



THE *Defined* DISH

4-Day Whole30 Meal Plan

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From My Kitchen to Yours



I hope this easy meal plan helps take a little extra stress off of your plate and adds a little layer of flavor and fun – while also staying clean and healthy. I like to shop and prep a few things on Sunday for breakfast and lunches and reserve my fresh meals for dinner time. You'll hopefully even have a little leftover for extra lunches each day.

Have a great week!

XO,
Alex



THE *Defined* DISH

Weekly Menu

MAKE AHEAD ITEMS

Whole 30 Caesar Salad Dressing

Chorizo and Spiralized Sweet Potato Breakfast Casserole

Serve with fresh berries

WEEKNIGHT DINNER MENU

Monday

Salmon Burger Kale Caesar Salad

Tuesday

Salsa Verde Shredded Beef Bowls

Wednesday

Turkey, Green Bean + Basil Stir Fry

Thursday

Dirty Cajun Cauliflower "Rice"



Grocery List

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 2 Sweet Potatoes or 1 10 oz. Package of Spiralized Sweet Potato | <input type="checkbox"/> Green Onion | <input type="checkbox"/> Berries of Your Choice |
| <input type="checkbox"/> 12 oz. Bag of Snipped Green Beans | <input type="checkbox"/> 2 Heads Lacinto Kale | <input type="checkbox"/> 1 Medium White Onion |
| <input type="checkbox"/> Riced Cauliflower | <input type="checkbox"/> 1 Small Green Bell Pepper | <input type="checkbox"/> 1 Large Shallot |
| <input type="checkbox"/> Fresh Basil | <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> 1 Head of Garlic |
| <input type="checkbox"/> Fresh Dill | <input type="checkbox"/> 1 Lemon | |
| <input type="checkbox"/> Fresh Cilantro | <input type="checkbox"/> 1 Lime | |

