

# Menu

Monday

Spring Sheet Pan Salmon

Tuesday

5-Ingredient Chipotle-Lime Shrimp Lettuce Cups

Wednesday

Hibachi Style Chicken with Magic Mustard Sauce

Thursday

Skillet Lemon and Dill Chicken

Friday

Grilled Steak with Corn Salsa and Veggies



THE *Defined* DISH

# Grocery List

## PRODUCE

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 2 Large Lemons         | <input type="checkbox"/> 1 Bunch of Radishes     | <input type="checkbox"/> 2 Heads of Garlic (13 Cloves Needed in Total) |
| <input type="checkbox"/> 3 Limes                | <input type="checkbox"/> 2 Ears of Corn          | <input type="checkbox"/> 1 Knob of Ginger                              |
| <input type="checkbox"/> 2 Bunches of Asparagus | <input type="checkbox"/> 2 Heads of Bibb Lettuce | <input type="checkbox"/> 2 Jalapenos                                   |
| <input type="checkbox"/> 1 Large Carrot         | <input type="checkbox"/> 1 White Onion           | <input type="checkbox"/> Fresh Dill                                    |
| <input type="checkbox"/> 1 Large Zucchini       | <input type="checkbox"/> 1 Red Onion             | <input type="checkbox"/> Fresh Tarragon Leaves                         |
| <input type="checkbox"/> 8 Baby Bella Mushrooms | <input type="checkbox"/> 4 Campari Tomatoes      | <input type="checkbox"/> Fresh Cilantro Leaves                         |

## PANTRY ITEMS

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Extra Virgin Olive Oil       | <input type="checkbox"/> Chipotle Chili Powder            | <input type="checkbox"/> Coconut Aminos   |
| <input type="checkbox"/> Avocado Oil (Optional)       | <input type="checkbox"/> Chili Powder                     | <input type="checkbox"/> Fish Sauce   |
| <input type="checkbox"/> Ghee (Sub Butter)            | <input type="checkbox"/> Dried Oregano                    | <input type="checkbox"/> Toasted Sesame Seeds   |
| <input type="checkbox"/> Kosher Salt                  | <input type="checkbox"/> Arrowroot Starch                 | <input type="checkbox"/> Siete Foods Chipotle Hot Sauce (Or Hot Sauce of Your Choice) |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Almond Flour                     | <input type="checkbox"/> 1 32-oz. Low Sodium Chicken Broth                            |
| <input type="checkbox"/> Ground Mustard Powder        | <input type="checkbox"/> Mayonnaise (Or <u>Homemade</u> ) | <input type="checkbox"/> Cotija Cheese  |
| <input type="checkbox"/> Ground Cumin                 | <input type="checkbox"/> Tahini                           |   |

## PROTEINS

- |   |  |
|---|--|
| <input type="checkbox"/> 24 oz. Salmon  | <input type="checkbox"/> 2 lb. Large Shrimp; Peeled, Deveined and Tail-off |
| <input type="checkbox"/> 2 lbs. Boneless Skinless Chicken Thighs                        | <input type="checkbox"/> 1.5 lbs. Flap Steak (Sub Skirt Steak)             |
| <input type="checkbox"/> 1.5 lbs. Chicken Cutlets (Or Breasts to then Cut into Cutlets) |  |



A top-down view of a sheet pan meal. A large piece of salmon is at the top, seasoned with black pepper and a sprig of thyme. Below it, several stalks of asparagus are roasted and topped with a white sauce. To the left, a glass bowl contains more of the white sauce, with a wooden spoon resting in it. The background is a light-colored wooden surface.

# Monday

SPRING SHEET PAN SALMON



THE *Defined* DISH

# MONDAY

## Spring Sheet Pan Salmon

Serves 4

### Ingredients

#### For the Sheet Pan

- 24 oz. salmon
- 1 bunch of asparagus
- 1 bunch of radishes, halved
- 3 tbsp extra virgin olive oil
- 1.5 tsp kosher salt
- 3/4 tsp black pepper

#### For the Lemon Tarragon Sauce

- 2 tbsp lemon juice (or 1/2 lemon)
- 1/2 cup mayonnaise ([homemade recipe](#) if desired)
- 2 cloves garlic
- 2 tbsp tarragon leaves, loosely chopped
- kosher salt, to taste
- black pepper, to taste

### Instructions

#### For the Sheet Pan

1. Preheat oven to 400 and line baking sheet with parchment paper.
2. Add the asparagus and radishes to the baking sheet. Drizzle with 2 tbsp olive oil, 1 teaspoon salt and 1/2 teaspoon pepper. Toss to coat evenly.
3. Scoot the vegetables over on either side of the pan to create a large enough space for the salmon. Place the salmon in the middle of the sheet pan. Drizzle the salmon with 1 tablespoon olive oil and brush to coat evenly, then season with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
4. Place sheet pan in oven and roast for 12-15 minutes, until salmon is cooked through and vegetables are tender.

