

Menu

Monday

Seared Tuna Lettuce Cups with Wasabi Aioli

Tuesday

Whole30 Chang's Spicy Chicken

Wednesday

Bunless Lamb Burgers with Mint Sauce

Thursday

Paleo Enchiladas Suizas

Friday

Easy Grilled BBQ Chicken Pizza Flatbread



Grocery List

PRODUCE

- | | | |
|--|---|---|
| <input type="checkbox"/> 7 Garlic Cloves | <input type="checkbox"/> 1 Lemon | <input type="checkbox"/> 1 Head of Butter Lettuce |
| <input type="checkbox"/> 1 Green Onion Bunch | <input type="checkbox"/> 1 Avocado | <input type="checkbox"/> Baby Arugula |
| <input type="checkbox"/> 2 Red Onions | <input type="checkbox"/> 2 Cucumbers | <input type="checkbox"/> Fresh Cilantro |
| <input type="checkbox"/> 1 Jalapeno (Optional) | <input type="checkbox"/> 2 Tomatoes | <input type="checkbox"/> Mint Leaves |
| <input type="checkbox"/> 3 Limes | <input type="checkbox"/> Shredded Carrots (Or 1 Carrot Julienned) | |

PANTRY ITEMS

- | | | |
|---|---|--|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> White Pepper (Sub Black Pepper) | <input type="checkbox"/> 1 Can of Pineapple Chunks |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Wasabi Powder (I Use Eden Brand) | <input type="checkbox"/> Ketchup
(I Use Primal Kitchen Brand) |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> White Sesame Seeds | <input type="checkbox"/> Mayonnaise (<u>Homemade</u> or Store-Bought, I Use Primal Kitchen Brand) |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Black Sesame Seeds | <input type="checkbox"/> BBQ Sauce of Your Choice |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Arrowroot Flour | <input type="checkbox"/> 1 Jar of Salsa Verde |
| <input type="checkbox"/> Ground Cumin | <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> 1 Jar [10.8 oz] Siete "Spicy Blanco"
Cashew Queso |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Sliced Smoked Gouda Cheese |
| <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Rice Vinegar | <input type="checkbox"/> Shredded Mozzarella |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> 2 Naan Flatbreads |
| <input type="checkbox"/> Crushed Red Pepper Flakes | <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> 12 Grain-Free Tortillas (I prefer
Siete Cassava Flour Tortillas) |

PROTEINS

- | | |
|---|--|
| <input type="checkbox"/> 2 [6-oz] Tuna Steak Filets | <input type="checkbox"/> 2.5 lb Boneless, Skinless Chicken Breasts |
| <input type="checkbox"/> 1 lb Ground Lamb | <input type="checkbox"/> 1 Rotisserie Chicken |





Monday

SEARED TUNA LETTUCE CUPS
WITH WASABI AIOLI



MONDAY

Seared Tuna Lettuce Cups with Wasabi Aioli

Serves 4

Ingredients

For the Wasabi Aioli

- 1/4 cup homemade mayo
- 1 tsp wasabi powder (I use Eden brand)
 - 1 tsp hot water
- 2 cloves garlic, minced
 - 1 tbsp lime juice
- 1/4 tsp kosher salt

For the Tuna

- 2 [6-oz] tuna steak filets
 - 1 tsp kosher salt
- 1/2 tsp white sesame seeds
- 1/2 tsp black sesame seeds
 - 2 tbsp avocado oil

For the Lettuce Cups

- 8 butter lettuce leaves
- 1/2 avocado, sliced thin
- 1/2 cup shredded carrot (or 1 carrot julienned)
- 1/2 cup cucumber, julienned
 - cilantro, for garnish

Instructions

For the Wasabi Aioli

1. In a small bowl, mix the wasabi powder and hot water. Let sit for 5 minutes.
2. In a bowl, combine the mayo, wasabi, garlic, lime juice and salt. Stir to combine.
3. Set aside until you're ready to assemble your tacos.

For the Tuna

1. Season the tuna steaks on all sides with kosher salt, white sesame seeds, and black sesame seeds.
2. Heat a non-stick skillet over high heat with avocado oil.
3. When the oil is hot but not yet smoking, place the tuna steaks into the pan. Cook the tuna steaks for about 1 minute per side, depending on the doneness you prefer. I cooked mine for 30 seconds per side and I like mine pretty rare.

Assemble the Lettuce Cups

1. Assemble your lettuce cups, top with a drizzle of wasabi aioli and garnish with cilantro. Serve and enjoy!





Tuesday

WHOLE30 CHANG'S SPICY CHICKEN



THE *Defined* DISH

T U E S D A Y

Whole30 Chang's Spicy Chicken

Serves 4

Ingredients

For the Chicken Stir Fry

- 2 lb boneless, skinless chicken breasts
 - 4 tbsp avocado oil
 - 1/2 tsp salt
- 1/4 tsp white pepper (black pepper is fine too)
 - 1 tbsp arrowroot flour
- 4 green onions, thinly sliced (save about 2 tbsp for garnish)

For the Sauce

- 1/4 cup coconut aminos
 - 1 tsp fish sauce
 - 3 cloves minced garlic
 - 2 tbsp rice vinegar
- 1 tbsp ketchup (I use Primal Kitchen Brand)
- 1/4 tsp cayenne pepper (add more, to taste, depending on your heat preference)
- 1/2 tsp crushed red pepper flakes (add more, to taste, depending on your heat preference)
 - 2 tbsp pineapple juice (from a can of pineapple chunks)
 - 1/2 tsp toasted sesame oil
 - 1 tsp arrowroot

