

Menu

Monday

Chinese Chicken and Broccoli

Tuesday

Paleo Battered Fish Tacos

Wednesday

Whole Roasted Greek Chicken and Potatoes

Thursday

Sloppy Jane

Friday

EPIC Whole30 Baked Meatballs



Grocery List

PRODUCE

- | | | |
|---|---|--|
| <input type="checkbox"/> 13 Cloves Garlic | <input type="checkbox"/> 6 Cups Broccoli Florets | <input type="checkbox"/> Pico de Gallo |
| <input type="checkbox"/> 1 Knob Fresh Ginger (Sub Dried) | <input type="checkbox"/> 3 Cups Shredded Cabbage (Sub Slaw Mix) | <input type="checkbox"/> Fresh Cilantro |
| <input type="checkbox"/> 4 Medium-Sized Yellow Potatoes (1.5 lbs) | <input type="checkbox"/> 1 Green Bell Pepper | <input type="checkbox"/> Fresh Basil Leaves |
| <input type="checkbox"/> 4 Medium-Sized Sweet Potatoes | <input type="checkbox"/> 3 Lemons | <input type="checkbox"/> Fresh Flat-Leaf Parsley |
| <input type="checkbox"/> 2 Yellow Onions | <input type="checkbox"/> 2 Limes | |

PANTRY ITEMS

- | | | |
|--|---|---|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Tomato Paste |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> 1 [32-oz] Jar Marinara (I like Rao's) |
| <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> Coconut Aminos (I use Big Tree Farm) | <input type="checkbox"/> Yellow Mustard |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Fish Sauce (I use Red Boat) | <input type="checkbox"/> Your Favorite Hot Sauce (I use El Yucateco) |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Mayo | <input type="checkbox"/> 1 Topo Chico (Sub any Sparkling Water or Beer) |
| <input type="checkbox"/> White Pepper (Sub Black Pepper) | <input type="checkbox"/> Tapioca Flour | <input type="checkbox"/> Unroasted and Unsalted Cashews |
| <input type="checkbox"/> Smoked Paprika | <input type="checkbox"/> Cassava Flour | <input type="checkbox"/> 2 Pints Dairy-Free Creamer (I like NutPods Original; Sub Milk) |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Arrowroot Flour | <input type="checkbox"/> 12 Tortillas of Your Choice |
| <input type="checkbox"/> Crushed Red Pepper Flakes | <input type="checkbox"/> Low-Sodium Chicken Broth | |

PROTEINS

- | | |
|---|---|
| <input type="checkbox"/> 1 (3.5-4 lb.) Whole Chicken | <input type="checkbox"/> 1 lb Ground Pork |
| <input type="checkbox"/> 1.5 lbs Boneless, Skinless Chicken Breasts | <input type="checkbox"/> 1.5 lbs Skinned Halibut or Cod |
| <input type="checkbox"/> 2 Strips of No Sugar Added Bacon | <input type="checkbox"/> 2 Large Eggs |
| <input type="checkbox"/> 2 lb Ground Beef (85% Lean) | |





Monday

CHINESE CHICKEN AND BROCCOLI



THE *Defined* DISH

MONDAY

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 fresh ginger (sub dried)

For the Stir Fry

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

Instructions

For 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.
3. Toss until well combined. Set aside.

For 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.
2. Transfer cooked chicken to a plate and continue, adding oil if your skillet seems dry as needed, until all the chicken is browned and cooked through.
3. 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.
4. Add the sauce to the skillet with the broccoli and cook, stirring, until the sauce just begins to thicken, about 2 minutes.
5. 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.
6. Serve and 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 Batter

- 1 cup Topo Chico (or any bubbly sparkling water, you can use beer here, too!)
 - 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 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 Tacos

- 1.5 lbs skinned halibut or cod, cut into approximately 2-3 inch pieces
 - 4 tbsp avocado oil
- 12 tortillas (you can use corn or use Siete Foods Grain-Free tortillas to keep these Paleo)
 - pico de gallo, for serving
 - 1 lime, cut into wedges, for serving
 - cilantro, for serving

Instructions

For 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. Set aside to thicken up a bit while you prepare the rest!
2. Your batter should feel similar to a pancake batter, it should flow smoothly, a little heavier than chocolate milk, and thinner than cake batter. *please see notes regarding best batter tips below.

For 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.

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.
4. 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. 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 earlier until it is well coated. 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!

Notes: Okay, so cassava flour can be a little fickle so here are a few notes. The temperature of your Topo Chico makes a difference. If you use a cold Topo Chico right out of the fridge your recipe will likely turn out perfect. If you use room temperature, your batter might be thinner. The brand of cassava flour may change the recipe a tad, too. If your batter is too thin, add 2-4 more tablespoons of cassava. If it's too thick, add 1/4 cup more Topo Chico!





