



THE *Defined* DISH

Quarantine Meal Plan

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From My Kitchen to Yours



Hi friends! Here is another easy meal plan that I hope can inspire you this week. These are some of my favorite comforting recipes that also use ingredients you may already have on hand. Don't forget, during these hard times you may not be able to find all of the ingredients in the guide, however, I hope you will shop smart and I hope that it gives you some new ideas on how to use traditional pantry staples you may have laying around. Feel confident in making swaps! You may not have all of the exact spices — just use what you can! Take care this week and I hope you find some comfort and nourishment in the kitchen.

XO,
Alex

Menu

Monday

Whole30 Potato Leek Soup

Tuesday

The Best Whole30 Pot Roast

Wednesday

One Pot Cacio e Pepe Israeli Couscous

Thursday

Juicy Indoor Burgers with Burger Sauce

Friday

Whole30 Tuna Cakes with Smoked Paprika Aioli



Grocery List

PRODUCE

- | | | |
|--|--|--|
| <input type="checkbox"/> 1 Medium Yellow Onion | <input type="checkbox"/> 1 Green Bell Pepper | <input type="checkbox"/> 1 Bunch Fresh Thyme |
| <input type="checkbox"/> 1 Large Yellow Onion | <input type="checkbox"/> 2 Large Leeks | <input type="checkbox"/> 1 Bunch Fresh Parsley |
| <input type="checkbox"/> 1 Small Red Onion (Optional for Serving, See Burger Recipe) | <input type="checkbox"/> Lettuce (Optional for Serving, See Burger Recipe) | <input type="checkbox"/> 2 Heads of Garlic |
| <input type="checkbox"/> 1 Tomato (Optional for Serving, See Burger Recipe) | <input type="checkbox"/> 1 Lemon | |
| <input type="checkbox"/> 3 Large Carrots | <input type="checkbox"/> 3 lb Russet Potatoes | |
| <input type="checkbox"/> 1 Celery Bunch | <input type="checkbox"/> 1.5 lb Medium Sized Yellow Potatoes | |

PANTRY ITEMS

- | | | |
|---|---|---|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Israeli Couscous, Uncooked | <input type="checkbox"/> 2 32 oz. Low Sodium Chicken Broth (Sub Bone Broth or Vegetable Broth) |
| <input type="checkbox"/> Avocado Oil (Optional) | <input type="checkbox"/> 2 5 oz. Cans Tuna | <input type="checkbox"/> 1 32 oz. Beef Broth |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Grass Fed Butter |
| <input type="checkbox"/> Cracked Black Pepper | <input type="checkbox"/> Yellow Mustard | <input type="checkbox"/> NutPods Dairy-Free Creamer (Sub Heavy Whipping Cream) |
| <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Ketchup (For Whole30 Use Primal Kitchen Unsweetened) | <input type="checkbox"/> Your Choice of Sliced Cheese (Optional for Serving, See Burger Recipe) |
| <input type="checkbox"/> Cayenne Pepper (Optional) | <input type="checkbox"/> Mayonnaise (For Whole30 Use Primal Kitchen) | <input type="checkbox"/> 1 Wedge of Pecorino Romano (Pre-Grated is Fine; Sub Parmigiano Reggiano) |
| <input type="checkbox"/> Smoked Paprika | <input type="checkbox"/> Dill Relish | |
| <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> 1 6 oz. Can Tomato Paste | |
| <input type="checkbox"/> Arrowroot Flour (Sub Tapioca Flour or Regular Flour) | <input type="checkbox"/> White Wine Vinegar | |
| <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Apple Cider Vinegar | |
| <input type="checkbox"/> Brioche Buns | | |

PROTEINS

- | |
|---|
| <input type="checkbox"/> 3.5 lb Boneless Beef Chuck Roast |
| <input type="checkbox"/> 1.25 lb Grass Fed Ground Beef, 85 - 90% Lean (For 4 Patties) |
| <input type="checkbox"/> 1 Large Egg |



A top-down view of a white ceramic bowl filled with a thick, creamy, light-yellow soup. The soup is garnished with several sprigs of fresh green thyme and a drizzle of golden olive oil. A wooden spoon is partially submerged in the soup. The bowl sits on a light-colored surface with a purple cloth visible in the background.