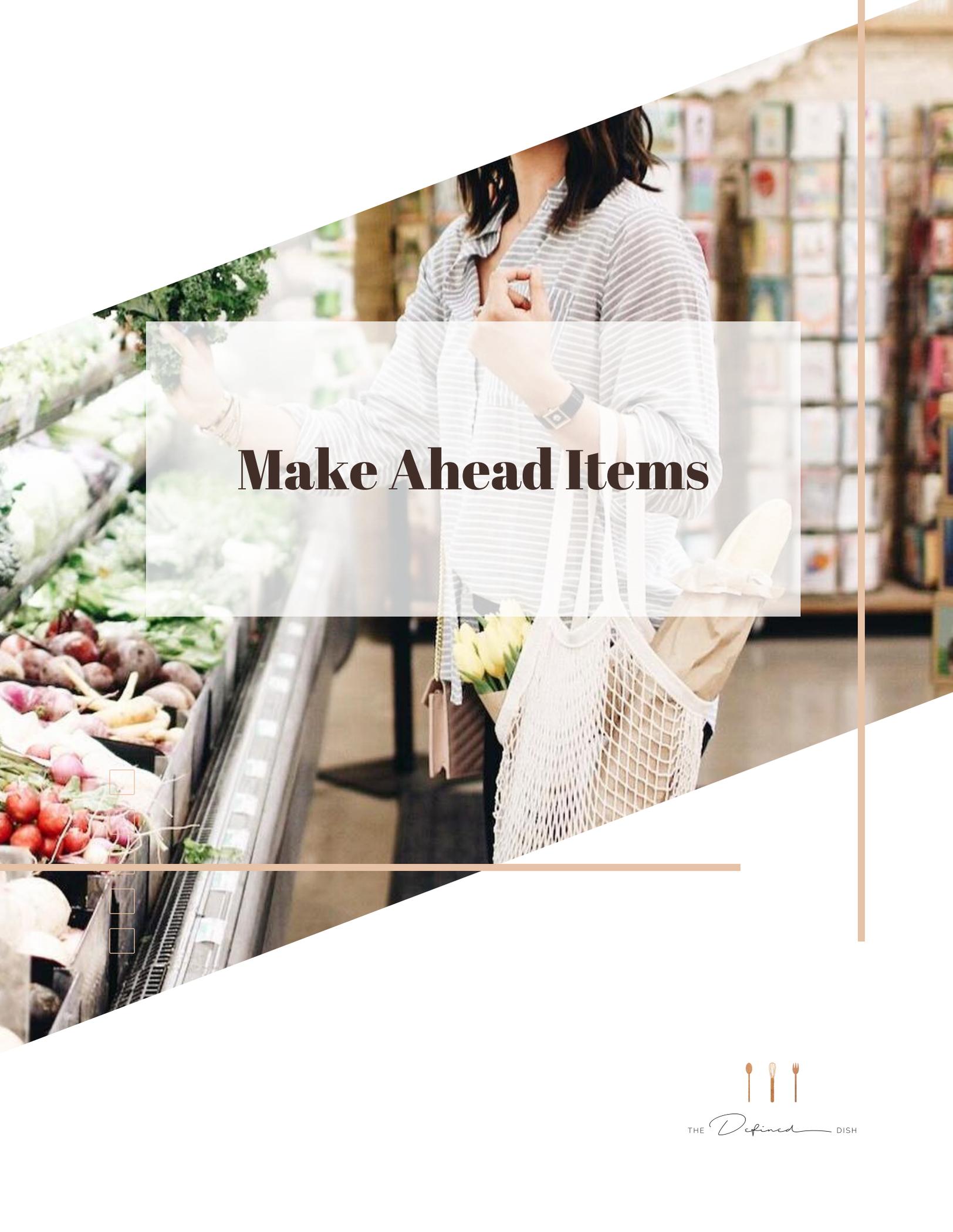
PANTRY ITEMS

- | | | |
|--|--|---|
| <input type="checkbox"/> 1 Dozen Eggs | <input type="checkbox"/> Ghee (Can Sub Butter) | <input type="checkbox"/> Dried Thyme |
| <input type="checkbox"/> Heavy Cream (I use Nutpods Original Dairy-Free creamer) | <input type="checkbox"/> Light Oil (Safflower or Avocado) | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Mexican Blend Cheese (Optional) | <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Dried Oregano |
| <input type="checkbox"/> Cassava Flour (Arrowroot or Tapioca Flour Okay) | <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> Ground Mustard |
| <input type="checkbox"/> Super-Fine Almond Flour | <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Salsa Verde (I Prefer Taco Deli) | <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Kosher Salt |
| <input type="checkbox"/> Yellowbird Sriracha Sauce (No-Sugar-Added) | <input type="checkbox"/> Anchovy Fillets in Oil (or Anchovy Paste) | <input type="checkbox"/> Cracked Black Pepper |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Cayenne | <input type="checkbox"/> Old Bay |

PROTEINS

- 1 lb. Chorizo
- 2 lb. Center-Cut Salmon
- 2 lbs. Flap, Skirt or Flank Steak
- 1 lb. Ground Turkey
- 6 oz. Fully Cooked Andouille Sausage Links (I like Wellshire Farms)



A woman with dark hair, wearing a white and grey striped long-sleeved shirt, is shopping in a grocery store. She is holding a white mesh reusable shopping bag filled with groceries, including a loaf of bread and a bunch of yellow tulips. She is standing in front of a produce display with various vegetables like radishes and carrots. The background shows shelves stocked with packaged goods. The text "Make Ahead Items" is overlaid in a bold, black, serif font on a semi-transparent white rectangular background.

Make Ahead Items

MAKE AHEAD ITEM

Whole 30 Caesar Salad Dressing

To make Monday's dinner easier, prep your dressing on Sunday. Dressing will store great throughout the week.

Ingredients

- 1 cup light tasting oil
I use safflower seed oil or avocado oil. You can also use "light" olive oil, which is not the same as extra virgin
- 1 egg
- 2 teaspoons dijon mustard
- 2 tablespoons fresh lemon juice (or the juice of 1/2 a lemon)
- 4 flat anchovy fillets in olive oil (or 2 tsp. anchovy paste)
- 3 cloves garlic
- 1 tbsp. red wine vinegar
- 1/4 teaspoon cracked black pepper, or more to taste
- Kosher salt, to taste (I do about 1/2 teaspoon)



Food Processor Method

1. 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 temperature. *Your egg must be at room temp or your may will not emulsify.*
2. Place room temperature egg, mustard powder, kosher salt, and 1/4 cup of oil in a food processor or blender; blend until well combined.
3. Turn your food processor or blender on and keep that blending as you *very slowly* pour in the remaining 3/4 cup of oil in. Keep a constant flow going as slow as you can possibly go (if you pour too quickly your mayo will not emulsify). If you pour slowly, you should have a white, fluffy mayo base.
4. Combine all of the remaining ingredients and blend until smooth.
5. Taste and adjust seasonings, as needed.

Immersion Blender Method

1. Place the oil in a jar that in which the circumference of the jar is only slightly larger than the head of the blender.
2. Crack the egg into the oil and let settle into the bottom of the jar.
3. Place head of immersion blender down into the mixture with the blade directly over the yolk of the egg. Turn on the immersion blender and do not move the head until a white, creamy, thick mayo forms at the bottom by the head - this will take a few seconds. Begin to slowly tilt and lift the immersion blender in order to emulsify all the oil, all the way up to the top, then push down and up, with the immersion blender still running, to allow the oil at the top to emulsify as well. You should end up with a thick and creamy mayo base.
4. When all oil is emulsified, add the remaining caesar dressing ingredients. Use your immersion blender once more to blend it all until it is smooth.
5. Taste and adjust seasonings, as desired.



