



THE *Defined* DISH
Meal Prep Guide



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Grocery List

Vegetables

- 1.5 lbs small yellow potatoes
- Romaine lettuce (1 head)
- Cilantro
- Pico de gallo or fresh salsa
- Radish
- Avocado (1)
- Cilantro
- Bibb lettuce (1 head)
- Red onion (1)
- Carrots (5 large)
- Celery (1 bunch)
- Basil leaves (1.5 cups)
- Scallions (8-10)
- Garlic (14 cloves)
- Green beans
- Baby spinach
- Purple cabbage
- Thai chiles (1-3)
- 1 lb brussel sprouts
- Cucumber (1)
- Sweet potato (2)
- White onion (2)
- Yellow onion (1)
- Fresh ginger (½ inch)
- Baby bella mushrooms (2)
- Zucchini (2)
- Yellow squash (1)
- Shallot (1)
- Fresh mint
- Fresh thai or regular basil

Fruits

- Blueberries (1)
- Raspberries (1)
- Lime (4)
- Lemon (4)
- Strawberries (1)

Proteins

- 1 lb ground beef
- Whole rotisserie chicken
- 2 lbs boneless, skinless chicken thighs
- 4 oz pancetta
- 2 lbs ground chicken thigh
- 2 lbs ground pork
- 3 strips bacon
- 4 (6oz) filets of center cut salmon

Pantry Items

- Eggs (1 dozen)
- Extra virgin olive oil
- Safflower oil
- Avocado Oil
- Tomato paste
- Chicken broth (2 large)
- Ghee
- Anchovy paste
- Coconut milk (full fat & unsweetened)
- Dried oregano
- Adobo seasoning
- Ground cumin
- Chili powder
- Garlic powder
- Mustard powder
- Crushed red pepper
- Turmeric
- Bayleaf
- Apple cider vinegar
- Diced tomatoes
- Coconut aminos
- Fish sauce
- Chipotle chili powder
- Smoked paprika
- Coconut or Cassava Siete Tortillas
- Toasted sesame seeds
- Kosher Salt
- Black Pepper



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Prep For The Week Ahead

I hope you all enjoy my week long super easy meal plan. I say “plan” because, for me, I prefer not to pre-make every single one of my dishes in advance. Although I know this is what works best for other people’s lifestyles, it makes more sense to me to prep some things on Sundays for breakfast + lunches, but then cook a quick, easy, and flavorful dinner that is on the table in no time and that requires minimum effort in the kitchen. Here are some things that I do on Sunday to make my week easier in the mornings and for grab-and-go lunches.

Don't skip breakfast!

A recent favorite for breakfast in my house has been my [Meal Prep Breakfast Taco Bowl](#). The name really says it all. They are so flavorful and packed with protein.

Make lunch easy to whip up!

This week, I'm making chicken salad with my Green Goddess Dressing and the rotisserie chicken I picked up at the grocery store. Since I love to mix up my lunches but still keep them simple, I'll serve the chicken salad on top of a simple salad, with romaine, carrots and celery or stuff a baked sweet potato (this is seriously delicious!). I also utilize any leftovers we may have throughout the week for lunch for me and my family. Clayton loves taking any leftovers with him to work!

A few additional things!

Here are a few staples I make in advance for the week to make lunches and dinners easier to whip up.

[Homemade Mayo](#)

I tend to make a big batch of mayo at the beginning of the week. I'll use it in my chicken salad and for the caesar dressing.

[Green Goddess Dressing](#)

There are so many ways to use this dressing! This week, I'm planning to use it to my make chicken salad and on our Thursday night dinner!

[Bone Broth](#)

Using the carcass from the rotisserie chicken and a few other ingredients I bought, I whipped a batch of broth that I can sip on throughout the week.