

Menu

Monday

Easy Creamy Spinach Stuffed Salmon

Tuesday

Paleo Battered Fish Tacos

Wednesday

Chinese Chicken and Broccoli

Thursday

Southern-Style Hamburger Steaks with Onion and Mushroom Gravy

Friday

Grilled Sesame Chicken Skewers with Ginger-Scallion Rice



Grocery List

PRODUCE

- | | | |
|---|---|---|
| <input type="checkbox"/> 1 Lemon | <input type="checkbox"/> 1 Large Yellow Onion | <input type="checkbox"/> 5 Baby Bella Mushrooms
(Total of 1.5 Cups of Thinly Sliced) |
| <input type="checkbox"/> 2 Limes | <input type="checkbox"/> Fresh Parsley | <input type="checkbox"/> 1 Bunch of Green Onions |
| <input type="checkbox"/> About 2 Heads of Garlic
(Total of 12 Cloves Needed) | <input type="checkbox"/> Fresh Cilantro | <input type="checkbox"/> Shredded Cabbage (Sub Slaw Mix) |
| <input type="checkbox"/> 1-Inch Knob of Fresh Ginger | <input type="checkbox"/> 2 Heads of Broccoli
(6 Cups of Florets Total) | <input type="checkbox"/> Pico de Gallo |

PANTRY ITEMS

- | | | |
|--|--|---|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Cassava Flour | <input type="checkbox"/> Mayonnaise (Or <u>Homemade</u>) |
| <input type="checkbox"/> Avocado Oil (Optional) | <input type="checkbox"/> Tapioca Flour/Starch | <input type="checkbox"/> Louisiana Style Hot Sauce (I use Crystal's) |
| <input type="checkbox"/> Ghee (Sub Butter) | <input type="checkbox"/> Arrowroot Starch | <input type="checkbox"/> Additional Hot Sauce of Your Choice
for Fish Tacos (Optional) |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Toasted Sesame Seeds | <input type="checkbox"/> Apple Cider Vinegar |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> White Jasmine Rice | <input type="checkbox"/> Rice Vinegar |
| <input type="checkbox"/> Smoked Paprika | <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> 1 Topo Chico |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> 10 oz. Frozen, Chopped Spinach |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Cream Cheese (I use Kite Hill Dairy-Free) |
| <input type="checkbox"/> Cajun Seasoning | <input type="checkbox"/> 1 32-oz. Low-Sodium Chicken Broth | <input type="checkbox"/> 12 Tortillas of Your Choice |
| <input type="checkbox"/> Dried Thyme | <input type="checkbox"/> 1 16-oz. Beef Broth | <input type="checkbox"/> 6 10-inch Wood Skewers |
| <input type="checkbox"/> Crushed Red Pepper Flakes | <input type="checkbox"/> Yellow Mustard | |
| <input type="checkbox"/> White Pepper (Sub Black Pepper) | <input type="checkbox"/> Ketchup | |

PROTEINS

- | | |
|--|---|
| <input type="checkbox"/> 1.5 lbs Boneless, Skinless Chicken Breasts | <input type="checkbox"/> 1.5 lbs Skinned Halibut or Cod |
| <input type="checkbox"/> 2 lbs Boneless, Skinless Chicken Thighs | <input type="checkbox"/> 1.5 lbs Ground Beef (Preferably 80/20) |
| <input type="checkbox"/> 4 8-oz. Center Cut Salmon Filets (Select a Thicker, Fattier salmon) | |





Monday

EASY CREAMY SPINACH
STUFFED SALMON



THE *Defined* DISH

MONDAY

Easy Creamy Spinach Stuffed Salmon

Serves 4

Ingredients

For the Creamed Spinach Filling

- 10 oz. frozen, chopped spinach (thawed)
- 4 tbsp cream cheese (I use Kite Hill Dairy Free)
- 2 tsp Louisiana Style Hot Sauce, plus more for serving (I use Crystal's)
 - zest of 1/2 lemon
 - 1 tsp Cajun seasoning
 - 2 cloves garlic, minced

For the Salmon

- 4 8-ounce center cut salmon filets (select a thicker, fattier salmon)
 - 2 tbsp extra virgin olive oil
 - 1 tsp kosher salt
 - 1/2 tsp black pepper
 - lemon wedges, for serving
- freshly chopped parsley (optional for serving)

Instructions

Preheat Oven to 400 Degrees F

For the Creamed Spinach Filling

1. Place the thawed spinach in a cheese cloth (or a thin dish rag) and ring out excess moisture. Place in a medium sized bowl with the cream cheese, hot sauce, lemon zest, cajun seasoning, and garlic. Stir until well combined and set aside.

