

# SOLE *to soul*

## MEAL PREP FOR HEALTHY SALON LUNCHING



# Patrick Glennon



Patrick 'Paddy' Glennon's experience is as diverse as his passion for protecting the environment. Paddy's 40 years of experience in the food service industry has a broad scope from working as a deck hand on cod trawlers out of Provincetown, Massachusetts to handling fresh fin fish, tunas and swords for shipping and to lead fishmonger at the well-known Superior Seafood Company.

Alongside his current role as lead fishmonger, Paddy also owns and operates with his wife Christina, Clausen Oyster Farm, in Coos Bay, Oregon. Clausen Oyster Farm is the Pacific Northwest's third largest farm and is home to the area's most beloved bay-side restaurant, a feature of the farm. Paddy is a proud & long-time consummate volunteer in the culinary programs at the acclaimed The Ecology Center in San Juan Capistrano.

Patrick 'Paddy' Glennon has been featured on countless radio, magazines, newspapers and television with highlights such as; *Food Network, America Now, Cutthroat Kitchen, Iron Chef America - TBS Network, Featured character on Caesar's 24/7 A&E Network and Andrew Zimmern.*

Paddy was a contributing writer for the acclaimed book on farm to table cooking *Community Table*.



**Patrick Glennon**  
**CLAUSEN OYSTER FARM**  
USA

IG: @paddyfishmonger

### WHAT YOU WILL LEARN

Healthy eating habits for nail technicians. In busy seasons where clients are back to back such as fall & winter holiday parties, prom season, spring break, summer vacations & sometimes even back to school, nail techs can find themselves booking 10 clients back to back per day & either not eating or shoving something fast & greasy down in 5 minutes before the next client. Learn how to create salad shakers for quick and easy lunch options during a busy day at the salon.

### WHAT YOU NEED

Glass jars with lids, storage containers, grocery list, knives & implements found in the kitchen.

## INGREDIENTS

- 12oz non-fat Greek yogurt
- Variety of lettuce
- Beans or peas
- Grapes or berries
- Nuts (optional)
- Protein (boiled eggs or grilled chicken)



## CUSTOM SHAKER SALADS



**1** Cut the Romaine lettuce in half & then lengthways, then chop into small pieces & add to a large bowl.



### PRO TIPS

- If you can't go completely organic but can buy one thing, choose lettuce. The pesticides for lettuce are drip-fed underground and go into the plant via its roots and so cannot be washed off.



### PRO TIPS

- For thorough cleaning, soak all fresh vegetables in 1 part vinegar to 3 parts water for 15-minutes before your preparation to kill pests and bacteria.

# MEAL PREP FOR HEALTHY SALON LUNCHING BY PATRICK GLENNON



**2** Chop kale in a similar way to the lettuce, to create same-sized pieces so they mix better when shaken together.



**3** Toss lettuce varieties together in a bowl with your kale. Next place your mix loosely into the jars.



**4** Add additional protein to the salad mixture, such as chick peas, kidney, navy or other types of beans.



**5** Add antioxidants to the salad mixture, such as red grapes and/or berries.



**6** Add whole or halved red & yellow cherry tomatoes to your jars.



**7** Add nuts for added protein, texture & flavor, choose from almonds, pecans, pistachios or walnuts.



**8** For more protein-rich salads, add boiled or pickled eggs.



**9** Continue to add any vegetables you desire (celery, broccoli, zucchini, cauliflower), however, leave room in the jars to shake the salad so the dressing & ingredients mix well together.



**10** Add your dressing of choice to the jar.

## PRO TIPS

- Homemade salad dressing consists of 1/3 acid, such as lemon or vinegar, & 2/3 extra virgin olive oil or avocado oil.



**11** Give the jar a good shake to mix the dressing with the salad.

SHARE WITH FRIENDS & FAMILY

---



In this workbook you have learned healthy eating habits & how to create a working week's worth of snacks in one go that can live in the fridge.