#### For the Lemon Tarragon Sauce

1. In a food processor or blender, add the lemon juice, mayo, garlic, tarragon leaves, salt and pepper. Blend until well combined.
2. Serve and enjoy!







# Tuesday

5-INGREDIENT CHIPOTLE-LIME SHRIMP  
LETTUCE CUPS



THE *Defined* DISH

T U E S D A Y

## 5-Ingredient Chipotle-Lime Shrimp Lettuce Cups

*Serves 4*

### Ingredients

- 2 lb large shrimp (peeled, deveined, tail-off)
  - 1 tsp freshly cracked black pepper
  - 2 tsp kosher salt
  - 4 tbsp ghee (sub avocado oil)
  - 4 cloves garlic, minced
  - 2 tsp lime zest (or the zest of 1/2 lime)
- 6 tbsp Siete Foods Chipotle Hot Sauce (sub hot sauce of your choice)
  - 4 tbsp lime juice (or juice of 1 lime)
  - 2 heads of bibb lettuce leaves
  - fresh cilantro leaves, optional for serving
  - 2 limes, cut into wedges optional for serving

### Instructions

1. Slice shrimp in half, lengthwise. Season with the salt and pepper and toss to coat.
2. Melt ghee in a large skillet over medium high heat. Add the shrimp in a single layer and cook until just cooked through, about 3 to 4 minutes, tossing halfway through.
3. Add the garlic, lime zest and chipotle hot sauce and toss until well combined and heated through, about 1 to 2 more minutes.
4. Remove from heat and stir in the lime juice.
5. Serve in lettuce leaves and top with cilantro, if desired, and serve with extra lime wedges. Enjoy!



THE *Defined* DISH



A close-up photograph of a white plate filled with Hibachi style chicken. The chicken is cut into bite-sized pieces and is coated in a light-colored sauce, topped with white sesame seeds. Mixed in with the chicken are sliced vegetables, including bright orange carrots and green zucchini. To the right of the plate is a small metal bowl containing a thick, golden-brown sauce, identified as Magic Mustard Sauce. A pair of wooden chopsticks rests on the right side of the plate. The entire image is framed with a diagonal cut across the top and bottom, and a vertical line on the right side.

# Wednesday

HIBACHI STYLE CHICKEN  
WITH MAGIC MUSTARD SAUCE



THE *Defined* DISH

W E D N E S D A Y

# Hibachi Style Chicken with Magic Mustard Sauce

*Serves 4*

## Ingredients

### For the Magic Mustard Sauce

- 2 tsp ground mustard powder
  - 2 tbsp warm water
  - 3 tbsp tahini
- 1/2 cup coconut aminos
- 1 tsp Red Boat Fish Sauce
- 1/2 inch chunk of ginger peeled
  - 2 cloves garlic

### For the Stir Fry

- 2 lbs boneless skinless chicken thighs (trimmed and cut into 1-inch chunks)
  - 1/2 white onion, thinly sliced
- 8 baby bella mushrooms, stems removed and cut into fourths
- 1 large zucchini, cut into thin, short strips
  - 1 carrot, cut into thin, short strips
  - 2 tbsp avocado oil
- 1 tbsp ghee (sub butter if not Whole30)
  - kosher salt, to taste
  - black pepper, to taste
- 1 tbsp toasted sesame seeds

## Instructions

1. In a food processor or blender, combine all of the Magic Mustard Sauce ingredients and blend until smooth.
2. Heat a wok or large skillet over high heat. Add the oil and when very hot (it should be just smoking), add chicken and season with salt and pepper. Spread the chicken in a single layer and cook until all sides are golden brown and the chicken is cooked through, tossing occasionally; about 7 minutes.
3. When chicken is cooked through, use a slotted spoon to transfer onto a plate. Set aside.
4. In the same skillet, add the ghee and melt. Then add the onions, carrots, zucchini, and mushrooms. Cook, stirring occasionally, until just cooked and slightly tender (you don't want them too soft, I like a little crunch to mine); about 4 minutes.
5. Add chicken back into the skillet with the sesame seeds. Stir and saute for 2 more minutes.
6. Transfer to a plate and serve with the Magic Mustard Sauce.



