

Menu

Monday

Dairy-Free Fish Florentine

Tuesday

Crunchy Baked Turkey Tacos

Wednesday

Greek Style Marinated Chicken with Horiatiki Salad

Thursday

Dairy-Free Zucchini Roll-Ups in Easy Bolognese Sauce

Friday

French Chicken with Creamy Mustard-White Wine Sauce



Grocery List

PRODUCE

- | | | |
|--|--|--|
| <input type="checkbox"/> 2 Large Shallots | <input type="checkbox"/> 2 Yellow and/or Green Zucchini Squash | <input type="checkbox"/> 16 oz Baby Spinach Leaves |
| <input type="checkbox"/> 1 White Onion | <input type="checkbox"/> 2 Large Heads of Cauliflower (About 8 Cups Florets) | <input type="checkbox"/> Iceberg Lettuce |
| <input type="checkbox"/> 1 Small Red Onion | <input type="checkbox"/> 14 Garlic Cloves | <input type="checkbox"/> Fresh Cilantro |
| <input type="checkbox"/> 1 Yellow Onion | <input type="checkbox"/> 3 Lemons | <input type="checkbox"/> Fresh Parsley |
| <input type="checkbox"/> 1 Medium Cucumber | <input type="checkbox"/> 1 Lime | <input type="checkbox"/> Fresh Basil |
| <input type="checkbox"/> 1 Small Green Bell Pepper | <input type="checkbox"/> 3 Roma Tomatoes | <input type="checkbox"/> Fresh Thyme |
| <input type="checkbox"/> 1 Small Carrot | <input type="checkbox"/> 3 Medium-Sized, Vine Ripe Tomatoes | |

PANTRY ITEMS

- | | | |
|---|--|---|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> 1 Jar Kalamata Olives |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Unsweetened, Full Fat Coconut Milk |
| <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Dried Thyme | <input type="checkbox"/> 1 [32-oz] Low-Sodium Chicken Broth |
| <input type="checkbox"/> Ghee | <input type="checkbox"/> Arrowroot Flour | <input type="checkbox"/> Cashew Queso (I use Siete Foods Nacho Flavor; Sub Shredded Cheese) |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Nutritional Yeast | <input type="checkbox"/> Feta Cheese (Omit for Whole30) |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> 1 [4-oz] Can Diced Green Chiles (Hot or Mild) | <input type="checkbox"/> 1 [8-oz] Carton Almond Milk Ricotta (I like Kite Hill) |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> 2 Pints Dairy-Free Creamer (I like NutPods Original; Sub Milk) |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Grainy Mustard | <input type="checkbox"/> Your Favorite Hot Sauce |
| <input type="checkbox"/> Crushed Red Pepper Flakes | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Dry Wine (I used Sauvignon Blanc) |
| <input type="checkbox"/> Ground Cumin | <input type="checkbox"/> 1 [15-oz] Jar of Marinara (I like Rao's) | <input type="checkbox"/> 8 Grain-Free Tortillas (I prefer Siete Cassava Flour Tortillas) |
| <input type="checkbox"/> Garlic Powder | | |

PROTEINS

- | | |
|--|---|
| <input type="checkbox"/> 4 [6-8 oz] Halibut Filets | <input type="checkbox"/> 1.5 lbs Boneless Skinless Chicken Breasts |
| <input type="checkbox"/> 1 lb Ground Turkey (Preferably Dark Meat) | <input type="checkbox"/> 4 lbs. Bone-In, Skin-On Chicken Pieces (You can use a Combo of Thighs, Breasts, or Legs) |
| <input type="checkbox"/> 1 lb Ground Beef | <input type="checkbox"/> 1 Egg |





Monday

DAIRY-FREE FISH FLORENTINE



THE *Defined* DISH

MONDAY

Dairy-Free Fish Florentine

Serves 4

Ingredients

For the Creamed Spinach

- 2 tbsp extra virgin olive oil
- 1/2 cup finely diced shallot or 1 large shallot
 - 2 cloves garlic, minced
 - 1/4 tsp crushed red pepper flakes
- 2 roma tomatoes, seeds scooped out and diced
 - 1 tsp kosher salt
 - 1/2 tsp freshly cracked black pepper
 - 2 tsp arrowroot flour
 - 16 oz baby spinach leaves
 - 2 tsp nutritional yeast
- 1/4 cup unsweetened, full fat coconut milk
- 1/4 cup low-sodium chicken broth
- 2 tbsp fresh lemon juice