Instructions

1. Place chicken on a cutting board and cover with saran wrap. Using a meat mallet or the bottom of a skillet, pound until chicken is an even 1/4-in thick. Discard the plastic wrap, then cut chicken into 1-inch cubes.
2. Place the cubed chicken in a large bowl and add 2 tbsp of the avocado oil, the salt, pepper and arrowroot. Toss until well combined. Set aside.
3. In a separate small bowl, combine the coconut aminos, fish sauce, garlic, rice vinegar, ketchup, cayenne, chili flakes, toasted sesame oil, pineapple juice and arrowroot. Whisk until well combined and the arrowroot has dissolved in the mixture. Set aside.
4. In a large skillet over medium-high heat, add your remaining 2 tbsp of avocado oil. Once heated, add your chicken in a single layer (you'll likely need to do this in 2 batches) and cook until a brown crust forms on both sides and the chicken is cooked through; about 3 minutes on each side. Transfer the cooked chicken to a clean plate and set aside until all of your chicken is cooked through.
5. Once all chicken is browned, add it back into the hot skillet. Whisk the sauce once more to ensure it's well combined, and pour into the skillet with the chicken. Add about 3/4 of the green onions (reserve the rest for garnish) and cook, stirring, until sauce thickens and chicken is well-coated in the sauce, 3 to 4 minutes.
6. Serve as desired and top with remaining green onions. enjoy!





Wednesday

SKILLET LEMON AND DILL CHICKEN WITH
SUMMER KALE AND WATERMELON SALAD



THE *Defined* DISH

W E D N E S D A Y

Bunless Lamb Burgers with Mint Sauce

Serves 4

Ingredients

For the Mint Sauce

- 1 cup mayo (homemade or Primal Kitchen Brand)
- 2 cloves garlic, minced
- 1 tbsp red wine vinegar
- 1/3 cup packed mint leaves
- juice of 1 lemon
- 1/4 tsp crushed red pepper flakes
- salt and pepper, to taste

For the Burgers

- 1 lb ground lamb
- 1/4 tsp dried oregano
- 1/4 tsp ground cumin
- salt and pepper, to taste

For the Burgers

- baby arugula
- sliced tomatoes
- sliced red onion
- sliced cucumbers

Instructions

1. Combine all of the mint sauce ingredients in a food processor or blender and blend until combined. Refrigerate until ready to use.
2. In a bowl, combine the lamb, dried oregano, and cumin with salt and pepper to taste. Using your hands, knead the meat until the spices are just combined (don't overwork the meat).
3. Heat a cast-iron skillet or grill over medium-high heat. If I am using a cast iron, I like to spray avocado oil or olive oil on the bottom of the skillet. Grill the burgers on both sides until it is cooked to your liking. I did mine for about 4 minutes per side in a cast-iron skillet.
4. Serve burgers over baby arugula, sliced tomatoes, cucumbers, red onion and the mint sauce.





Thursday

PALEO ENCHILADAS SUIZAS



THURSDAY

Paleo Enchiladas Suizas

Serves 4

Ingredients

For the Chicken

- 3 cups shredded chicken (I use rotisserie)
 - 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 ounces] 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.





Friday

EASY GRILLED BBQ CHICKEN
PIZZA FLATBREAD



THE *Defined* DISH

FRIDAY

Easy Grilled BBQ Chicken Pizza Flatbread

Serves 4

Ingredients

For the Chicken Marinade

- 1/2 lb boneless, skinless chicken breasts
- 1 tbsp extra virgin olive oil
- 2 tbsp fresh lime juice
- 1/2 tsp garlic powder
- 1/2 tsp kosher salt
- 1/4 tsp black pepper

For the Pizza Flatbread

- 2 naan flatbreads
- 1/2 cup your preferred bbq sauce
- 2 slices smoked gouda cheese
- 3/4 cup shredded mozzarella cheese
- 1/4 cup red onion, very thinly sliced
- 1/2 jalapeno, very thinly sliced (optional)
- 2 tbsp freshly chopped cilantro leaves

Instructions

For the Chicken

1. Place chicken breasts on a cutting board and cover with parchment paper or plastic wrap. Using a meat mallet or the bottom of a skillet, pound/tenderize the meat until it is an even 1/2 inch thickness.
2. Place the tenderized chicken breasts in a plastic bag with the olive oil, lime juice, garlic powder, salt and pepper. Seal and toss so that it is combined. Refrigerate and let marinade for at least 1 hour.

For the Pizza

1. Preheat a grill over medium-high heat. When hot, place the chicken breasts on the grill and cook until the chicken is cooked through with nice grill marks (grill will be closed) about 4 minutes a side. Transfer the cooked chicken to a cutting board and let rest while you prepare the pizzas. Reduce the heat on the grill to medium.
2. Spread 1/4 cup of the bbq sauce on top of each of the naan flatbreads. Next, tear up 1 slice of the smoked gouda cheese and spread evenly on top of each. Evenly distribute the shredded mozzarella on top. Slice the chicken thinly and evenly distribute on top of the naan. Lastly, add the sliced onion and sliced jalapeno, if using.
3. Carefully transfer the loaded naan pizzas to the grill. Cover and grill until the cheese is melted, hot and bubbly, and the naan is crisp on the bottom, about 5 minutes.
4. Using a sturdy spatula, transfer the flatbreads to a large serving board and slice. Garnish with the chopped cilantro. Serve and enjoy!