For the Salmon

1. Place the salmon on a baking sheet and pat dry with a paper towel. Using a pairing knife, carefully make an incision on one side of the salmon. Cut until you've created a large pocket, being careful not to slice all the way through the salmon and also leaving at least 1/2 inch on each side.
2. Carefully and evenly fill the pockets of the salmon with the creamy spinach. Drizzle the tops of the salmon with olive oil and season with salt and pepper.
3. Place into the oven and bake until salmon is just cooked through, about 12 minutes.
4. Remove from oven and serve with lemon wedges and top with freshly chopped parsley, if desired. Oh, and don't forget to add a few dashes of the Crystal's Hot Sauce on top if you like a little extra heat. Enjoy!





Tuesday

PALEO BATTERED FISH TACOS



THE *Defined* DISH

T U E S D A Y

Paleo Battered Fish Tacos

Serves 4

Ingredients

For the Creamy Hot Sauce Slaw

- 4 tbsp mayo
- 2 tbsp fresh lime juice
- 2 cloves garlic, minced
- 2 tsp your favorite hot sauce (I use El Yucateco)
- 1/2 tsp kosher salt
- 3 cups shredded cabbage or slaw mix

For the Batter

- 1 cup Topo Chico (sub any bubbly sparkling water or beer if desired)
- 1/2 cup cassava flour
- 2 tbsp tapioca flour/starch
- 1.5 tsp kosher salt
- 1/2 tsp smoked paprika
- 1 tsp onion powder

For the Fish Tacos

- 1.5 lbs skinned halibut or cod, cut into approximately 2-3 inch pieces
- 4 tbsp avocado oil
- 12 tortillas of your choice
- pico de gallo, for serving
- 1 lime, cut into wedges, for serving
- cilantro, for serving

Instructions

Make the Creamy Slaw

1. In a large bowl, whisk together the mayo, lime juice, garlic, hot sauce, and salt until well combined. Do not add the shredded cabbage yet. Set aside.

Make the Batter

1. In a large bowl, combine the Topo Chico, cassava flour, tapioca flour, salt, smoked paprika and onion powder. Whisk until well combined.

Cook the Fish

1. Heat a large non-stick skillet over medium to medium-high heat and add the avocado oil.
2. While the oil is heating, take 1/2 of the fish pieces and place them into the batter. Gently toss to coat.
3. When the oil is hot and shimmering, but not smoking, use a fork or tongs to pick up one battered fish filet at a time, shaking off any excess batter. Carefully place the filet into the hot oil. You'll want to place just enough fish into the oil without overcrowding the skillet (that means none of the fish should be touching!). Let them fry until golden brown on both sides and cooked through, 2-3 minutes per side.
4. Transfer the cooked fish onto a large paper towel lined plate and sprinkle with a little salt. Continue until all of the fish is browned, then begin the second batch.

Serve Up the Tortillas

1. Meanwhile, while you are frying your fish in batches, char your tortillas. You can do this 2 ways:
 - a. **For a Gas Stovetop:** Fire up the burners on your stove to the lowest setting. One at a time, carefully place a tortilla directly on the burner and flip after about 45 seconds. As you finish cooking the tortillas, place them onto a towel and close the towel up to steam the tortillas and keep them warm.
 - b. **For an Electric Stovetop:** Place the tortillas in a dry (no oil) stainless steel skillet over medium heat and cook them for about 30 seconds on each side.
2. Right before serving, toss the cabbage in with the creamy dressing you made in the first step until it is well coated.
3. Place a small amount of the creamy slaw in the bottom of the charred tortillas, top with a filet (or 2, depending on how big your tortillas are) of the fish. Then garnish with pico de gallo, cilantro, and a squeeze of lime. You can always serve with more hot sauce, too, if you want! Enjoy!





