste (1)
- 2 Cups Beef Broth (1)
- 64-oz Chicken Broth (2)
- 2 TBS Coconut Aminos (or Soy Sauce) (5)
- 2 TBS Sesame Oil (5)
- 1 1/2 TBS Honey (5)
- 1 Cup Milk of Choice (6)
- 4 Scoops Protein (optional) (6)

### STOCKED

- 1 TBS Salt (1)
- 1/2 TBS Pepper (1)
- 2 1/2 TBS Olive Oil (2, 5)
- 2 TBS Coconut Oil (4)

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## INGREDIENT LIST

### Sweet Potato Chili (1)

- 1 LB Ground Lamb (or beef)
- 3 Sweet Potatoes
- 1 Yellow Onion
- 2 Carrots
- 1 Poblano Pepper
- 1 Bunch Parsley
- 2 Avocados
- 1 26-oz Can Diced Tomatoes
- 1 4-oz Can Tomato Paste
- 2 Cups Beef Broth
- 1/2 TBS Paprika
- 1/2 TBS Cumin
- 1 TBS Chili Powder
- 1 TBS Salt
- 1/2 TBS Pepper

### Lemon Soup with Chicken (2)

- 1 Whole Chicken
- 2 Carrots
- 1 Yellow Onion
- 2 Celery Stalks
- 2 Lemons
- Parsley (as garnish)
- 1 TBS Tarragon
- 1 tsp Thyme
- 64-oz Chicken Broth
- 1 TBS Olive Oil

### Orange Tilapia with Citrus Garlic Spinach (3)

- 1.25-1.5 LBS Tilapia
- 2 Bunches Spinach
- 1 Bag Fingerling Potatoes (optional)
- 1 Orange
- 1 Lemon
- 3 Garlic Cloves
- 3 TBS Olive Oil

### Cuties with Chocolate Sauce (4)

- Cutie Oranges
- 1/4 Cup Cocoa Powder
- 1 4-ounce Can Coconut Cream
- 2 TBS Coconut Oil
- 2 TBS Maple Syrup

### Asian Chicken Chopped Salad (5)

- 1 Whole Roasted Chicken
- 1 Bag Shredded Cabbage
- 1 Carrot
- 1 Cucumber
- 4 Green Onions
- 4 Cutie Oranges
- 1 TBS Sesame Seeds
- 1/4 Cup Slivered Almonds
- 1/2" Ginger
- 1 Garlic Clove
- 1 Orange
- 2 Tbsp Coconut Aminos (or Soy Sauce)
- 2 TBS Sesame Oil
- 1 1/2 Tbsp Honey
- 1/4 Cup Olive Oil

### Pecan Banana Overnight Oats (6)

- 4 Bananas
- 1 Cup Oats
- 4 Cup Milk of Choice
- 1 Cup Pecans
- 1/2 Cup Coconut Flakes
- 4 TBS Chia Seeds
- 1/4 tsp Cinnamon
- 1 tsp Vanilla
- 4 scoops protein - optional

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## PREP DAY

### TOOLS

- Crockpot (1)
- 1 Large Container with Lid (1)
- 1 Large Soup Pot (2)
- 1-2 Large Containers with Lids (2)
- 4 16-oz Mason Jar (or similar) (6)
- 4-5 Medium Container with Lid (5)
- 1 Small Container with Lid (4)
- Blender (5)

### PRE-PREP

- Brown 1 LB ground lamb. (1)

### CROCKPOT

- Prep and add the following to the crockpot: (1)
  - 3 Sweet Potatoes, 1" cubes
  - 1 Yellow Onion, diced
  - 2 Carrots, diced
  - 1 Poblano Pepper, diced
  - Browned ground lamb
  - 1 26-oz Can Diced Tomatoes
  - 1 4-oz Can Tomato Paste
  - 2 Cups Beef Broth
  - 1/2 TBS Paprika
  - 1/2 TBS Cumin
  - 1 TBS Chili Powder
  - 1 TBS Salt
  - 1/2 TBS Pepper
- Cover, turn on low and cook for 8 hours. Remove, transfer to container with lid, seal and refrigerate. (1)

