



THE *Defined* DISH

Weeknight Recipes

## Make Ahead Items

Green Chile Beef Egg Cups & Fresh Fruit,  
Buffalo Chicken Salad & Fresh Cut Veggies  
Homemade Mayo, Caesar Dressing, Chopped Kale  
& Bone Broth

## Weeknight Dinner Menu

*Sunday*

Grilled Steak and Vegetables

*Monday*

Salmon Sheet Pan

*Tuesday*

Taco Salad

*Wednesday*

Whole Roasted Greek Chicken and Potatoes

*Thursday*

Kielbasa Skillet



# Make Ahead Items

## Green Chile Beef Egg Cups

1 tablespoon olive oil  
1/4 small white onion, diced fine  
1/2 pound ground beef (preferably grassfed)  
1 (4oz) can Chopped Green Chiles  
1 teaspoon kosher salt  
1/2 teaspoon coarse black pepper  
1/2 teaspoon cumin  
10 large eggs  
1/4 cup unsweetened, full fat coconut milk

Preheat oven to 375 degrees.

Heat a large skillet over medium-high heat with 1 tablespoon oil, add the ground beef and onions and brown the meat, while breaking it up with a spoon, until cooked through and no longer pink, about 5-7 minutes.

Add the chopped green chiles, kosher salt, pepper, and cumin and toss to coat evenly.

Evenly distribute the meat mixture into a greased muffin tin (or lined with muffin liners).

Now, pour in the egg mixture until almost full.

Bake for 20 minutes.



## Buffalo Chicken Salad

1 cup shredded chicken  
1 stalk of celery, diced  
1/8 of a red onion, diced small  
2 tbsp. homemade mayo or primal kitchen mayo  
1/4 cup Franks RedHot (or more to taste)  
Juice of 1/2 Lemon  
Kosher salt, to taste  
Black pepper, to taste

Shred rotisserie chicken.

In a bowl, combine all ingredients, toss to combine.



## Homemade Mayo (Food Processor Method)

1 egg (must be room temp!)  
1 cup of safflower oil  
1/2 tsp. mustard powder  
1/2 tsp. kosher salt  
juice of 1/2 lemon

If your egg is chilled, place it in a cup of hot or very warm water for 3-5 minutes to bring it to room temp. \*YOUR EGG MUST BE AT ROOM TEMP OR YOUR MAYO WILL NOT EMULSIFY\*

Place room temp egg, the mustard powder, the kosher salt, and 1/4 cup of safflower oil in a food processor or blender, blend until well combined.

Now, for the main event...turn your food processor or blender on and keep that blending as you VERY SLOWLY pour in the remaining 3/4 cup of safflower oil in. When I say slowly pour, just keep a constant flow going as slow as you can possibly go. The slower you pour, the thicker your mayo will come out! If you pour too quickly, it will not emulsify and you'll just have a sloshy mess.

When you are done and you have a beautiful, fluffy mayo- squeeze in the juice of the lemon and pulse one more time to combine.

## Caesar Dressing

1/2 cup Homemade Mayo  
1 tsp. Dijon  
Juice of 1/2 lemon  
1 tsp. anchovy paste  
3 cloves garlic  
1 tbsp. red wine vinegar

Combine all ingredients in a food processor or blender. Blend until smooth.



## Bone Broth

1 Rotisserie Chicken Carcass  
water (preferably filtered)  
1 white or yellow onion, halved  
2 green onions  
4 cloves garlic  
2 tbsp. apple cider vinegar  
1 tbsp. turmeric (or to taste)  
kosher salt, to taste  
About 5 peppercorns  
1 bayleaf



Place carcass in a large stockpot. Fill with water until the carcass is just barely covered with water. Toss in the onion, green onion, garlic, apple cider vinegar, turmeric, peppercorns, the bay leaf, and kosher salt, to taste. (you do not need to cut or do anything to the green onions or the garlic, just toss them in there whole).

Bring to a boil. Reduce heat so that it is rapidly simmering and cover. Cook for at least 4 hours, the longer the better! (I like to do mine for about 6-8 if I have time).

When cooking time is complete, Place another large pot or really large bowl underneath a colander. Gently pour broth and strain out all of the other contents (carcass, onions, etc) and discard.

Add salt and more turmeric to taste if you so desire!

Pour into a mug, sip, enjoy, ah....



Sunday

Grilled Steak & Vegetables



# Grilled Steak & Vegetables

## For the Steak:

1.5 lbs. flank steak, flap steak or skirt steak

1/4 cup extra virgin olive oil

2 tablespoons coconut aminos

M Salt (you can sub Kosher salt, coarse black pepper, and garlic powder if you don't have it, I buy mine online)

In a large baking dish, combine the steak, olive oil, coconut aminos, and M Salt and toss to coat evenly. Let marinade, at room temperature, for 20 minutes before grilling. We grilled ours on a charcoal grill over medium-high heat until cooked medium, about 4-5 minutes per side. You can also do this in a cast iron skillet on the stove top.

## For the Veggies:

1 large zucchini, cut in half lengthwise and sliced

1 large squash, cut in half lengthwise and sliced

1 red onion, diced large

2 tablespoons extra virgin olive oil

M Salt

Combine all ingredients in a bowl and toss to coat evenly. We grilled ours in a [veggie grill basket](#) over medium high heat, tossing occasionally, until veggies are tender with a nice char to them, about 8 minutes.

