



THE *Defined* DISH

Quarantine Meal Plan 3

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Menu

Monday

Easy Italian White Bean Soup

Tuesday

Paleo Enchiladas Suizas

Wednesday

Sloppy Jane

Thursday

Thai Red Curry Shrimp Lettuce Wraps

Friday

The Best Sheet Pan Chicken Piccata



Grocery List

PRODUCE

- | | | |
|---|---|---|
| <input type="checkbox"/> 1 Yellow Onion | <input type="checkbox"/> 1 Green Bell Pepper | <input type="checkbox"/> 1 Bunch Fresh Mint |
| <input type="checkbox"/> 1 Red Onion (Optional for Serving) | <input type="checkbox"/> Baby Spinach (Omit if You Cannot Find) | |
| <input type="checkbox"/> 4 Medium-Sized Sweet Potatoes | <input type="checkbox"/> 1 Head of Butter Lettuce | |
| <input type="checkbox"/> 2 Heads of Garlic | <input type="checkbox"/> 1 Bunch of Fresh Basil | |
| <input type="checkbox"/> 3 Lemons | <input type="checkbox"/> 1 Bunch Fresh Cilantro | |
| <input type="checkbox"/> 1 Celery Bunch | <input type="checkbox"/> 1 Bunch Flat Leaf Parsley | |

PANTRY ITEMS

- | | | |
|---|--|---|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> 2 15-oz. Cans No Salt Added Great Northern Beans (Sub Cannellini or White Kidney Beans) | <input type="checkbox"/> 1 Jar of Salsa Verde |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> White Wine (Optional) | <input type="checkbox"/> 12 Grain-Free Tortillas (I Prefer Siete Cassava Flour Tortillas) |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> 2 32-oz. Cartons of Chicken Broth (Sub Vegetable Broth for Soup) | <input type="checkbox"/> 1 Jar of Siete "Spicy Blanco" Cashew Queso |
| <input type="checkbox"/> Crushed Red Pepper | <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> 1 Parmesan Cheese Rind |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> 1 Jar of Capers | <input type="checkbox"/> Grated Parmesan Cheese (Optional for Serving) |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Tomato Paste | |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Red Curry Paste | |
| <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Yellow Mustard | |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Coconut Aminos | |
| <input type="checkbox"/> Smoked Paprika | <input type="checkbox"/> Fish Sauce | |
| <input type="checkbox"/> Dried Rosemary (Sub Fresh) | <input type="checkbox"/> Full Fat, Unsweetened Coconut Milk | |

PROTEINS

- | | |
|---|--|
| <input type="checkbox"/> 4 oz. Bacon or Ham | <input type="checkbox"/> 2 lbs. Peeled and Deveined Shrimp |
| <input type="checkbox"/> 1 Rotisserie Chicken | <input type="checkbox"/> 3.5 lbs. Bone-In, Skin-On Chicken Parts (Legs, Drumsticks, Chicken Thighs...) |
| <input type="checkbox"/> 1 lb. Ground Beef | |





Monday

EASY ITALIAN WHITE BEAN SOUP



THE *Defined* DISH

MONDAY

Easy Italian White Bean Soup

Serves 4

Ingredients

- 2 tbsp. extra virgin olive oil
- 4 oz. bacon or ham, diced small (about 4 strips of bacon)
- 1.5 cups yellow onion, diced (about 1/2 medium onion)
 - 1 cup celery, diced (about 2 stalks)
 - 3 large cloves of garlic, minced
 - 1/2 tsp. crushed red pepper
- a splash of white wine (about 3-4 tbsp; omit if needed)
- 2 15-oz. cans no salt added great northern beans, drained and rinsed (sub cannellini or white kidney beans)
 - 1 32-oz. carton of vegetable broth or chicken broth
 - 1 parmesan cheese rind
- 1 tsp. dried rosemary (sub 1 fresh sprig of rosemary if you have it)
 - 1/2 tsp. dried oregano
 - 1 bay leaf
 - zest of 1/2 lemon
- 1 tsp. kosher salt, or more to taste
- 1/2 tsp. freshly cracked black pepper, or more to taste
- 3 cups baby spinach (you can omit this if you don't have it)
 - juice of 1 lemon (about 2 tbsp.)

