



THE *Defined* DISH

Weeknight Recipes

Make Ahead Items

Meal Prep Breakfast Taco Bowls & Fresh Fruit,
Green Goddess Chicken Salad & Fresh Cut Veggies
Homemade Mayo, Green Goddess Dressing, Chopped Romaine,
Baked Sweet Potatoes & Bone Broth

Weeknight Dinner Menu

Sunday

Hibachi Style Chicken with Magic Mustard Sauce

Monday

Whole30 Minestrone Soup

Tuesday

Chipotle Chicken Tacos

Wednesday

Whole30 Thai Larb (Spicy Pork Salad)

Thursday

Sheet Pan Green Goddess Salmon with Bacony Brussel Sprouts



Make Ahead Items

Meal Prep Breakfast Taco Bowl

For the Potatoes:

1.5 lbs. small yellow potatoes aka "2-bite potatoes", halved
2 tbsp extra virgin olive oil
1 tsp of adobo seasoning (I use Frontier CO-OP)
Kosher salt, to taste
Pepper, to taste

For the Meat:

1 tbsp olive oil
1 lb. of ground beef
1/4 teaspoon ground cumin
1 tsp chili powder
1/4 tsp garlic powder
Kosher salt, to taste
Pepper, to taste
1 tbsp tomato paste
1/4 cup chicken broth

For the Eggs:

8 eggs
1 tbsp ghee
Kosher salt, to taste
Pepper, to taste

For Serving:

Cilantro, chopped
Pico de Gallo or Salsa
Lime, cut into wedges



Preheat oven to 375 degrees.

Evenly spread potatoes onto baking sheet.

Drizzle potatoes with extra virgin olive oil. Season with adobo seasoning, kosher salt and pepper and toss to coat evenly.

Place potatoes into the oven. After 15 minutes, remove potatoes from oven and toss. Return to the oven and cook for an additional 15 minutes, or until golden brown and tender.

Heat a large skillet over medium-high heat with olive oil. Add ground beef to the skillet. Begin to brown the beef and break it up with back of the spoon.



While the meat is browning, season with ground cumin, chili powder, garlic powder and salt and pepper to taste.

Continue to cook, breaking up with the back of a spoon until meat is no longer pink in the center, (about 5-7 minutes.)

When the meat is browned, add tomato paste and chicken broth. Stir it in and cook for 2 more minutes. Then, remove the meat from heat and set it aside to cool.

In a bowl, crack the eggs.

With a fork or whisk, whisk eggs vigorously until combined and frothy.

In a skillet, Melt ghee on medium heat. Swirl the pan so that the ghee is evenly distributed on the bottom of the skillet.

Pour the whisked eggs into the skillet. Immediately reduce the heat to medium/low.

Using a spatula, gently and slowly scramble the eggs. As the eggs begin to set, use the spatula to push the eggs towards the center. Continue to push eggs towards to the center until the eggs are cooked through and fluffy, about 4 minutes.

Finish with kosher salt and pepper to taste.

To serve, combine a single-serving of potatoes, taco meat and eggs into a tupperware. Garnish with cilantro, pico de gallo, and lime.

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.

Green Goddess Dressing

1 egg
1 cup safflower seed oil (avocado or "light" olive oil works, too)
1 cup chopped fresh basil leaves
1 cup chopped scallions, white and green parts (6 to 7 scallions)
1/4 cup fresh squeezed lemon juice (1-2 lemons)
2 cloves minced garlic
2 tsp. anchovy paste
1/4 cup canned coconut milk (full fat) I like to use Thai Kitchen Brand



In a food processor combine 1 cup of homemade mayo, basil, scallions, lemon juice, garlic, anchovy paste and blend until smooth.

Add the coconut milk and process until just blended.

Refrigerate for at least 30 minutes before serving to allow flavors to mend and dressing will thicken a bit.

Green Goddess Chicken Salad

1 cup shredded chicken
Green Goddess Dressing, to taste
Kosher salt, to taste
Black pepper, to taste

Shred rotisserie chicken.

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

Serve on a bed of romaine, carrots and celery or stuff a sweet potato.

Baked Sweet Potato

2 sweet potatoes

Preheat oven to 400.

Using a fork, pierce sweet potato 6-8 times.