For the Pan-Seared Halibut

- 1 tbsp ghee
- 4 [6-8 oz] halibut filets
- kosher salt
- freshly cracked black pepper

Instructions

For the Creamed Spinach

1. Heat a large skillet with sides over medium heat. Add olive oil and when the oil is hot, add shallot, garlic, crushed red pepper and cook, stirring, until tender, about 4 minutes.
2. Add the diced tomatoes, kosher salt, and pepper and cook, stirring, until the tomatoes soften, about 2 more minutes.
3. Add the arrowroot and whisk into the sauteed veggies until well combined.
4. Add 1/2 of the baby spinach (or as much as you can fit into your skillet) and cook, tossing occasionally, until wilted down. Continue adding the spinach into the skillet, tossing gently, until just wilted. You will likely have to do this in a few batches.
5. Add the nutritional yeast, coconut milk, chicken broth, lemon juice and stir to combine. Bring to a simmer and cook, stirring often, until the sauce thickens a bit, 4 to 5 minutes. Reduce heat and keep warm, tossing occasionally, while you cook the fish.

Cook the Fish

1. Heat a large non-stick skillet over medium-high heat. Generously season the fish fillets with kosher salt and freshly cracked black pepper.
2. Melt ghee in the skillet and swirl the pan so that it evenly coats the bottom of the skillet. Place the fish fillets, flesh side down, into the skillet and cook until golden brown and crisp, 3 to 4 minutes. Flip the fish and continue cooking until the fish is cooked through and flakes easily with a fork, 3 to 4 more minutes.

To Serve

1. Divide the spinach mixture amongst 4 plates (or pasta bowls) and top with the pan seared fish. Serve with a wedge of lemon and enjoy!





Tuesday

CRUNCHY BAKED TURKEY TACOS



THE *Defined* DISH

T U E S D A Y

Crunchy Baked Turkey Tacos

Serves 4

Ingredients

- avocado oil (you'll use about 3-4 tablespoons total)
 - 1/4 cup very finely diced white onion
- 1 lb ground turkey (preferably dark meat)
 - 1 tsp kosher salt
 - 1/2 tsp black pepper
 - 1/2 tsp chili powder
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/2 tsp ground cumin
 - 1/2 tsp dried oregano
- 1 [4-oz] can diced green chiles (mild or hot, your preference)
 - 1 tbsp tomato paste
- 1/4 cup chicken broth (sub beef broth, veggie broth, or even water here)
 - 8 tortillas (I use Siete Foods Grain-Free Cassava Tortillas)
- 1/4 cup cashew queso (I use Siete Foods Nacho Flavor; sub shredded cheese)

For Serving

- 1/2 cup finely shredded iceberg lettuce (about 1/4 head of lettuce)
 - 1 roma tomato, seeded and diced small
 - 2 tbsp finely chopped cilantro
 - your favorite hot sauce
 - 1 lime, cut into wedges

Instructions

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper.
2. Heat a large skillet over medium high heat with 1 tbsp of avocado oil. Add the onions, ground turkey, salt and pepper and cook, breaking up the meat with the edge of a spoon, until it is cooked through and no longer pink, about 7 minutes. You want to really break up the meat so it's super small and there are no large chunks.
3. Add the chili powder, garlic powder, onion powder, cumin, and oregano and cook, stirring, until spices are fragrant and incorporated into the meat, 1 to 2 minutes.
4. Pour in the diced green chiles (undrained) and the tomato paste into the meat and toss until well combined with the meat.
5. Pour in the broth and cook, stirring, until well combined and there are no longer clumps of the tomato paste in the meat. Remove from heat, cover, and keep the meat mixture warm while you prepare the tortillas.
6. In a small, separate non-stick skillet, heat 1/2 tsp of avocado oil over medium-high heat and quickly fry 1 tortilla (about 30 seconds on each side) until flexible and easy to fold. Set the tortilla on the prepared baking sheet and scoop about 2 tablespoons onto one side of the tortilla. Spread 1 tbsp of the cashew queso across the other side of the tortilla and gently fold the tortilla in half, forming a taco. Continue frying, filling, and folding the tacos (adding more oil to the skillet as needed) until you've used all the filling.
7. Transfer the baking sheet to the preheated oven and cook until the tacos are crispy and golden brown on the edges, about 10 minutes. If for some reason the tops of your tortillas look dry, either brush or spray with avocado oil to ensure they will crisp up in the oven.
8. Remove from oven and let cool just until you can handle the tacos. Using your hands, gently open the tacos to fill with the sliced lettuce, diced tomatoes, and chopped cilantro.
9. Serve with lime wedges and your favorite hot sauce. Enjoy!