For Serving

- grated parmesan cheese
- flat leaf parsley, chopped

Instructions

1. Heat a Dutch oven (or large soup pot) over medium heat.
2. Add the olive oil and bacon and cook, stirring, until the bacon is almost cooked, 3-4 minutes.
3. Add the onion, celery, garlic, crushed red pepper and a pinch of salt and pepper. Continue to cook, stirring, until the vegetables are tender, about 5 minutes.
4. Add the white wine, if using, and continue to cook, stirring and scraping up any of the browned bits on the bottom, until the wine has reduced by half, about 2 minutes.
5. Add the beans, broth, cheese rind, rosemary, oregano, bay leaf, lemon zest, salt and pepper and bring contents to a boil.
6. Once boiling, reduce the heat to a light simmer (about medium-low heat), cover and cook for about 25 minutes, stirring occasionally.
7. Stir in spinach, if using, and the juice of a lemon. Taste and add more salt and pepper, if desired. Continue to cook, uncovered and simmering, for about 5 more minutes.
8. Serve in bowls and top with a tiny drizzle of olive oil, a sprinkle of grated parmesan and parsley. Enjoy!





Tuesday

PALEO ENCHILADAS SUIZAS



THE *Defined* DISH

T U E S D A Y

Paleo Enchiladas Suizas

Serves 4

Ingredients

For the Chicken

- 3 cups shredded chicken (I use a rotisserie chicken)
- 1 tsp. paprika
- 1/2 tsp. black pepper
- 1/2 tsp. cumin
- 1/2 tsp. dried oregano
- 1/2 cup salsa verde

For the Enchiladas

- 12 grain-free tortillas (I prefer Siete Cassava Flour Tortillas)
- 1 jar [10.8 oz.] Siete "Spicy Blanco" Cashew Queso
- 3/4 cup Salsa Verde
- 2 tbsp. cilantro, finely chopped (optional for serving)
- 2 tbsp. red onion, finely diced (optional for serving)

Instructions

1. Preheat oven to 375 and lightly grease a 9x13 baking dish.
2. In a large bowl, combine the shredded chicken, paprika, black pepper, cumin, dried oregano and salsa verde. Toss chicken to evenly coat.
3. Place tortillas on a plate and heat in microwave for 15 seconds. This will soften them up just a bit so they are easier to roll.
4. Add a small amount of chicken to one end of the tortilla (about 2 tbsp). Gently roll the tortilla and place it seam side down into the prepared baking dish. Continue rolling until all tortillas are filled and placed in the baking dish.
5. In a small bowl, combine 3/4 cup salsa verde and the cashew queso. Evenly pour the queso mixture over the enchiladas and using a rubber spatula, spread to evenly coat.
6. Cover baking dish with foil, being careful that it is not touching the enchiladas. Bake, covered, for 25 minutes, until the enchiladas are hot all the way through and bubbly.
7. Remove aluminum foil and top with cilantro and red onion for serving.





Wednesday

SLOPPY JANE



W E D N E S D A Y

Sloppy Jane

Serves 4

Ingredients

- 4 medium-sized sweet potatoes
 - 1 tbsp. extra virgin olive oil
 - 1 cup yellow onion, finely diced
- 1 cup green bell pepper, finely diced
 - 2 cloves garlic, minced
 - 1 lb. ground beef
 - 1 tsp. kosher salt
 - 1/2 tsp. black pepper
 - 2 tbsp. tomato paste
 - 1 tbsp. yellow mustard
- 1/4 tsp. red pepper flakes
 - 1/2 tsp. chili powder
 - 1/4 cup coconut aminos