### CHOP

- Chop 2 carrots, 1 onion and 2 celery stalks, place in a bowl together, set aside. Zest and juice 1 lemon, set aside. Finely chop 1 TBS tarragon and 1 tsp thyme, place in a bowl together. (2)
- In a bowl, add 1 cup chopped pecans, 1/2 cup coconut flakes, 4 TBS chia seeds and 1/4 tsp cinnamon. To 4 x 16-oz jars with lids, add 1/4 cup oats, plus 1/4 of the nut mix. Store. NOTE: these are overnight oats. Instructions on DAY OF include overnight process. (6)
- Prep & combine in a large bowl: (5)
  - 1 Whole Roasted Chicken, meat removed from carcass and chopped
  - 1 Bag Shredded Cabbage, added to the bowl
  - 1 Carrot, ends removed, cut in half, then sliced into thin matchsticks
  - 1 Cucumber, ends removed, cut in half, seeds removed with a spoon, then sliced into thin matchsticks
  - 4 Green Onions, sliced thinly
  - 4 Cutie Oranges, peeled and sectioned

### STOVETOP

- In a small saucepan, heat 1/4 Cup Cocoa Powder, 4-ounces Coconut Cream, 2 TBS Coconut Oil plus 2 TBS Maple Syrup over low heat (DO NOT BOIL), whisk until combined, pour into small container with lid, seal and refrigerate. (4)
- In a large soup pot, heat 1 TBS of olive oil over medium heat, pour in the carrot/celery/onion and sauté until onions become translucent; about 5 minutes. To the pot, add chopped thyme/tarragon, 1 TBS salt, 1/2 TBS pepper and lemon zest, combine well, then place whole chicken in the pot, breast down. (2)
- Pour in 64-oz chicken broth plus juice of 1 lemon, bring to a boil, reduce to a simmer, cover and simmer 60 minutes. Remove chicken, shred and add to a large container with lid. Cover the chicken with the soup, seal and refrigerate. (2)

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## PREP DAY (CONT'D)

### PROCESS

- In a blender, process the following until smooth, then pour into the bowl with chicken and salad: (5)
  - 1/2" Ginger
  - 1 Garlic Clove
  - 1 Orange
  - 2 TBS Coconut Aminos (or Soy Sauce)
  - 2 TBS Sesame Oil
  - 1 ½ TBS Honey
  - ¼ Cup Olive Oil
  
- Add 1 TBS Sesame Seeds & 1/4 Cup Slivered Almonds to the salad, toss well then divide evenly into 4-5 lunch containers, seal and refrigerate. (5)

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## DAY OF

### **Sweet Potato Chili (1)**

- Portion out and reheat in a pot. Plate and top with chopped parsley and avocado.

### **Lemon Soup with Chicken (2)**

- Portion soup out into a pot and reheat. Chop parsley and slice lemon into thin rounds.
- Place into a bowl and garnish with parsley and lemon slices.

### **Orange Tilapia with Citrus Garlic Spinach (3)**

- IF COOKING POTATOES: Pre-heat oven to 400. Cover 2 baking sheets with foil.
- IF NOT COOKING POTATOES: Pre-heat to 350 and cover 1 baking sheet with foil.
- Spread fingerlings out over a single baking sheet. Toss lightly with olive oil, salt, pepper and garlic powder to taste. Place on middle rack and bake for 30 minutes.
- Slice ½ orange into thin rounds then cut second ½ into wedges. Zest 1 lemon then slice in half. Slice 3 garlic cloves into thin slivers.
- IF COOKING POTATOES REDUCE HEAT TO 350.
- Lay tilapia on second baking sheet, drizzle lightly with olive oil, salt and pepper. Place orange slices over the tilapia. Bake 10-13 minutes.
- In a large sauté pan, heat 1 TBS coconut oil plus 1 TBS butter over medium heat. Add garlic and lemon zest, sauté 1 minute. Add 2 bunches spinach, cook 3 minutes, then add juice of 1 lemon. Cook until wilted.
- Plate and serve!

**Cuties with Chocolate Sauce (4)** | Peel cutie orange and serve with a side of chocolate sauce.

**Asian Chicken Chopped Salad (5)** | Ready to eat

### **Pecan Banana Bowl (6)**

- NIGHT BEFORE: Add 1 cup milk of choice plus 1 tsp vanilla to one of the jars with oats. Store in fridge overnight.
- In the morning, remove jar from the fridge, add 1 chopped banana, mix and enjoy.