Wednesday

WHOLE ROASTED GREEK CHICKEN
AND POTATOES



W E D N E S D A Y

Whole Roasted Greek Chicken and Potatoes

Serves 4

Ingredients

- 1.5 lbs. yellow potatoes (or 4 medium sized yellow potatoes), cut into 2" chunks
 - 1/2 yellow onion, sliced thin
 - 2 tbsp + 1/4 cup extra virgin olive oil
 - kosher salt
 - cracked black pepper
 - 1.5 tablespoons dried oregano
- 1/4 cup lemon juice (about 2 lemons)
 - 1 [3.5-4 lb] whole chicken

Instructions

1. Preheat the oven to 450 degrees.
2. Lay the potatoes and yellow onion on a large cast iron skillet or sheet pan. Drizzle with olive oil and season with 1 teaspoon kosher salt, 1/2 teaspoon black pepper, 1/2 teaspoon dried oregano. Top mixture with 2 tablespoons of lemon juice and toss to coat evenly.
3. Next, spatchcock the chicken by using kitchen shears to remove the backbone. Rinse chicken (inside and out) and pat dry.
4. Place the chicken cavity side up over the potato and onion mixture.
5. In a bowl, combine 1 tablespoon dried oregano and 1/4 cup extra virgin olive oil and brush the back of chicken with 1/4 of the mixture. Season lightly with kosher salt and pepper.
6. Flip the chicken over and brush remaining oil mixture on top of chicken and drizzle with 2 tablespoons more of lemon juice. Season the top generously with kosher salt and pepper.
7. Roast in the oven for 30 minutes, remove from oven, toss the potatoes and place back into the oven and continue to roast for another 10 to 15 minutes, or until a meat thermometer inserted into the thickest part of the breast registers 155 to 160 degrees.
8. Remove the chicken from the oven and cover the skillet tightly with aluminum foil and allow to rest for 10 to 15 minutes.
9. Cut the chicken into quarters, sprinkle with kosher salt and serve hot with pan juices and potatoes.





Thursday

SLOPPY JANE



THE *Defined* DISH

THURSDAY
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 jane mixture, serve and enjoy!





Friday
EPIC WHOLE30 BAKED MEATBALLS



FRIDAY

EPIC Whole30 Baked Meatballs

Serves 4

Ingredients

- 1 cup fresh basil packed (plus more for serving)
 - 3 cloves garlic
- 1/2 cup cashews (unroasted and unsalted)
 - Zest of 1/2 lemon
- 2 strips of no sugar added bacon finely diced (I like Applegate)
 - 1 lb ground beef 85 percent lean
 - 1 lb - ground pork
 - 1.5 tsp kosher salt
 - 1/2 tsp ground black pepper
- 1/2 tsp crushed red pepper flakes optional
 - 1/2 tsp dried oregano
 - 2 large eggs whisked
 - 2 tbsp arrowroot flour
 - 1 tbsp extra virgin olive oil
- 1 [32-oz] jar marinara (I like Rao's)
- 2 tbsp freshly chopped flat-leaf parsley for serving

Optional for Serving (Not Listed in Grocery List)

You can serve these meatballs in a variety of ways, a few options below!

- *Over Gluten-Free (or any pasta)*
- *Over zoodles*
- *With a simple side salad or caesar salad*

Instructions

1. Preheat the oven to 425 degrees F.
2. In a food processor or blender, add the basil and garlic. Turn on and process until finely chopped, 15 to 20 seconds. Add the cashews and lemon zest and process until cashews are finely chopped. It should have a crumbly, dough-like consistency.
3. Transfer the cashew-basil mixture to a large mixing bowl, add the bacon, ground beef, ground pork, salt, pepper, red pepper flakes, dried oregano, eggs, and arrowroot flour. Using clean hands, mix the meat until well combined.
4. In a 9x12 baking dish, use a paper towel to evenly coat the bottom of the dish with olive oil.
5. Using an ice cream scoop, scoop out meat mixture and form into 2-inch round balls. Place meatballs in baking dish and repeat until all meatballs are formed and in a single layer in the baking dish. (It makes approximately 17 meatballs).
6. Transfer dish to oven and cook, uncovered, until the meatballs are browned, about 20 minutes.
7. Remove from oven and decrease the oven temperature to 325 degrees F.
8. Pour marinara evenly over meatballs.
9. Return meatballs to the oven and continue to bake, uncovered, until the meatballs are tender and the sauce is very hot and bubbly, about 45 minutes.
10. Remove from the oven and let cool for 5 to 10 minutes before serving. Garnish with freshly chopped parsley and basil.
11. Serve as desired and enjoy!