## For the Salad:

1 head of Romaine

[Whole30 Caesar Dressing](#)

Rinse, dry and chop the romaine lettuce, then toss with desired amount of caesar dressing immediately before serving. Reserve remaining caesar dressing to use in lunches and side dishes throughout the week.

*NOTES: My kids don't eat salad. I served their steak and grilled veggies with steamed white rice.*



# Monday

## Salmon Sheet Pan



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## **For the Asparagus:**

1 bunch asparagus  
2 tablespoons olive oil  
m salt

## **For the Salmon:**

1.5 lb. wildcaught, center-cut salmon, deboned  
2 tablespoons olive oil  
2 tablespoons dijon mustard  
1/4 teaspoon smoked paprika  
1/4 cup raw pecans  
kosher salt  
fresh cracked black pepper

Preheat oven to 275 degrees F.

Remove rough ends from the asparagus and place on one half of a parchment paper lined baking sheet. Drizzle with olive oil and season with m salt, toss to coat.

Place the salmon on the other half of the baking sheet and drizzle and brush with 2 tbsp olive oil so that is evenly spread on the top of the salmon.

Combine the dijon mustard and smoked paprika in a small bowl and brush to coat all over the top of the salmon. Season the top with salt and pepper.

Place the whole pecans in a ziplock bag and take a meat mallet or skillet and hit the pecans, breaking them up into small, panko crumb-like pieces. Sprinkle over the top of the salmon.

Bake for 20 minutes or until the salmon is flakey.



Tuesday

Taco Salad



# Taco Salad

## **For the Taco Meat:**

2 lbs. Grass fed Ground Beef (or ground turkey)  
salt and pepper, to taste  
1 tbsp. tomato paste  
1.5 tsp chili powder  
½ tsp ground cumin  
½ tsp dried oregano  
½ tsp garlic powder  
¼ cup (or more) beef broth  
⅛ tsp Cayenne pepper (optional, or more to taste)

Heat a skillet over medium high heat.

Add in ground meat and, using the back of a wooden spoon, break up the meat. Brown meat with a little salt and pepper until cooked through.

Add in the tomato paste, chili powder, cumin, oregano and garlic powder., Stir into the meat.

Add Beef broth and stir until there are no more clumps of the tomato paste.

Add salt and pepper, to taste and add cayenne, if desired for additional spice!

Serve in lettuce cups, in tortillas, or over a salad like I did for a taco salad. My kids ate theirs on whole wheat flour tortillas, with a side of fruit and sliced avocado.

## ***What's in my taco salad?***

Chopped iceberg lettuce

Radishes, cut into matchsticks

Cherry tomatoes, halved

Your favorite salsa (I love Royito's)

A wedge of lime



Wednesday

Whole Roasted Greek Chicken and Potatoes



# Whole Roasted Greek Chicken and Potatoes

## **For the Potato and Onions:**

1.5 lbs. yellow potatoes (or 4 medium sized yellow potatoes), cut into 2" chunks  
1/2 yellow onion, sliced thin  
2 tbsp + 1/4 cup extra virgin olive oil  
kosher salt  
cracked black pepper  
1.5 tablespoons dried oregano  
1/4 cup lemon juice (about 2 lemons)  
1 (3.5-4 lb.) whole chicken

Preheat the oven to 450 degrees.

Lay the potatoes and yellow onion on a large cast iron skillet or sheet pan. Drizzle with olive oil and season with 1 teaspoon kosher salt, 1/2 teaspoon black pepper and 1/2 teaspoon dried oregano. Top mixture with 2 tablespoons of lemon juice and toss to coat evenly.

Next, Spatchcock the chicken by using kitchen shears to remove the backbone. Rinse chicken (inside and out) and pat dry.

Place the chicken cavity side up over the potato and onion mixture.

In a bowl, combine 1 tablespoon dried oregano and 1/4 cup extra virgin olive oil and brush the back of chicken with 1/4 of the mixture. Season lightly with kosher salt and pepper.

Flip the chicken over and brush remaining oil mixture on top of chicken and drizzle with 2 tablespoons more of lemon juice. Season the top generously with kosher salt and pepper.

Roast in the oven for 30 minutes, remove from oven, toss the potatoes and place back into the oven and continue to roast for another 10 to 15 minutes, or until a meat thermometer inserted into the thickest part of the breast registers 155 to 160 degrees.

Remove the chicken from the oven and cover the skillet tightly with aluminum foil and allow to rest for 10 to 15 minutes.

Cut the chicken into quarters, sprinkle with kosher salt and serve hot with pan juices and potatoes.

I served mine with a side salad. You can use any leftover kale or romaine to make a salad. Dress it with a drizzle of extra virgin olive oil and red wine vinegar.



# Thursday

## Kielbasa Skillet



# Kielbasa Skillet

## **For the Kielbasa Skillet:**

12oz. link Nature's Rancher Kielbasa (sugar free, no nitrates)

1 red bell pepper, diced large

1 green bell pepper, diced large

1/2 onion, sliced thinly

2 tablespoons avocado oil

1 tablespoon grainy mustard

juice of 1 lemon

large handful of chopped kale (if you have some leftover)

Heat a large skillet over medium high heat with 2 tablespoons avocado oil. Add the onions, peppers, and kielbasa to the skillet and saute, stirring occasionally, until kielbasa is browned on the edges and the peppers are tender, about 5-7 minutes.

Add the kale and cook, stirring, until kale has wilted, about 3 minutes.

Add in the juice of the lemon and the mustard, stir to combine.

Serve by itself or with a side of saurkraut. Enjoy!