Wednesday

GREEK STYLE MARINATED CHICKEN
WITH HORIATIKI SALAD



THE *Defined* DISH

W E D N E S D A Y

Greek Style Marinated Chicken with Horiatiki Salad

Serves 4

Ingredients

For the Greek Style Marinated Chicken

- 1.5 lbs boneless skinless chicken breasts
- 3 tbsp extra virgin olive oil
 - 1 tsp dijon mustard
- 2 tbsp red wine vinegar
- 2 cloves garlic, minced
 - 2 tbsp lemon juice
- 1 tsp dried oregano
- 1/4 tsp ground cumin
 - 1 tsp kosher salt
- 1/2 tsp black pepper

For the Horiatiki Salad

- 3 medium sized, vine ripe tomatoes, sliced into 8 wedges
 - 1/2 small red onion, very thinly sliced
- 1/2 medium cucumber, halved lengthwise and sliced very thin
- 1 small green bell pepper, core removed and thinly sliced into rounds
 - 1/4 cup pitted and drained kalamata olives
 - 3 oz feta cheese (Omit for Whole30)

For the Greek Dressing

- 2 tbsp extra virgin olive oil
 - 1 tsp dried oregano
- 2 cloves garlic, minced
 - 1/2 tsp dijon mustard
- 2 tbsp lemon juice
- 2 tbsp red wine vinegar
 - 1/2 tsp kosher salt
- 1/4 tsp black pepper

Instructions

For the Greek Style Chicken

1. Place the chicken breast on a cutting board and cover with saran wrap. Using a meat mallet or the bottom of skillet, pound until 1/2 inch thick.
2. In the bottom of a large bowl or casserole dish, add the olive oil, dijon, red wine vinegar, garlic, lemon juice, dried oregano, cumin, kosher salt, and black pepper. Whisk to combine. Place the chicken into the marinade and let marinade for at least 30 minutes, but preferably for 4-24 hours.
3. To grill the chicken, heat grill to medium-high heat, about 400 degrees F. Once hot, grill chicken until cooked through, about 4 minutes per side. Serve alongside the Horiatiki Salad.

For the Salad

1. In a large bowl, combine the tomatoes, red onion, cucumber, green bell pepper, kalamata olives. Top with feta.

For the Dressing

1. Combine all the ingredients in a bowl. Whisk to combine and drizzle over the salad immediately before serving.





Thursday

**DAIRY-FREE ZUCCHINI ROLL-UPS
IN EASY BOLOGNESE SAUCE**



THE *Defined* DISH

THURSDAY

Dairy-Free Zucchini Roll-Ups in Easy Bolognese Sauce

Serves 4

Ingredients

For the Quick Bolognese

- 2 tbsp extra virgin olive oil
- 3/4 cup finely diced carrot (or 1 small carrot)
- 3/4 cup finely diced yellow onion (about 1/2 of a medium onion)
 - 4 cloves garlic, minced
 - 1 lb ground beef
 - 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1/4 tsp crushed red pepper flakes
 - 1/2 tsp dried thyme
 - 1/2 tsp dried oregano
- 1 [15-oz] jar of marinara (I like Rao's brand)
 - 1/4 cup water
 - 1 bay leaf
- 1/2 cup dairy-free creamer (I like NutPods Original DF Creamer; sub milk here if you are okay with dairy)

For the Zucchini Roll-Ups

- 1 [8-oz] carton almond milk ricotta (I like Kite Hill brand)
 - 1 egg
 - 1/4 tsp kosher salt
 - sprinkle of black pepper
 - 1/4 cup finely diced parsley
- 2 yellow and/or green zucchini squash
- fresh basil for serving

Instructions

Preheat oven to 375F.

For the Quick Bolognese

1. Heat a cast-iron skillet (or another oven-safe skillet) with oil over medium heat. Add the carrot, onion and garlic. Cook, stirring, until onions are slightly tender; about 4 minutes.
2. Once onions are softened, add the ground beef, kosher salt, freshly ground black pepper, crushed red pepper flakes, dried thyme and dried oregano. Cook, breaking up meat with back of a spoon, until meat is browned, 5 to 7 minutes. Drain off excess fat and return to the skillet over medium heat.
3. Add the marinara, water, bay leaf and dairy-free creamer to the skillet and stir to combine. Reduce heat and let the sauce simmer over medium-low heat, uncovered, while you prepare the zucchini roll ups.

