

# Menu

Monday

Red Snapper a la Veracruzana

Tuesday

Mexican Pizza

Wednesday

Skillet Lemon and Dill Chicken  
with Summer Kale and Watermelon Salad

Thursday

Whole30 Shrimp Étouffée

Friday

Whole30 Beef Bulgogi



THE *Defined* DISH

# Grocery List

## PRODUCE

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 10 Garlic Cloves        | <input type="checkbox"/> Seedless Watermelon    | <input type="checkbox"/> 1 Bunch of Red or Green Kale |
| <input type="checkbox"/> 1 White Onion           | <input type="checkbox"/> 1 Pear                 | <input type="checkbox"/> 1 Head of Bibb Lettuce       |
| <input type="checkbox"/> 1 Yellow Onion          | <input type="checkbox"/> 8 Roma Tomatoes        | <input type="checkbox"/> Fresh Parsley                |
| <input type="checkbox"/> 2 Red Onions            | <input type="checkbox"/> 2 Medium Zucchini's    | <input type="checkbox"/> Fresh Cilantro               |
| <input type="checkbox"/> 3 1 Large Celery Stalk  | <input type="checkbox"/> 2 Medium Yellow Squash | <input type="checkbox"/> Fresh Dill                   |
| <input type="checkbox"/> 1 Bunch of Green Onions | <input type="checkbox"/> 2 Cucumbers            | <input type="checkbox"/> Fresh Basil                  |
| <input type="checkbox"/> 1 Green Bell Pepper     | <input type="checkbox"/> 3 Limes                |   |
| <input type="checkbox"/> 1 Fresh Knob of Ginger  | <input type="checkbox"/> 2 Lemons               |   |

## PANTRY ITEMS

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Extra Virgin Olive Oil       | <input type="checkbox"/> Chili Powder                     | <input type="checkbox"/> 1 Jar of Capers  |
| <input type="checkbox"/> Avocado Oil                  | <input type="checkbox"/> Cumin                            | <input type="checkbox"/> 1 Can of Refried Beans (I Use Amy's Organic; Omit for Paleo) |
| <input type="checkbox"/> Toasted Sesame Oil           | <input type="checkbox"/> Garlic Powder                    | <input type="checkbox"/> 1 32-oz Low-Sodium Beef Broth                                |
| <input type="checkbox"/> Balsamic Vinegar             | <input type="checkbox"/> Dried Oregano                    | <input type="checkbox"/> 1 32-oz Low-Sodium Chicken Broth                             |
| <input type="checkbox"/> Rice Wine Vinegar            | <input type="checkbox"/> Paprika                          | <input type="checkbox"/> 1 Can Crushed Tomatoes (2 Cups Total Needed)                 |
| <input type="checkbox"/> Coconut Aminos               | <input type="checkbox"/> Crushed Red Pepper Flakes        | <input type="checkbox"/> 1 Can of Tomato Paste  |
| <input type="checkbox"/> Fish Sauce (I Use Red Boat)  | <input type="checkbox"/> Dried Rosemary                   | <input type="checkbox"/> 1 14.5-oz Can Diced Tomatoes                                 |
| <input type="checkbox"/> Cooking Spray                | <input type="checkbox"/> Dried Thyme                      | <input type="checkbox"/> Louisiana Style Hot Sauce (I Like Crystal's)                 |
| <input type="checkbox"/> Ghee                         | <input type="checkbox"/> Arrowroot Starch                 | <input type="checkbox"/> 8 Tortillas (I Use Siete Cassava or Almond Flour)            |
| <input type="checkbox"/> Kosher Salt                  | <input type="checkbox"/> Almond Flour                     | <input type="checkbox"/> Mexican Blend Shredded Cheese                                |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Kimchi (I Use Wild Brine)        | <input type="checkbox"/> Goat Cheese Crumbles (Omit for Whole30)                      |
| <input type="checkbox"/> 1 Bay Leaf                   | <input type="checkbox"/> 1 Jar of Pickled Jalapenos       |   |
| <input type="checkbox"/> Cayenne Pepper               | <input type="checkbox"/> 1 Jar of Pimiento-Stuffed Olives |   |

## PROTEINS

- |   |  |
|---|--|
| <input type="checkbox"/> 1 lb Ground Beef   | <input type="checkbox"/> 2.5 lbs Boneless Beef Chuck Short Ribs, Korean Style Short Ribs, Trimmed Hanger Steak or Ribeye                 |
| <input type="checkbox"/> 1.5 lbs Peeled and Deveined Shrimp                           | <input type="checkbox"/> 1.5 lbs Chicken Cutlets (Sub Boneless, Skinless Chicken Breasts and See Skillet Chicken Recipe for Instruction) |
| <input type="checkbox"/> 4 [6 - 8 oz] Red Snapper Filets (Sub Any White, Flakey Fish) |  |