Instructions

1. Preheat oven to 400 degrees F.
2. Scrub and pat dry the sweet potatoes. Pierce each sweet potato several times with a fork. Place the sweet potatoes on a rimmed baking sheet lined with foil. Bake until tender, about 45 minutes.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add the onions, bell pepper and garlic and saute until slightly tender, about 4-5 minutes.
4. Add the ground beef and cook, breaking up the meat with the back of a spoon, until the meat is browned and cooked through (no longer pink), about 7 minutes more. Season with the salt and pepper while browning.
5. Add the tomato paste, mustard, chili powder and red pepper flakes to the skillet and cook, stirring, until well combined.
6. Pour in the coconut aminos and cook, stirring, until it has reduced.
7. Remove from heat, cover and keep warm until the potatoes are finished cooking.
8. When potatoes are done, remove from oven and make a slit in the top of each sweet potato. Stuff with sloppy joe mixture, serve and enjoy!





Thursday

THAI RED CURRY SHRIMP
LETTUCE WRAPS



THE *Defined* DISH

THURSDAY

Thai Red Curry Shrimp Lettuce Wraps

Serves 4

Ingredients

- 2 lbs. peeled and deveined shrimp
 - 2 tbsp. olive oil
 - salt and pepper, to taste
 - 2 cloves garlic, minced
 - 2 tbsp. red curry paste
- 1/2 cup full fat, unsweetened coconut milk
 - 2 tsp. fish sauce
- 6 leaves of basil leaves, julienned
- 1 tbsp. freshly chopped mint
- 1 tbsp. freshly chopped cilantro
- 1 head of butter lettuce

Instructions

1. Remove tail if there is still a tail on the shrimp. Now, cut the shrimp in half lengthwise (like you are about to butterfly it, but cut all the way through).
2. Place cut shrimp in a bowl with 1 tbsp. of olive oil and season with salt and pepper, toss to coat.
3. Heat 1 tbsp. oil over medium-high heat in a large skillet (preferably cast iron), when the oil is hot but not smoking, add shrimp and sear on both sides until lightly golden, about 3-4 mins per side. When shrimp is done, use a slotted spoon to transfer to a plate. Set aside.
4. If your skillet is dry, add 1 more tbsp. oil to the skillet. Add garlic and red curry paste and saute until fragrant, about 1 minute, being careful not to burn the garlic.
5. Add in the coconut milk and the fish sauce, whisk until there are no longer clumps.
6. Add the shrimp back in and toss to coat.
7. Add fresh basil, cilantro and mint. Toss once more.
8. Remove from heat and serve in butter lettuce leaves. Enjoy!





Friday
THE BEST SHEET PAN CHICKEN PICCATA

FRIDAY

The Best Sheet Pan Chicken Piccata

Serves 4

Ingredients

- 3.5 lbs bone-in, skin-on chicken parts (I used an assortment of chicken legs, drumsticks and chicken thighs)
 - 3 tbsp. extra virgin olive oil
 - 2 tsp. kosher salt
 - 1/2 tsp. ground black pepper
 - 1/2 tsp. smoked paprika
- 2 small lemons sliced into 1/4 inch rounds
 - 1/4 cup white wine vinegar
 - 1/4 cup chicken broth
 - 2 cloves garlic minced
 - 2 tbsp. capers, drained
- 2 tbsp. finely chopped fresh parsley leaves

Instructions

1. Preheat oven to 450 degrees F.
2. On a large sheet pan, place all chicken parts and use a paper towel and pat chicken until dry. Drizzle olive oil over chicken then sprinkle with salt, pepper and smoked paprika. Toss and rub until the chicken is evenly coated.
3. Spread chicken into a single layer on pan and nestle in the sliced lemons. Pour white wine vinegar and chicken broth over and around the chicken pieces.
4. Transfer sheet pan to the oven on middle rack and roast until chicken is golden brown; about 25 minutes.
5. Remove from oven and add garlic, capers and parsley.
6. Using tongs, carefully toss all ingredients then add back into oven until the garlic is fragrant and the chicken is cooked through, 5 to 10 more minutes (being careful not to burn).
7. Remove from oven and transfer chicken onto a serving platter, pour pan juices all over the chicken.
8. Serve and enjoy!



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