For the Zucchini Roll-Ups

1. In a medium bowl, combine the ricotta, egg, salt, pepper and parsley. Stir until well combined, set aside.
2. Trim the ends of the squash. Using a mandolin (or with a sharp knife), slice lengthwise into thin strips (I used a mandolin on the 1/16 of an inch setting). Lay slices a single layer on a kitchen hand towel and continue until all are sliced thin.
3. To assemble, slightly overlap two slices of the zucchini. Add one tablespoon of the ricotta mixture at one end then gently roll. Once rolled, nestle each zucchini roll-up seam side down into the simmering sauce. Continue until all are rolled and nestled. (You should end up with 12-14 roll-ups).
4. If you have any remaining ricotta mixture, scatter some dollops on top of the roll-ups in the skillet.
5. Transfer skillet to the preheated oven and cook, uncovered, until the zucchini is just tender, about 10 minutes. You want your zucchini to still have a slight bite to it and not be soggy.
6. Remove from oven and allow to cool for 5 minutes. Garnish with fresh basil, serve and enjoy!





Friday

FRENCH CHICKEN WITH CREAMY
MUSTARD-WHITE WINE SAUCE



THE *Defined* DISH

FRIDAY

French Chicken with Creamy Mustard-White Wine Sauce

Serves 4

Ingredients

For the Chicken

- 4 lbs bone-in, skin-on chicken pieces (you can use a combo of thighs, breasts, or legs here)
 - 3 tsp kosher salt
 - 1 tsp fresh cracked black pepper
 - 4 tbsp extra virgin olive oil
 - 2 tbsp ghee (you can sub butter)
 - 1/2 cup diced shallot
 - 4 garlic cloves, thinly sliced
 - 2 tbsp grainy mustard
 - 4 tbsp dijon mustard
 - 1 cup dry white wine (I used a sauvignon blanc)
 - 1 cup low-sodium chicken broth
 - 4 tsp fresh thyme leaves
- 1 cup Nutpods Original Dairy-Free Creamer (sub heavy creamer if not Whole30)

For the Cauliflower Puree

- 2 large heads of cauliflower cut into florets (about 8 cups florets)
 - 2 cups low-sodium chicken broth
- 1 cup Nutpods Original Dairy-Free Creamer (or more if needed)
 - 2 tsp kosher salt
 - 1 tsp black pepper
 - 2 tsp fresh thyme leaves

Instructions

For the Chicken

1. Preheat oven to 375 degrees.
2. Pat dry chicken pieces and season all over with kosher salt and pepper.
3. Heat olive oil in a cast iron (or oven-safe) skillet over medium-high heat. When hot, add the chicken skin-side down and cook until golden brown, 3 to 4 minutes per side. Set browned chicken aside on a plate (it doesn't need to be cooked through, as it will finish cooking later).
4. Discard excess fat from the skillet and reduce the heat to medium. Add the ghee and let melt. Add the shallots and garlic and cook, stirring, until fragrant, about 1 minute, being careful not to burn.
5. Add grainy mustard and dijon mustard. Stir to combine with shallots and garlic. While whisking, slowly stir in the white wine and bring to a simmer. Let cook, simmering, until the white wine has reduced just a bit, about 2 to 3 minutes.
6. Stir in the chicken broth and whisk until well combined. Nestle the browned chicken pieces into the sauce and sprinkle with the thyme.
7. Place into oven and bake until chicken is just cooked through, about 10 minutes.
8. Remove from the oven and stir in the creamer. Place back into the oven and let cook for 5 more minutes, or until the sauce has combined and flavors have melded.

For the Cauliflower Puree

1. Meanwhile, while the chicken is cooking, add cauliflower florets into a saucepan with chicken broth, creamer, salt, pepper and thyme. Bring to a boil. Once boiling, reduce to a simmer, cover and cook until cauliflower is fork-tender, about 10-15 minutes.
2. Once tender, pour all contents in the saucepan into a food processor or blender and blend until smooth (if you need more liquid, add a few splashes more of the creamer to the blender). Blend until smooth.
3. Serve the chicken alongside the cauliflower puree and garnish with thyme leaves, if desired. Enjoy!