Monday

WHOLE30 POTATO LEEK SOUP

MONDAY

Whole30 Potato Leek Soup

Serves 4

Ingredients

- 2 tbsp extra virgin olive oil
- 1 cup yellow onion, medium diced (or 1/2 medium onion)
 - 4 cloves garlic, minced
- 2 cups thinly sliced leeks* (2 large leeks; white and light green parts only)
 - 2 tsp kosher salt
- 3 lbs russet potatoes, peeled and cut into 1 inch pieces (about 4 potatoes)
 - 6 cups low-sodium chicken broth (or bone broth)
 - 2 bay leaves
 - 1 tsp finely chopped fresh thyme
 - 1/8 tsp cayenne pepper (optional)
- 1 cup Nutpods original dairy-free creamer (you can sub heavy whipping cream)

Instructions

1. Heat olive oil in large pot or dutch oven over medium heat. Add the onions, garlic, leeks, salt and pepper and cook, stirring, until the leeks are tender, 6 to 8 minutes.
2. Add the potatoes, broth, bay leaves, thyme and cayenne pepper then stir to combine and bring to a boil.
3. Once boiling, reduce the heat so that the soup is just simmering. Cover and continue to cook, simmering, until the potatoes are fall apart fork tender, about 15 minutes.
4. Remove the bay leaves from the soup and discard. Using an immersion blender, blend the soup until smooth and creamy.
5. Alternatively, you can transfer the soup in batches to a blender and blend until smooth, then transfer back to the pot.
6. Pour in the creamer until well combined. Taste, add salt if desired.
7. Serve and enjoy!

Notes

*Leeks hold a lot of sand and dirt in the little cracks. Be sure to really rinse them well!



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Tuesday

THE BEST WHOLE30 POT ROAST



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T U E S D A Y

The Best Whole30 Pot Roast

Serves 6

Ingredients

- 3.5 lbs boneless beef chuck roast
- 2 tsp kosher salt, or more to taste
- 1 tsp freshly cracked black pepper, or more to taste
- 2 tbsp arrowroot flour (sub tapioca flour or regular flour)
 - 2 tbsp extra virgin olive oil
- 1 large yellow onion, cut into 1/4 inch slices
- 3 large carrots, cut into 2 inch pieces
- 4 stalks of celery, cut into 2 inch pieces
 - 2 cloves of garlic, thinly sliced
 - 2 tsp dijon mustard
 - 1 tbsp tomato paste
 - 1/4 tsp smoked paprika
- 1 tsp fresh thyme leaves (from 5-6 sprigs, or sub 1/2 tsp dried thyme)
 - 2 tbsp apple cider vinegar
 - 2 bay leaves
 - 1 cup beef broth
- 1.5 lbs medium sized yellow potatoes, quartered

Instructions

1. Preheat oven to 275 degrees F.
2. Using paper towels, pat dry meat. Season generously with kosher salt and pepper. Sprinkle and rub the arrowroot into the meat so that the roast is evenly coated.
3. Heat oil in a dutch oven over medium-high heat. When hot, brown the beef until golden-brown on all sides, about 4 minutes per side. Transfer to a plate and set aside.
4. Reduce the heat to medium and add the onions, carrots, celery and garlic and cook, stirring, until the onions are tender, about 4 minutes.
5. Add the dijon, tomato paste, smoked paprika, bay leaves and thyme and stir until well combined. Pour in the apple cider vinegar and cook, stirring, until the apple cider vinegar is well combined and reduced by half (leaving only a small amount of liquid in the pot).
6. Pour in 3/4 cup of the beef broth and stir until well combined and the contents come to a boil. Reduce heat to a very subtle simmer.
7. Nestle the roast (and any of its juices) back into the center of the skillet and into the veggies. Add the potatoes all around the roast, and pour the remaining 1/4 beef broth around the roast.
8. Cover with a secure lid, transfer to the oven and roast until the beef is fall apart tender, about 4 hours for a 3-pound roast and about 5 hours for a 4 to 5-pound roast.
9. Remove from oven and let cool for 10 minutes prior to serving to allow the sauce to settle. Add more salt, if needed. Serve and enjoy!

Notes

You can also cook this in a crockpot. After browning your meat, place all ingredients in a crockpot and cook on low for 8 hours.



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Wednesday

ONE POT CACIO E PEPE
ISRAELI COUSCOUS



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W E D N E S D A Y

One Pot Cacio e Pepe Israeli Couscous

Serves 2

Ingredients

- 1.5 cups Israeli couscous, uncooked
 - 3 cups water
 - 1 tsp kosher salt
- 1 tsp freshly cracked black pepper, plus more for serving
- 1/3 cup freshly grated pecorino romano, plus more for serving
(parmigiano reggiano is fine)
- 1 tsp parsley, finely chopped

Instructions

1. In a medium pot over high heat, add the Israeli couscous and water. Bring to boil.
2. Once boiling, reduce heat to a light simmer. Let cook, uncovered and stirring occasionally, until liquid has absorbed and couscous is tender, about 10 minutes.
3. Once the liquid is absorbed and couscous is tender, remove from heat. Season with salt and black pepper. Stir in the pecorino and mix until combined.
4. Top with 3 turns of freshly cracked black pepper, a sprinkle of freshly grated pecorino and parsley.
5. Serve and enjoy!