MAKE AHEAD ITEM

Chorizo and Spiralized Sweet Potato Breakfast Casserole



Ingredients

- 1 lb chorizo
- 2 cups spiralized sweet potato
- 8-10 eggs
 - 8 if they are large, 10 if medium/smaller sized eggs*
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 3/4 cup heavy cream
 - I use Nutpods Original Dairy-Free creamer*
- 1/4 cup shredded Mexican blend cheese
 - Optional, omit for Whole30 or Dairy-free options*
- *Berries, optional for serving*

Instructions

1. Preheat oven to 350 degrees and spray a 9x13 baking dish with non-stick cooking spray.
2. Heat a large skillet over medium heat. Add the chorizo (if it's in the casing, remove from casing first) and cook, breaking up the meat with the back of a spoon until cooked through, about 8 minutes. Remove from heat and set aside. (I don't drain mine, I like the added fat for flavor. But if your chorizo has an excessive amount of fat to it, drain off most of it, leaving 1-2 tbsp of the fat for flavor).
3. In a large bowl, whisk together the eggs, salt, pepper, and cream until very well combined and frothy. Set aside.
4. Spread the spiralized sweet potatoes across the bottom of the prepared baking dish. Next, spread the cooked chorizo (and the fat from the skillet) over the top of the spiralized sweet potato. Then, pour the egg mixture over the top. Gently shake the skillet so that everything is spread evenly.
5. Sprinkle the cheese over the top (if using).
6. Place into the oven and cook until the eggs have just set, about 20 minutes.





Monday

SALMON BURGER KALE CAESAR SALAD



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MONDAY

Salmon Burger Kale Caesar Salad

Ingredients

For the Salmon Burgers

- 2 lb center cut salmon, skin removed and deboned
 - 1/4 cup finely diced shallot (or 1 large shallot)
 - 1 tsp Old Bay seasoning
 - 2 tbsp finely chopped fresh dill, plus more for serving
- 2 tsp cassava flour (arrowroot or tapioca flour is okay, too)
 - 1 egg
 - 1/2 tsp kosher salt
 - 1/2 tsp fresh cracked black pepper
 - 1/4 cup super-fine almond flour
 - 2 tbsp extra virgin olive oil

For the Kale Caesar

- 2 heads, lacinto kale
- Pre-prepared caesar dressing

Instructions

Make the Salmon Burgers

1. Cut the salmon into 2 inch cubes. Place half of the salmon in a food processor. Turn on and blend until minced, almost the texture of ground beef. You don't want it over processed. Transfer to a bowl. Do the second batch of the salmon. (I do this in batches to prevent over blending).
2. In a large bowl, combine the salmon, shallot, bay seasoning, dill, cassava, egg, salt, pepper and egg. Using a fork, stir until well combined. Place the salmon burger mixture in the fridge so that it firms up a bit and is easier to work with, 10-15 minutes.

Meanwhile, Make the Salad

1. Strip the kale leaves from the stem, rinse and pat dry. Stack the leaves on top of one another then, roll like a cigar then slice into very thin ribbons. Place the ribbons in a large bowl and set aside.

Cook the Salmon Burgers

1. Place the almond flour on a plate. Set aside.
2. Heat the oil in a large skillet over medium heat. When hot, carefully scoop out 1/2 cup of the salmon burger mixture at a time and using your hands, press into a patty. Dredge the patties into the almond flour and coat both sides of the salmon burger with the flour. Using your hands, gently press once more to reinstate the patty with the almond flour.
3. Carefully place the patty into the oil and cook until golden brown on each side and cooked through, about 4 minutes per side. Continue until all of the salmon burgers are cooked (it makes about 8 patties)

Finish the Salad

1. Toss the kale with desired amount of caesar dressing until well coated. Serve with the salmon burgers and garnish with fresh dill. Enjoy!





