

Menu

Monday

Whole30 Shrimp Etouffee

Tuesday

Beef Enchilada Stuffed Acorn Squash

Wednesday

Hibachi Style Chicken with Magic Mustard Sauce

Thursday

Salsa Verde Shredded Beef Bowls

Friday

Nashville Un-Fried Hot Chicken



THE *Defined* DISH

Grocery List

PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 5 Cloves Garlic | <input type="checkbox"/> 1 Green Bell Pepper | <input type="checkbox"/> 2 Medium-Sized Acorn Squashes |
| <input type="checkbox"/> 1 Medium Yellow Onion | <input type="checkbox"/> 2 Small Zucchini | <input type="checkbox"/> Pico de Gallo |
| <input type="checkbox"/> 1 White Onion | <input type="checkbox"/> 2 Small Carrots | <input type="checkbox"/> 1 Lime |
| <input type="checkbox"/> 3 Green Onions | <input type="checkbox"/> 8 Baby Bella Mushrooms | <input type="checkbox"/> Fresh Cilantro |
| <input type="checkbox"/> 1 [1/2-inch] Knob of Ginger | <input type="checkbox"/> Riced Cauliflower (Sub Frozen) | <input type="checkbox"/> Fresh Parsley |
| <input type="checkbox"/> 1 Large Celery Stalk | <input type="checkbox"/> 2 Avocados | |

PANTRY ITEMS

- | | | |
|---|--|---|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Fish Sauce (I use Red Boat) |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Ground Mustard Powder | <input type="checkbox"/> 1 [14.5-oz] Can Diced Tomatoes |
| <input type="checkbox"/> Ghee | <input type="checkbox"/> Paprika | <input type="checkbox"/> Tomato Paste |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Crushed Red Pepper | <input type="checkbox"/> Low-Sodium Chicken Broth (Sub Vegetable Broth) |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Dried Rosemary | <input type="checkbox"/> Beef Broth |
| <input type="checkbox"/> 1 Bay Leaf | <input type="checkbox"/> Dried Thyme | <input type="checkbox"/> Fish Sauce |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Toasted Sesame Seeds | <input type="checkbox"/> Salsa Verde (I like Taco Deli Brand) |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Arrowroot Starch | <input type="checkbox"/> White Vinegar |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Tahini | <input type="checkbox"/> Louisiana Style Hot Sauce (I like Crystal's) |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Tabasco |

PROTEINS

- | | |
|---|---|
| <input type="checkbox"/> 1.5 lb Shrimp, Peeled and Deveined | <input type="checkbox"/> 1 lb Ground Beef |
| <input type="checkbox"/> 2 lbs Boneless Skinless Chicken Thighs | <input type="checkbox"/> 2 lbs Flap, Skirt or Flank Steak |
| <input type="checkbox"/> 8 Bone-In, Skin on Chicken Thighs | |





Monday

WHOLE30 SHRIMP ETOUFFEE



THE *Defined* DISH

MONDAY

Whole30 Shrimp Etouffee

Serves 4

Ingredients

- 1.5 lb shrimp, peeled and deveined
 - 2 tbsp avocado oil
 - 1 tsp kosher salt or more to taste
 - 1/2 tsp black pepper
 - 2 tablespoons 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 (Sub Vegetable 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.
3. Cook shrimp until cooked through, about 2-3 minutes per side. Transfer cooked shrimp to a plate and set aside.
4. 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.
5. 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.
6. 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.
7. Add the *drained* diced tomatoes and fish sauce. While stirring, slowly pour in the chicken or vegetable broth, until incorporated. Bring to a rapid simmer. Stirring often and scraping up and browned bits, allow sauce to reduce, about 5-7 minutes.
8. Once the sauce has thickened, reduce heat to low and return shrimp to the skillet. Stir to combine.
9. Taste shrimp and adjust seasonings, if desired.
10. Serve over prepared cauliflower rice and garnish with parsley and hot sauce.