Place on a baking sheet lined with aluminum foil and bake until tender, about 45-60 minutes.

To serve, slice sweet potato lengthwise and top with a scoop of Green Goddess Chicken Salad.

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

Hibachi Style Chicken with Magic Mustard Sauce



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Hibachi Style Chicken with Magic Mustard Sauce

For the Magic Mustard Sauce:

2 tsp. ground mustard powder
2 tbsp. warm water
5 tbsp. toasted sesame seeds (I buy mine at the grocery store already toasted)
1/2 cup coconut aminos
1 tsp. Red Boat Fish Sauce
1/2 inch chunk of ginger, peeled
2 cloves garlic
pinch of kosher salt

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

In a bowl, combine the mustard powder and warm water, and whisk until combined. Add to a food processor with the remaining Magic Mustard Sauce ingredients, blend until smooth (or almost smooth). Set aside.

Place the cubed chicken in a bowl and season with kosher salt and pepper. Toss to coat.

Heat a wok or large skillet over high heat. Add the oil and when very hot (it should be just smoking), add chicken to the skillet and spread evenly to sear evenly on all sides and until cooked through, tossing occasionally, about 7 minutes.

When chicken is cooked through, use a slotted spoon to transfer onto a plate. Set aside.

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 still), about 4 minutes.

Add chicken back into the skillet with the sesame seeds. Stir and saute for 2 more minutes.

Transfer to a plate and serve with the Magic Mustard Sauce.



Monday

Whole30 Minestrone Soup



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Whole30 Minestrone Soup

For the Minestrone Soup:

4 oz. diced pancetta
2 tbsp. olive oil
1 yellow onion, finely diced
2 cloves garlic, minced
1 large carrot, diced small
2 stalks celery, diced small
1 medium zucchini, diced large
1 medium squash, diced large
2 tbsp. tomato paste
1/4 tsp. crushed red pepper (optional)
2 cups fresh green beans, cut into 2 inch pieces
1 cup sliced mushrooms
2 cups baby spinach
32 oz. chicken broth
1 can diced tomatoes
salt and pepper, to taste
1 tsp. dried oregano
2 tbsp. fresh basil, jullienne

Heat a dutch oven or large pot over medium-high heat. Add in the pancetta and fry until cooked through. Using a slotted spoon, remove from the skillet, reserving the fat in the pot, and set on a plate.

Add olive oil to the fat with diced onion, carrot, and celery. Season lightly with salt and pepper. Saute until tender, about 5 minutes. Now add in the garlic, zucchini, squash and crushed red pepper (if using) saute for 3 more minutes.

Add in the tomato paste and stir until it is combined throughout all the veggies.

Slowly pour in the chicken broth and stir constantly to help the tomato paste combine evenly. Add the diced tomatoes, oregano, basil, and salt and pepper, to taste.

Bring to a boil, then reduce heat to medium or medium-low, or to where it is lightly simmering. Add in the green beans and the mushrooms and continue to cook until green beans are tender and the soup flavors have combined, about 15 more minutes.

Add in your cooked pancetta and the spinach and stir until spinach is just wilted, about 2 more minutes.

Taste and add more salt and pepper, if needed.

Serve, garnish with freshly chopped parsley (optional) and enjoy!



Tuesday

Chipotle Chicken Tacos



Chipotle Chicken Tacos

For the Chipotle Chicken Taco Meat:

1 tbsp. olive or avocado oil
2 lbs. ground chicken thigh (can sub for ground chicken breast, ground turkey, or beef)
salt and pepper, to taste
1 tsp. chipotle chili powder
1/2 tsp. ground cumin
1/2 tsp. dried oregano
1 tbsp. tomato paste
1/2 cup chicken broth

Heat a skillet over medium-high heat. add 1 tbsp oil and the ground chicken thigh with some salt and pepper and cook until meat is browned, breaking up the meat with a back of a spoon during the cooking process.

When meat is cooked through (no longer pink), you have the option of draining off the excess fat (your call, i only do this if there is a ton of excess fat depending on the type of meat I am using). Either way, reduce heat to medium and add the chipotle chili powder, cumin, oregano, and the tomato paste. Stir until well combined.

Pour in the chicken broth and let cook until reduced, about 5 more minutes. Cover and remove from heat and keep warm while you prepare your tacos.