# Monday

RED SNAPPER A LA VERACRUZANA



THE *Defined* DISH

MONDAY

# Red Snapper a la Veracruzana

Serves 4

## Ingredients

### For the Sauce

- 2 tbsp extra virgin olive oil
- 4 cloves minced garlic
- 2/3 cup white onion, finely diced
- 4 cups roma tomatoes, seeds removed and diced small about 6 tomatoes
- 4 tbsp jarred pickled jalapeños, very finely diced
- 1 tsp kosher salt
- 1 tsp freshly cracked black pepper
- 2 cups canned crushed tomatoes
- 1 cup pimiento stuffed olives, sliced
- 2 tbsp capers, drained and rinsed
- 1 tsp dried oregano
- 2 tbsp lime juice
- 2 tbsp parsley, finely chopped

### For the Red Snapper

- 4 [6 - 8 ounce] filets of red snapper (Sub any white, flakey fish)
- 1 tsp kosher salt
- 1/2 tsp freshly cracked black pepper
- 4 tbsp avocado oil

### For the Zucchini and Squash

- 2 tbsp olive oil
- 2 medium zucchinis, cut in half lengthwise and sliced thin
- 2 medium squash, cut in half lengthwise and sliced thin
- kosher salt, to taste
- black pepper, to taste
- 2 limes, cut into wedges for serving

## Instructions

### For the Sauce

1. Heat a skillet with olive oil over medium heat. Add the garlic and onion. Cook, stirring, until the onions are tender, about 3 minutes. Add the diced roma tomatoes, jalapeños, salt and pepper and cook, stirring, for 3 more minutes.
2. Add the canned tomatoes and reduce heat to a low simmer. Stir in the olives, capers, dried oregano, lime juice and parsley.
3. Cover and let cook, simmering, while you prepare the fish.

### For the Red Snapper

1. Season fish with salt and pepper.
2. Heat a non-stick skillet with oil over medium-high heat. When very hot, place fish filets skin side down and press down with the back of a spatula to flatten the filet so the skin is flush with the skillet (it tries to curl).
3. Cook fish, pressing occasionally with the spatula, until the fish is nearly opaque and cooked through, with just a small raw area on the very top, about 6 minutes. Using a sturdy spatula, carefully flip the snapper and continue cooking until the top is cooked through and golden brown, about 3 more minutes.
4. Remove fish from pan and let rest on a wire rack for 2-3 minutes, while you prepare the zucchini and squash.

### For the Zucchini and Squash

1. Using the same skillet with the heat over medium-high, add one additional tbsp of olive oil. Add the zucchini, squash, salt and pepper and cook, stirring, until just tender and golden on the edges, 5 to 6 minutes.
2. To serve, scatter the sauteed squash and zucchini across a platter. Top with the fish and ladle desired amount of the sauce over the fish.
3. Serve with lime wedges. Enjoy!



THE *Defined* DISH





# Tuesday

MEXICAN PIZZA



THE *Defined* DISH

# T U E S D A Y

## Mexican Pizza

*Serves 4*

### Ingredients

#### For the Tortillas

- 8 tortillas (I use Siete Foods Grain-Free Cassava or Almond Flour)
- cooking spray

#### For the Ground Beef

- 2 tbsp olive oil
- 1 lb ground beef
- 1 tsp kosher salt
- 1/2 tsp black pepper

#### For the Quick Enchilada Sauce

- 2 tbsp ghee
- 2 tsp arrowroot powder
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp chili powder
- 1/2 tsp cayenne (optional)
- 1 tsp garlic powder
- 4 tbsp tomato paste
- 1.5 cup low-sodium beef broth
- 1 tsp kosher salt

#### For the Pizzas

- 1/2 cup refried black beans (I use Amy's brand organic refried black beans; omit for Paleo)
- 1/2 cup Mexican blend shredded cheese
- 2 roma tomatoes, cored, seeds removed and diced small for serving
- 2 tbsp finely chopped cilantro optional, for serving
- 2 green onions (green part only), thinly sliced, optional for serving

### Instructions

*Preheat oven to 400F and line a large baking sheet with parchment paper.*

#### Crisp the Tortillas

1. Place the tortillas on the parchment-lined baking sheet and lightly spray with cooking spray. Bake for 6-8 minutes, until a golden brown edge has started to form and they are just crisp. When cooking time is complete remove from oven and set aside but do not turn off the oven yet.