Tuesday

**BEEF ENCHILADA STUFFED
ACORN SQUASH**



THE *Defined* DISH

T U E S D A Y

Beef Enchilada Stuffed Acorn Squash

Serves 4

Ingredients

For the Acorn Squash

- 2 medium sized acorn squashes
- 2 tbsp extra virgin olive oil
- 1/4 teaspoon kosher salt

For the Beef

- 1 tbsp extra virgin olive oil
- 1 cup yellow onion, finely diced (or 1/2 medium onion)
 - 1 lb ground beef
 - 1 tsp kosher salt
 - 1/2 tsp black pepper
 - 1/4 tsp cayenne
 - 1 tsp cumin
 - 1 tsp paprika
 - 1 tsp chili powder
 - 1 tsp garlic powder
 - 1/2 tsp dried oregano
 - 1.5 tbsp ghee
 - 2 tbsp tomato paste
 - 2/3 cup beef broth
- 1/2 avocado, sliced, for serving
- 1/4 cup pico de gallo, for serving
- 2 tablespoons freshly chopped cilantro, for serving

Instructions

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Place the squash horizontally on a cutting board. Trim the ends off of the squash by cutting just enough of the pointy tip off in order to create a more flat bottom, taking care not to cut too far as to get into the hollow part of the squash. Now, cut each acorn squash in half, horizontally. Then, scoop out seeds and stringy bits inside the squash (I find using an ice cream scoop works best), being careful not to break a hole in the bottom of the cavity.
3. Place acorn squash cut side up on the baking sheet and brush the flesh all over with olive oil, until evenly coated. Sprinkle with salt.
4. Bake in oven until the flesh of the squash is fork tender, about 35-45 minutes, depending on the size of your squash.
5. Meanwhile, while your squash is baking, heat a skillet over medium-high heat with olive oil. Add the onion and ground beef and season with salt and pepper. Brown the beef, breaking up the meat with the back of a spoon until no longer pink, about 5-7 minutes. Drain off excess fat if needed.
6. Reduce heat to medium and add the cayenne, cumin, paprika, chili, garlic, and dried oregano. Toss spices to incorporate with beef until fragrant and lightly toasted, about 1-2 minutes.
7. Add ghee and melt, stir to combine. Add tomato paste and stir until incorporated with meat.
8. Reduce heat to medium-low and add beef broth. Cook, stirring, until sauce thickens, about 1-2 minutes.
9. Remove from heat and cover to keep warm until acorn squash are cooked.
10. Once squash are cooked, evenly distribute beef mixture among squash by filling the cavities of the squash.
11. Garnish with cilantro, pico de gallo and avocado.
12. Serve and enjoy!





Wednesday

HIBACHI STYLE CHICKEN WITH
MAGIC MUSTARD SAUCE

W E D N E S D A Y

Hibachi Style Chicken with Magic Mustard Sauce

Serves 4

Ingredients

For the Magic Mustard Sauce

- 2 tsp ground mustard powder
 - 2 tbsp warm water
 - 3 tbsp tahini
 - 1/2 cup coconut aminos
- 1 tsp fish sauce (I like Red Boat)
- 1/2 inch knob of ginger peeled
 - 2 cloves garlic

For the Stir Fry

- 2 lbs boneless skinless chicken thighs (trimmed and cut into 1-inch chunks)
 - 1/2 white onion, thinly sliced
- 8 baby bella mushrooms stems removed and cut into fourths
 - 2 small zucchinis cut into thin, short strips
 - 2 small carrots cut into thin, short strips
 - 2 tbsp avocado oil
 - 1 tbsp ghee (sub butter if not Whole30)
 - kosher salt to taste
 - black pepper to taste
 - 1 tbsp toasted sesame seeds

Instructions

1. In a food processor or blender combine all of the magic mustard sauce ingredients and blend until smooth.
2. Heat a wok or large skillet over high heat. Add the oil and when very hot (it should be just smoking), add chicken and season with salt and pepper. Spread the chicken in a single layer and cook until all sides are golden brown and the chicken is cooked through, tossing occasionally, about 7 minutes.
3. When chicken is cooked through, use a slotted spoon to transfer onto a plate. Set aside.
4. In the same skillet, add the ghee and melt. Then add the onions, carrots, zucchini, and mushrooms. Cook, stirring occasionally, until just cooked and slightly tender (you don't want them too soft, I like a little crunch to mine still), about 4 minutes.
5. Add chicken back into the skillet with the sesame seeds. Stir and saute for 2 more minutes.
6. Transfer to a plate and serve with the Magic Mustard Sauce.