THE *Defined* DISH

A close-up photograph of a hand holding a burger. The burger is wrapped in a brown paper sleeve and features a thick beef patty, fresh green lettuce, sliced red tomatoes, and a drizzle of sauce. The background is blurred, showing another burger and a glass of orange juice.

Thursday

JUICY INDOOR BURGERS
WITH BURGER SAUCE



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THURSDAY

Juicy Indoor Burgers with Burger Sauce

Serves 4

Ingredients

For the Burger Sauce

- 1/2 cup homemade mayo or good quality mayo
- 1/4 cup very finely diced yellow onion
- 2 tbsp ketchup (I use Primal Kitchen's unsweetened)
 - 2 tbsp coconut sugar
 - 1 tbsp dill relish
 - 2 tsp yellow mustard
 - 1 tsp white wine vinegar
- 1/4 tsp kosher salt, or more to taste

For the Burgers

- 1.25 lb grass fed ground beef, 85 - 90% lean
- kosher salt
- black pepper
- 2 tbsp avocado oil

For Serving

- 4 brioche buns
- 4 tbsp grass fed butter
- your choice of cheese (optional)
 - sliced tomato
 - sliced red onion
 - lettuce leaves

Instructions

Make the Burger Sauce

1. In a small bowl, combine all of the burger sauce ingredients and stir until well combined. Refrigerate until ready to serve.

Make the Burgers

1. Evenly divide the ground beef into 4 equal portions. Without overworking the meat, form into patties (no, you do not add anything to the meat yet!) Your patties should be approximately 5 inches long and only 1/4 inch thick. Set aside.
2. Heat a large cast iron skillet over medium to medium-high heat (somewhere in between the two) for 5-8 minutes so that the skillet is very hot. Add the avocado oil to the hot skillet.
3. Immediately before cooking your burgers in the skillet, generously season both sides of the patties with plenty of kosher salt and coarse black pepper. Gently place the patties into the hot skillet and cook until the burgers have a nice, browned crust on both sides and are cooked to your liking. They cook quickly, about 2-3 minutes per side.
4. Transfer cooked patties to a plate and let rest while you toast your buns (if you are using cheese, place the slice of cheese on top of the burgers while they rest to allow it to melt a bit). Heat a skillet over medium heat. Smear about 1/2 tbsp of butter on each side of the buns and toast until golden brown on each side, about 2-3 minutes a side.
5. To serve, smear burger sauce on each side of the buns. Add the burger patty and load the burger up with the toppings you desire — I added lettuce, tomato and onion on top of mine for a classic, but by all means get as fancy as you want!





Friday

**WHOLE30 TUNA CAKES
WITH SMOKED PAPRIKA AIOLI**



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FRIDAY

Whole30 Tuna Cakes with Smoked Paprika Aioli

Serves 2

Ingredients

For the Tuna Cakes

- 2 5 oz. cans tuna
- 1 tbsp. mayo (I use Primal Kitchen)
- 1/4 green bell pepper, finely diced
 - 2 cloves garlic, minced
 - 1 egg
- 1/4 cup almond flour
- salt and pepper, to taste
- 2 tbsp. avocado oil (olive oil is fine, too)

For the Aioli

- 1/2 cup mayo
- 1 clove garlic, minced
- 1 tbsp. lemon juice
- 1/4 tsp. smoked paprika
- salt, to taste

Instructions

1. In a bowl, add tuna, egg, 1 tbsp. mayo, diced bell pepper, garlic, almond flour, salt and pepper. Using a fork, mix to combine.
2. Using a 1/4 cup measuring cup, scoop out 1/4 cup of the mixture. Transfer scoop to hands and form a nice patty. Continue until all patties are formed.
3. Heat oil in a large skillet over medium-high heat. When hot, but not smoking, using a spatula carefully lay the tuna cakes into the oil and let fry until golden brown, about 3 minutes.
4. Using a sturdy spatula, carefully flip and continue to cook on the other side until golden brown, about 2-3 more minutes.
5. Transfer patties onto a plate lined with paper towels and immediately sprinkle with salt. Let rest for 2 minutes before serving.
6. Meanwhile, in a bowl combine all of the aioli ingredients. Stir to combine.
7. Serve with aioli and enjoy!



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