#### Make the Ground Beef

1. Meanwhile, heat a large skillet with olive oil over medium-high heat. Add the ground beef. Brown the beef, using the back of a wooden spoon to break up the meat, until no longer pink, about 5-7 minutes. Season with salt and pepper.
2. When the beef is cooked through, transfer to a plate and set aside.

#### Make the Enchilada Sauce

1. Heat the same skillet over low heat.
2. Add the ghee. When the ghee is melted, add the arrowroot and whisk until the clumps are gone.
3. Add the paprika, cumin, chili powder, garlic powder and cayenne (if using) to the skillet. Cook, stirring, until the spices are toasted and fragrant and there are no clumps, about 2 minutes.
4. Add the tomato paste and stir until incorporated into the spice mixture.
5. Slowly, while whisking, add the beef broth and stir until well combined with the spice mixture. Season with salt. Bring to a simmer and gently cook until the sauce has thickened, about 2 minutes. Remove sauce from heat.
6. Add 4 tablespoons of the enchilada sauce to the cooked ground beef and toss to coat evenly.

#### For the Pizzas

1. Carefully spread two tablespoons of refried black beans on just 4 of the crisp tortillas. Divide the meat mixture on top of the refried beans.
2. Place the other crisp tortilla on top to create a sort of 'pizza sandwich'. Then, evenly distribute the remaining enchilada sauce on top of each of the "pizzas" and gently spread to evenly coat the top. Sprinkle with cheese.
3. Transfer back into the oven and bake for 2-3 minutes, or until the cheese has melted and the sauce is hot and bubbly.
4. Top with tomatoes, cilantro, and green onions. Serve and enjoy!



THE *Defined* DISH





# Wednesday

SKILLET LEMON AND DILL CHICKEN WITH  
SUMMER KALE AND WATERMELON SALAD



THE *Defined* DISH

W E D N E S D A Y

# Skillet Lemon and Dill Chicken with Summer Kale and Watermelon Salad

*Serves 4*

## Ingredients

### For the Skillet Lemon and Dill Chicken

- 1.5 lbs chicken cutlets\*
- 1 tsp kosher salt
- 1/2 tsp freshly cracked black pepper
- 1/3 cup arrowroot starch
- 3 tbsp almond flour
- 3 tbsp + 1 tsp extra virgin olive oil
- 2 cloves garlic, minced
- 1/2 cup chicken broth
- 1/4 cup freshly squeezed lemon juice (or 1 large lemon)
- 2 tbsp finely chopped fresh dill

## Instructions

1. Season the chicken cutlets generously on both sides with kosher salt and pepper.
2. In a wide bowl or plate, combine the arrowroot and almond flour. Individually dredge each of the chicken cutlets by rolling it into the arrowroot flour mixture until well coated. Shake off excess and set aside on a clean plate and continue until all the chicken is coated.
3. Heat 3 tbsp of the oil in a large non-stick skillet over medium-high heat. When hot, but not smoking, sear the chicken until golden brown on both sides and cooked through, about 4 minutes per side. Transfer cooked chicken to a clean plate and set aside. You will likely need to do this in two batches. Continue until all chicken is cooked through.
4. Reduce heat to medium-low and add the remaining teaspoon of olive oil to the same skillet. Add the garlic and gently cook, stirring, and being careful not to burn, for 30 seconds.
5. Pour in the broth, lemon, and dill and stir to combine. Nestle the browned chicken back into the sauce and let simmer until the sauce has thickened and coated the chicken, 3 to 5 more minutes.
6. Serve with my Summer Kale and Watermelon Salad and enjoy!

## Notes:

\*How to Make a Chicken Cutlet: Using one boneless, skinless chicken breast, place one hand on top the chicken. Slice meat horizontally, cutting almost to the other side. Open it like a book. Place meat inside a plastic bag or between two sheets of plastic wrap. Working from the center out, pound with the smooth side of a mallet until meat is 1/4 inch thick.



THE *Defined* DISH



W E D N E S D A Y

# Skillet Lemon and Dill Chicken with Summer Kale and Watermelon Salad

*Serves 4*

## Ingredients

### Summer Kale and Watermelon Salad

- 1 bunch of red or green kale
- 3 tbsp extra virgin olive oil
- 3 tbsp fresh lemon juice
- 3 tbsp balsamic vinegar
- 2 cups diced seedless watermelon
- 1.5 cups diced cucumber, peeled
- 1/4 red onion, diced small
- 1/2 cup goat cheese crumbles (omit for Whole30)
- 2 tbsp freshly chopped basil
- kosher salt, to taste
- black pepper, to taste

## Instructions

1. Remove kale from stem (discard the stem) and chop into small, bite sized pieces.
2. In a bowl, combine the chopped kale with the olive oil, lemon juice and the balsamic vinegar. Toss to coat evenly.
3. Season with salt and pepper, to taste, and toss to coat once more.
4. Add the remaining ingredients on top of the kale salad.
5. Serve as is or toss once more so that all ingredients are evenly distributed in the salad.
6. Enjoy with my Skillet Lemon and Dill Chicken!