Wednesday

CHINESE CHICKEN AND BROCCOLI



THE *Defined* DISH

W E D N E S D A Y

Chinese Chicken and Broccoli

Serves 4

Ingredients

For the Chicken

- 1.5 lbs boneless, skinless chicken breasts
 - 2 tbsp avocado oil
 - 1 tsp kosher salt
- 1/2 tsp white pepper (sub black pepper)
 - 1 tbsp coconut aminos
 - 1 tsp tapioca flour

For the Sauce

- 2 tsp tapioca flour
- 1 tsp toasted sesame oil
- 1/4 cup coconut aminos (I use Big Tree Farm brand)
 - 1 tsp fish sauce (I use Red Boat brand)
 - 1/2 cup low-sodium chicken broth
 - 4 cloves garlic, minced
 - 1 tsp finely grated ginger

For the Stir Fry

- 2 tbsp avocado oil, or more as needed
- 6 cups broccoli, cut into florets

Instructions

Prepare the Chicken

1. Place chicken in a single layer across a cutting board and cover with wax paper. Using a meat mallet or the bottom of a skillet, pound the chicken until it is a uniform 1/2 inch thickness. Then, cut chicken into 1/2 inch sized cubes.
2. Place the cubed chicken in a large bowl with the avocado oil, kosher salt, white pepper, coconut aminos and tapioca. Toss until well combined. Set aside.

Make the Sauce

1. In a small bowl, combine all of the "for the sauce" ingredients and whisk until well combined and the tapioca has dissolved in the mixture. Set aside.

Make the Stir Fry

1. Heat oil in a large, non-stick skillet or wok over medium-high heat. When hot, and in batches so as to be careful not to overcrowd the pan, cook the chicken until golden brown on both sides and cooked through, 2-3 minutes per side. Transfer cooked chicken to a plate and continue, adding oil if your skillet seems dry, until all the chicken is browned and cooked through.
2. In the same skillet (still over medium-high heat), add the broccoli florets and 1/4 cup of water to the skillet. Cook, stirring, until the water has completely evaporated, about 2 minutes.
3. Add the sauce to the skillet with the broccoli and cook, stirring, until the sauce just begins to thicken, about 2 minutes.
4. Add the chicken and any of its juices back into the skillet with the broccoli and sauce. Simmer, stirring, until the sauce is thick and coats the chicken evenly, about 2 more minutes. Serve and enjoy!





Thursday

SOUTHERN-STYLE HAMBURGER STEAKS
WITH ONION AND MUSHROOM GRAVY



THURSDAY

Southern-Style Hamburger Steaks with Onion and Mushroom Gravy

Serves 4

Ingredients

For the Hamburger Steaks

- 1.5 lbs ground beef (preferably 80/20)
- 2 tbsp extra virgin olive oil
 - kosher salt
 - black pepper

For the Onion and Mushroom Gravy

- 2 tbsp ghee (sub butter)
- 2 cups yellow onion, thinly sliced (about 1 large onion)
 - 1 tsp kosher salt
 - 1/2 tsp freshly cracked black pepper
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
- 1/2 tsp cajun seasoning or more to taste
 - 1/2 tsp dried thyme
- 1.5 cups baby bella mushrooms, thinly sliced (about 5 mushrooms)
 - 2 tsp arrowroot starch
 - 1 cup beef broth
 - 2 tbsp coconut aminos
 - 2 tsp yellow mustard
 - 2 tsp apple cider vinegar
- 1 tbsp freshly chopped parsley for serving

Instructions

Prepare the Hamburger Steaks

1. Gently form ground beef into 4 even hamburger patties, being careful not to overwork the meat.
2. Heat a large skillet over medium high heat and add olive oil. Immediately before cooking, generously season the patties with kosher salt and pepper on both sides.
3. Cook burger on one side until a deep brown crust forms, about 3 minutes. Flip burgers and cook until burger is cooked to your desired doneness. I do mine for 3 to 4 more minutes for medium (pink in the center). Transfer cooked burgers to a plate and set aside.