THE *Defined* DISH





# Thursday

SKILLET LEMON AND DILL CHICKEN



THE *Defined* DISH

# THURSDAY

## Skillet Lemon and Dill Chicken

Serves 4

### Ingredients

- 1.5 lbs. Chicken Cutlets or Boneless, Skinless Chicken Breasts\*
  - 1 tsp kosher salt
  - 1/2 tsp freshly cracked black pepper
  - 1/3 cup arrowroot starch
  - 3 tbsp almond flour
  - 3 tbsp + 1 tsp extra virgin olive oil
  - 2 cloves garlic, minced
  - 1/2 cup chicken broth
- 1/4 cup freshly squeezed lemon juice (or 1 large lemon)
- 2 tbsp finely chopped fresh dill

### Instructions

1. Season the chicken cutlets generously on both sides with kosher salt and pepper.
2. In a wide-mouthed bowl or plate, combine the arrowroot and almond flour.
3. Individually dredge each of the chicken cutlets by rolling it into the arrowroot flour mixture until well coated. Shake off excess and set aside on a clean plate and continue until all the chicken is coated.
4. Heat 3 tbsp of the oil in a large non-stick skillet over medium-high heat. When hot, but not smoking, sear the chicken until golden brown on both sides and cooked through, about 4 minutes per side. Transfer cooked chicken to a clean plate and set aside. You will likely need to do this in two batches. Continue until all chicken is cooked through.
5. Reduce heat to medium-low and add the remaining teaspoon of olive oil to the same skillet. Add the garlic and gently cook, stirring and being careful not to burn, for 30 seconds.
6. Pour in the broth, lemon, and dill and stir to combine. Nestle the browned chicken back into the sauce and let simmer until the sauce has thickened and coated the chicken, about 3 to 5 more minutes.
7. Serve and enjoy!

### Note:

To make a cutlet from a chicken breast, place one hand on top the chicken and slice meat horizontally, cutting almost to the other side. Open it like a book. Place meat inside a plastic bag or between two sheets of plastic wrap. Working from the center out, pound with the smooth side of a mallet until meat is 1/4 inch thick.



THE *Defined* DISH



A close-up photograph of a wooden cutting board featuring several strips of grilled steak. The steak is topped with a vibrant corn salsa made of yellow corn, red onions, and green herbs. A semi-transparent white rectangular box is centered over the image, containing the text 'Friday' in a large serif font and 'GRILLED STEAK WITH CORN SALSA AND VEGGIES' in a smaller sans-serif font. In the background, a white bowl filled with more corn salsa and a small blue bowl of white rice are visible.

# Friday

GRILLED STEAK WITH  
CORN SALSA AND VEGGIES



THE *Defined* DISH



FRIDAY

# Grilled Steak with Corn Salsa and Veggies

Serves 4

## Ingredients

### For the Steak

- 1.5 lbs flap steak (sub skirt steak)
- 1/8 cup extra virgin olive oil
- 3 cloves garlic, minced
- 1 tbsp lime juice
- 1/2 tsp ground cumin
- 1/2 tsp chipotle chili powder
- 1 tsp dried oregano
- 1/8 cup coconut aminos
- 1 tsp kosher salt
- 1/2 tsp freshly cracked black pepper

### For the Grilled Veggies

- 1 red onion, sliced into 1/2 inch thick rounds
- 1 bunch of asparagus, woody ends trimmed
- 2 jalapeños
- 2 ears corn, husk removed and cleaned
- 4 Campari tomatoes
- 4 tbsp olive oil
- kosher salt, to taste
- black pepper, to taste

### For the Corn Salsa

- 1 tbsp cilantro, chopped
- 1/2 tbsp olive oil
- 1/8 tsp chili powder
- 1 tbsp cotija cheese
- 1/2 tbsp lime juice
- kosher salt, to taste
- black pepper, to taste

## Instructions

### For the Steak Marinade

1. In a large baking dish or Ziploc bag, combine steak with all the marinade ingredients. Toss until well-combined and the steak is coated evenly. Cover and let marinade for at least 2 hours, or overnight.

### For the Grilled Veggies + Steak

1. Evenly spread the veggies on a sheet pan. Drizzle with olive oil to coat the veggies all over and season generously with salt and pepper. Heat grill over medium-high heat (I preheated mine to about 450 degrees). Carefully transfer all the vegetables and steak to the grill and grill each item to desired doneness and when grill marks appear.
  - For the Corn: Rotate, about every 4 minutes, for 12 total minutes until the kernels are tender and a light char appears.
  - For the Asparagus: Cook for about 8 minutes total, rotating half way through.
  - For the Onions: Cook for about 15 minutes total, flipping over halfway through when defined grill marks show.
  - For the Tomatoes: Cook until they begin to char and blister, about 6-8 minutes total.
  - For the Steak: Grill on each side until a golden brown crust forms or until an internal thermometer reads 130-135 degrees F for medium rare; about 4-8 minutes per side. Remove the steak from the grill to a cutting board and allow to rest for 10-15 minutes.
2. After steak has rested, slice into 1/2 thick slices and serve with grilled vegetables and corn salsa.

### For the Corn Salsa

1. When the veggies are done grilling, remove corn from the cob and place in a large bowl.
2. Next, dice up half of one of the grilled jalapeños and one of the grilled red onion rounds. Add to the bowl with the grilled corn along with the cilantro, olive oil, chili powder, cotija cheese, lime juice, salt and pepper. Toss to combine.
3. Spoon over sliced steak. Serve and enjoy!



THE *Defined* DISH