Thursday

SALSA VERDE SHREDDED BEEF BOWLS



THE *Defined* DISH

THURSDAY

Salsa Verde Shredded Beef Bowls

Serves 4

Ingredients

- 2 lbs flap, skirt or flank steak
 - kosher salt
 - black pepper
 - 3 tbsp avocado oil
- 1 cup salsa verde (I like Taco Deli salsa verde), plus more for serving
 - 2 cups riced cauliflower
 - 1 avocado sliced, for serving
- 1/4 white onion, diced small, for serving
 - diced cilantro, optional for serving
 - lime wedges, optional for serving

Instructions

Instant Pot Instructions

1. Cut the steak down into 4 large, equal pieces then season generously with kosher salt and pepper.
2. Press the 'saute' button and add 2 tbsp of the avocado oil to the IP. When the oil is hot, sear the steak (you may need to do this in 2 batches so you don't overcrowd the pan) so that a deep brown crust forms on both sides, about 3-4 minutes per side.
3. Once all of the steak is browned, click the 'cancel' button to turn off the saute function. With all steap back in the IP, pour in 1 cup of the salsa verde and close the lid on the IP. Turn the valve at the top so that it is sealed. Press the 'manual' button, then set the time to 45 minutes. Walk away from the IP and let it do its thing.
4. When the cook time is complete, manually release the pressure by carefully turning the valve to vent. Allow all the of the steam to release (this takes a few minutes) before carefully opening the IP. Using two forks, shred the beef.

Crockpot Instructions

1. Cut the steak down into 4 large, equal pieces then season generously with kosher salt and pepper.
2. Heat a large skillet over medium-high heat with 2 tbsp avocado oil. When hot, sear the beef on both sides until a deep brown crust forms, about 3-4 minutes per side.
3. Transfer the browned beef to a crockpot and pour 1 cup of salsa verde over the meat. Cook on high for 4 hours, or on low for 6-8 hours.
4. When cook time is complete, shred the beef using two forks.

Prepare the Cauliflower

1. Heat a large skillet over medium-high heat with 1 tbsp. avocado oil. Add the cauliflower rice and cook, stirring, until just tender, about 5 minutes. You don't want to overcook as it will turn mushy.

Plate the Bowls

1. In a bowl, combine the cauliflower rice, shredded salsa verde beef, sliced avocado, and diced onion. You can garnish with cilantro and serve with a lime, if desired. Enjoy!





Friday
NASHVILLE UN-FRIED HOT CHICKEN



FRIDAY

Nashville Un-Fried Hot Chicken

Serves 4

Ingredients

- 3 tbsp Tabasco
- 1.5 tsp white vinegar
 - 3 tbsp ghee
- 3 cloves minced garlic
 - 3/4 tsp cayenne
- 3/4 tsp chili powder
 - 3/4 tsp paprika
- 1.5 tsp coconut aminos
- 8 bone-in skin on chicken thighs
 - kosher salt, to taste
 - black pepper, to taste
 - 3 tbsp avocado oil

Optional for Serving (Not Listed in Grocery List)

- [The Best Potato Salad](#)
- [Oven-Roasted Kiki Potatoes](#)
 - [Oven Fries](#)
- [Whole30 Broccoli Salad](#)

Instructions

1. Preheat oven to 475 degrees.
2. Pat dry chicken thighs. Season them all over generously with kosher salt and pepper.
3. Heat 2 tbsp. oil in a cast-iron skillet over medium-high heat. When pan is hot (but not smoking), place chicken, skin side down, and sear, occasionally rearranging chicken thighs and rotating pan to evenly distribute heat, until fat renders and skin is golden brown, about 8 minutes.
4. Transfer skillet to oven (chicken should still be skin side down) and cook 10 more minutes.
5. Flip chicken; continue cooking until skin crisps and meat is cooked through, about 3 minutes longer. Transfer to a plate; let rest 5 minutes before serving.
6. While chicken is resting, heat the ghee, tabasco, vinegar, coconut aminos, minced garlic, cayenne, paprika, and chili powder over medium heat. Let simmer for 3-5 minutes, you may need to reduce the heat a bit, until it is fragrant and flavors have combined.
7. Place the chicken thighs in a large bowl. Pour sauce over the top and toss to coat.
8. Serve immediately with a side of your choice.