Tuesday

SALSA VERDE SHREDDED BEEF BOWLS



T U E S D A Y

Salsa Verde Shredded Beef Bowls

Ingredients

- 2 lbs flap, skirt or flank steak
 - kosher salt
 - black pepper
 - 3 tbsp avocado oil
- 1 cup salsa verde, plus more for serving
 - 2 cups riced cauliflower
 - 1 avocado sliced, for serving
- 1/4 white onion, diced small, for serving
 - diced cilantro, optional for serving
 - lime wedges, optional for serving

Instructions

Instant Pot Method

1. Cut the steak down into 4 large, equal pieces then season generously with kosher salt and pepper.
2. Press the 'saute' button and add 2 tbsp of the avocado oil to the IP. When the oil is hot, sear the steak (you may need to do this in 2 batches so you don't overcrowd the pan) so that a deep brown crust forms on both sides, 3-4 minutes per side.
3. Once all of the steak is browned, click the 'cancel' button to turn off the saute function. Pour in 1 cup of the salsa verde and close the lid on the IP. Turn the valve at the top so that it is sealed. Press the 'manual' button, then set the time to 45 minutes. Walk away from the IP and let it do its thing.
4. When the cook time is complete, manually release the pressure by carefully turning the valve to vent. Allow all the of the steam to release (this takes a few minutes) before carefully opening the IP. Using two forks, shred the beef.

Crockpot Method

1. Cut the steak down into 4 large, equal pieces then season generously with kosher salt and pepper.
2. Heat a large skillet over medium-high heat with 2 tbsp avocado oil. When hot, sear the beef on both sides until a deep brown crust forms, 3-4 minutes per side. Transfer the browned beef to a crockpot and pour 1 cup of salsa verde over the meat. Cook on high for 4 hours, or on low for 6-8 hours.
3. When cook time is complete, shred the beef using two forks.

Prepare the Cauliflower Rice

1. Heat a large skillet over medium-high heat with 1 tbsp. of avocado oil. Add the cauliflower rice and cook, stirring, until just tender, about 5 minutes. You don't want to overcook as it will turn mushy.

Plate the Bowls

1. In a bowl, combine the cauliflower rice, shredded salsa verde beef, sliced avocado and diced onion. You can garnish with cilantro and serve with a lime, if desired. Enjoy!





Wednesday

TURKEY, GREEN BEAN + BASIL STIR FRY



W E D N E S D A Y

Turkey, Green Bean + Basil Stir Fry

Ingredients

- 2 tbsp avocado oil
- 1 tsp toasted sesame oil
- 1 lb ground turkey
- 1/2 tsp kosher salt, or more to taste
- 1/2 tsp black pepper, or more to taste
- 12 ounces green beans (snipped and cleaned)
- 1 tbsp Yellowbird Sriracha Sauce (be sure to get the one without sugar added)
- 2 tbsp coconut aminos (I like Big Tree Farm Brand)
- 1/2 cup packed basil leaves

Instructions

1. Heat a large skillet or wok over medium-high heat with avocado and toasted sesame oil. When hot, add the ground turkey, salt and pepper and cook, breaking up the meat with a spoon, until cooked through (no longer pink), about 5 to 7 minutes. When cooked through, set heat on low and keep warm while you prepare the green beans.
2. Meanwhile, bring a large skillet of water to a boil. Once boiling, add the green beans and cook for 3 minutes. Transfer the par-cooked green beans to a bowl of ice water to shock the green beans and lock in their green color.
3. Increase the heat in the wok back up to medium-high heat. Drain and transfer the green beans to the wok and cook, tossing often, until tender, about 5 minutes.
4. Add the sriracha, coconut aminos and basil leaves and cook for two more minutes.
5. Serve and enjoy!





Thursday

DIRTY CAJUN CAULIFLOWER "RICE"



THURSDAY

Dirty Cajun Cauliflower "Rice"

Ingredients

For the "Rice"

- 2 tbsp. ghee (can sub butter if not paleo or whole 30)
- 1/2 cup finely chopped white onion (about 1/4 medium onion)
 - 2 cloves garlic minced
- 1/2 cup finely chopped green bell peppers (about 1/2 small pepper)
- 6 ounces fully cooked andouille sausage links, cut into small 1/4 inch cubes
 - 4 cups riced cauliflower
- 1/2 cup thinly sliced green onions (about 3 green onions)

Seasonings Mixture

- 1/4 tsp. cayenne, or more, to taste
 - 1 tsp. kosher salt
 - 1/2 tsp. black pepper
 - 3/4 tsp. paprika
- 1/4 tsp. ground mustard
 - 1/4 tsp. dried thyme
- 1/2 tsp. dried oregano
 - 1/2 tsp. cumin

Instructions

1. Combine all of the seasonings into a small bowl, set aside.
2. Heat a large skillet over medium heat with the ghee. Add the onion, garlic, bell pepper, and andouille sausage. Cook, stirring often, until the veggies are tender, about 5 minutes.
3. Add in the seasoning mixture and toss until well combined and continue to cook, stirring, toasting the spices to bring out more flavor, about 2 more minutes.
4. Pour in the cauliflower rice and green onions and toss until well combined. Cook, stirring, until the cauliflower rice is just tender but not soggy, 4 to 5 more minutes.
5. Serve and enjoy!

