



Efficiency Cooking Roadmap Summary June 2019

Ingredients I received in my vegetable basket, bought on top or had on stock:

Vegetables	Protein/Fat*	Starch/Fruit	Extra Fat
1 green lettuce	Ground lamb (freezer)	Rice noodles	Ghee
1 biiiig batch of arugula salad	Chicken liver (freezer)	Rice paper	Olive oil
2 kohlrabi (chou rave) with lots of healthy greens	Sardines (jar) in olive oil	Pain de fleur buckwheat	Tahin (sesame paste)
5 long white radishes with green	Collagen	Corn in a jar	
1 small broccoli		Sweet potatoes	
A bag of sweet peas			
200g oyster mushrooms			
2 medium red onions			
750g purple carrots			

Menu of the week I created from that:

- Soup from radishes (incl. greens), sweet potato, 1 chicken liver, collagen + ghee
- Rice rolls with minced lamb meat, red onion, kohlrabi (incl. greens), broccoli, sweet peas and a sauce of tahin + tamari
- Millet with wild salmon and spinach (already prepared from last efficiency cooking)
- Arugula-corn-sardine “pesto” with purple carrots or buckwheat pain de fleur
- Plus one meal of green lettuce, arugula, mushrooms, corn and sardines in olive oil.