THE *Defined* DISH



# Thursday

WHOLE30 SHRIMP ÉTOUFFÉE



THE *Defined* DISH

# THURSDAY

## Whole30 Shrimp Étouffée

*Serves 4*

### Ingredients

- 1.5 lbs peeled and deveined shrimp
  - 2 tbsp avocado oil
- 1 tsp kosher salt or more to taste
  - 1/2 tsp black pepper
  - 2 tbsp ghee
  - 2 tbsp arrowroot starch
- 1 cup yellow onion, finely diced (or 1/2 medium onion)
  - 3/4 cup chopped celery (or 1 large stalk)
  - 3 green onions, thinly sliced (reserve 1/4 for serving)
- 3/4 cup green bell pepper, finely diced (or 1/2 medium bell pepper)
  - 1/2 tsp cayenne pepper
  - 1 tsp dried oregano
  - 1 tsp dried thyme
  - 1 tsp dried rosemary
- 1/4 tsp crushed red pepper or more to taste
  - 1 bay leaf
  - 1 tsp paprika
- 1 14.5 oz can diced tomatoes, drained
  - 1 tsp fish sauce
- 2 cups low-sodium chicken broth
- 1/4 cup chopped parsley for serving
- Louisiana Style Hot Sauce for serving (I like Crystal's)

### Instructions

1. Heat oil in a large, non-stick skillet over medium-high heat.
2. When the oil is shimmering, swirl the pan so the oil evenly coats the skillet. Add shrimp in a single layer with salt and pepper. Cook shrimp until cooked through, about 2-3 minutes per side. Transfer cooked shrimp to a plate and set aside.
3. Reduce heat to medium and add ghee to skillet to melt. Add arrowroot and stir until combined with ghee, pressing all the clumps out with the edge of a spoon until smooth.
4. Add onions, celery, green onion, and bell pepper to the skillet. Season with cayenne, oregano, thyme, rosemary, crushed red pepper, bay leaf and paprika. Cook, stirring, until the vegetables are tender, about 4 minutes.
5. The roux, vegetables, and spices will become sticky and adhere to the bottom of the pan. Continue to cook for 4 minutes, or until the veggies have softened, stirring frequently. Brown bits will develop on the bottom of the pan but they will help increase the flavor.
6. Add the \*drained\* diced tomatoes and fish sauce. While stirring, slowly pour in the chicken stock, until incorporated. Bring to a rapid simmer. Stirring often and scraping up and browned bits, allow sauce to reduce, about 5-7 minutes.
7. Once the sauce has thickened, reduce heat to low and return shrimp to the skillet. Stir to combine.
8. Taste shrimp and adjust seasonings, if desired.
9. Serve over prepared cauliflower rice and garnish with parsley and hot sauce.







# Friday

WHOLE30 BEEF BULGOGI



THE *Defined* DISH

# FRIDAY

## Whole30 Beef Bulgogi

Serves 4

### Ingredients

#### For the Bulgogi + Marinade

- 2.5 lbs boneless beef chuck short ribs, korean style short ribs, trimmed hangar steak, or ribeye
  - 2 tbsp olive or avocado oil
  - 1/4 cup coconut aminos
  - 2 tbsp toasted sesame oil
  - 1/2 pear, grated (I use a microplane)
  - 1 tsp red boat fish sauce
  - 1.5 tbsp rice wine vinegar
  - 1 tsp minced garlic (about 4 cloves)
  - 1 tsp freshly peeled and grated ginger
- 1 tsp crushed red pepper flakes (or less, to taste)
  - kosher salt, to taste

#### For Serving

- 1 head of bibb lettuce
- kimchi (I use Wild Brine)
- green onions, sliced (green parts only)
- 1/4 red onion, sliced very thinly

### Instructions

1. Using a sharp knife, trim off excess fat from the beef. Slice the short ribs into long, thin strips. Place sliced beef in a bowl.
2. Add the remaining marinade ingredients to the beef and toss until coated evenly in the marinade.
3. Cover and let marinade for at least 4 hours, but preferably all day.
4. You can either grill the meat on an outdoor grill, or in a cast iron skillet indoors. Heat the grill or skillet over high heat and get it nice and hot. Cook beef for 2-3 minutes per side. Try to get the meat off when it is brown on the exterior and there is still a little pink color to the interior.
5. Continue until all of the meat is cooked through.
6. Serve meat in lettuce cups with kimchi and onions. Enjoy!

