

Step by Step

Prep For The Week

1. Place salmon in gallon zip lock bag. Add 1 cup orange juice, 2 tbs grated ginger and 2 tbs of soy sauce. Refrigerate.
2. Slice the zucchini into the shape and size of french fries. Place in airtight container and refrigerate.
3. Preheat the oven to 400. Wash and chop the 4 cups of *assorted vegetables of your choice plus the 2 cups of cauliflower, keeping them separate. Set the cauliflower aside. Place the other vegetables in a bowl and add 2 tbs olive oil and salt and pepper to taste. Transfer to baking sheet.
4. Place the cauliflower in a bowl. Add 1 tbs of olive oil and toss. Transfer the cauliflower to a separate baking sheet.
5. Roast both sheets of vegetables for approximately 30 minutes or until tender. Place the cauliflower in an airtight container and refrigerate.
6. Place the roasted assorted vegetables in a blender. Add 3 cups chicken broth, 1/2 cup milk and salt and pepper to taste. Blend. Add extra broth to achieve desired thickness for soup. Place in airtight container and refrigerate.
7. Brown 3/4 lbs ground beef over stovetop. Let cool.
8. Wash and dice 1/2 cup celery, 1/2 cup red peppers, and 1/2 cup yellow onion. Heat a large pan with 1 tbs oil and cook vegetables until tender. Let cool.
9. Combine the vegetables from step #8 with the browned ground beef. Place in airtight container and refrigerate.