Make the Gravy

1. Once the burgers are cooked, reduce heat in the same skillet to medium and add ghee to melt. Once ghee is melted, add onions and cook, stirring, until tender, about 4 minutes and scraping up any brown bits in the bottom of the skillet. Season with salt, pepper, garlic powder, onion powder, cajun seasoning and dried thyme.
2. When the onions are very tender, add the mushrooms and stir to combine. Cook, stirring, for about 2 more minutes to develop some flavor on the mushrooms. Add arrowroot starch and stir until well-combined into the onion mixture. Reduce heat to a simmer and add the beef broth, coconut aminos, yellow mustard, apple cider vinegar and continue to cook, stirring, until the sauce thickens and all flavors are combined; 4 to 5 more minutes.
3. Return the hamburger steaks to the skillet and ladle gravy over the burgers. Top with parsley and serve. Enjoy!





Friday

GRILLED SESAME CHICKEN SKEWERS
WITH GINGER-SCALLION RICE



THE *Defined* DISH

FRIDAY

Grilled Sesame Chicken Skewers with Ginger-Scallion Rice

Serves 4

Ingredients

For the Sauce

- 1/4 cup coconut aminos
- 2 tbsp ketchup (I use Primal Kitchen)
 - 1 tbsp rice vinegar
 - 1 tsp fish sauce
- 2 tsp toasted sesame oil
- 1/2 tsp tapioca starch
- 1/4 cup chicken broth
- 1 tbsp avocado oil
- 2 cloves garlic, minced
- 1 tsp ginger, finely grated
- 1/4 tsp crushed red pepper flakes

For the Chicken Skewers

- 6 10-inch wood skewers, pre-soaked
- 2 lbs boneless, skinless chicken thighs, excess fat trimmed and cut into 1 inch cubes
 - 1 tsp kosher salt
 - 1/2 tsp black pepper
- 2 green onions, thinly sliced on the diagonal (green parts only) for serving
- 1/2 tsp toasted sesame seeds for serving

Instructions

Prepare the Sauce

1. In a bowl, combine the coconut aminos, ketchup, rice vinegar, fish sauce, sesame oil, broth and tapioca starch. Whisk to combine and set aside.
2. In a small sauce pan, over medium heat, add the avocado oil. Once hot, add garlic, ginger and red pepper flakes. Cook, stirring, for 2 minutes, being careful not to burn.
3. Add the coconut aminos mixture to the sauce pan and stir to combine. Cook, simmering and stirring often, until the sauce thickens, about 4 minutes. Once the sauce has thickened, remove from the heat and set aside to cool.

Make the Chicken Skewers

1. Cube and place the chicken in a bowl. Season with salt and pepper.
2. Once the sauce has cooled, add 1/4 cup to the chicken and let marinate for at least one hour or all day in the fridge, reserving the remaining sauce for serving.
3. Preheat grill to medium-high heat (about 400-450 degrees F). When grill is hot, place the skewers on the grill and cook for 7-8 minutes, flipping every 3-4 minutes, until chicken is cooked through and nice grill marks have formed.
4. Place cooked chicken skewers on a tray. With the remaining sauce, brush the skewers on all sides.
5. Garnish with green onions and sesame seeds and serve with my Ginger Scallion Rice (recipe follows). To keep it Whole30, serve with veggies or cauliflower rice. Enjoy!



FRIDAY

Grilled Sesame Chicken Skewers with Ginger-Scallion Rice (cont.)

Serves 4

Ingredients

For the Ginger-Scallion Rice

- 2 tbsp avocado oil
- 2 cloves garlic, minced
- 1 tsp peeled and finely grated ginger (about 1/2 inch knob ginger)
- 2/3 cup green onion, thinly sliced on the diagonal, white and light green parts only (about 4 green onions)
- 1 cup white jasmine rice
- 1 tsp kosher salt
- 1.5 cups chicken broth (sub vegetable broth or water)
- 1/4 cup thinly sliced green onions, green part only, for serving

Instructions

1. Heat oil in a pot with a tight fitting lid over medium heat. Add the garlic, ginger and green onion and cook, stirring, for 2 minutes, until fragrant.
2. Add the rice and cook, stirring, until lightly toasted and fragrant, about 4 minutes.
3. Add the salt and the broth and stir to combine. Bring rice to a boil. Once boiling, reduce heat to a simmer. Cover with a tight fitting lid and let cook for 15 minutes.
4. Remove from heat and keep covered for an additional 10 minutes. Remove lid and fluff rice with a fork.
5. Stir in the remaining green onions and serve immediately.