For the Smoked Paprika Aioli:

1/2 cup homemade mayo
2 cloves garlic minced
1/2 tsp. smoked paprika
1/2 lemon juiced
Kosher salt to taste

Pour safflower oil in a mason jar that is wide enough to just fit an immersion blender. Crack egg into the jar and let settle on the bottom. Take immersion blender and place all the way down into the jar so the blade is situated directly over the yolk. Turn immersion blender on and very slowly raise up and down throughout the mixture so that it emulsifies, roughly 30-45 seconds.

Add remaining aioli ingredients and blend once more using the immersion blender.

For the Tacos:

8 Coconut + Cassava Siete Tortillas (or tortillas of choice/bibb lettuce cups)
thinly sliced radish



1 avocado, sliced
purple cabbage, thinly sliced or shredded
cilantro
lime wedges, for serving
kale microgreens (optional)

I prepare my tortillas over a stovetop gas burner over medium-low heat. Place tortillas directly over the flame and char them until lightly charred and bubbly on each side, about 1 minute per side. If you have a gas stove, do this in a skillet lightly sprayed or drizzled with oil.

Place cabbage, chipotle chicken meat, radishes, and avocado into the tortillas or lettuce cups. Top with aioli, cilantro, and micro greens.

Serve and enjoy!



Wednesday

Whole30 Thai Larb (Spicy Pork Salad)



Whole30 Thai Larb (Spicy Pork Salad)

For the Pork:

2 lbs. ground pork
1 large shallots, peeled and finely diced
2 tbsp. olive or avocado oil
2 cloves garlic, minced
1-3 thai chiles, sliced thinly (1 for mild, 3 for spicy)
2 tbsp. fish sauce
2 tbsp. Fresh lime juice
1 heaping tbsp. fresh chopped mint
1 heaping tbsp. fresh thai or regular basil chopped
1 heaping tbsp. fresh chopped cilantro
salt and pepper, to taste

For serving:

1 head Bibb lettuce
1/2 red onion, thinly sliced
1/2 cucumber, thinly sliced
fresh cilantro
Fresh basil
Fresh mint
1 lime, cut into wedges

In a large skillet, heat olive oil over medium-high heat. When hot, but not smoking, toss in the shallots, the ground pork, and the garlic. Season the pork with a little salt and pepper and using the back of a spoon break it up. Continue to cook, stirring and breaking up the meat often, until the pork is cooked through, about 7-10 minutes.

Drain off excess fat if necessary and place pork back in the skillet over medium heat.

Toss in the thai chiles, the fish sauce and lime juice. saute for 2-3 more minutes.

Add the fresh herbs, stir in, remove from heat and serve immediately.

Serve in lettuce cups or over a bed of lettuce topped with more freshly chopped cilantro, mint and basil (optional). Also serve with a side of sliced cucumber, onions, and a wedge of lime.



Thursday

Sheet Pan Green Goddess Salmon with Bacony Brussel Sprouts



Sheet Pan Green Goddess Salmon with Bacony Brussel Sprouts

For the Salmon and Brussel Sprouts:

1 lb. brussels sprouts
3 strips of bacon
Parchment paper
2 tbsp. olive oil
kosher salt, to taste
black pepper, to taste
4 (6oz) filets of center cut salmon
2-3 tbsp. [Homemade Basil Green Goddess Dressing](#)
Kale Microgreens, for garnish (optional)

Preheat oven to 400 degrees.

Place a sheet of parchment paper over a baking sheet.

Remove woody ends from brussels and cut in half lengthwise and place them on the baking sheet.

Cut the bacon into 1/2 inch chunks and put them on the baking sheet.

Drizzle the bacon and brussels with 2 tbsp. olive oil and toss to coat evenly. Season with salt and pepper, to taste. Toss once more to coat.

Roast in oven for 13 minutes.

Meanwhile, drizzle the salmon filets with a little olive oil and season with salt and pepper.

When 13 mins is up, remove from oven. Toss the brussels and bacon mixture and scoot them to around the sides of the pan. Add the salmon filets to the middle of the sheet pan.

Place back in oven and bake for 15 more minutes.

Remove from oven, drizzle salmon with green goddess sauce. Top Salmon with Kale Microgreens (optional).

Serve and enjoy.

