

Menu

Monday

Blackened Pan Seared Salmon with Whole30 Tartar Sauce

Tuesday

Sloppy Jane

Wednesday

Whole30 Skillet Chicken Piccata

Thursday

Whole30 Thai Basil Beef (Pad Gra Prow)

Friday

Whole30 Chicken and Sausage Gumbo



Grocery List

PRODUCE

- | | | |
|---|---|--|
| <input type="checkbox"/> 12 Cloves Garlic | <input type="checkbox"/> 3 Large Celery Stalks | <input type="checkbox"/> Fresh Dill |
| <input type="checkbox"/> 2 Yellow Onions | <input type="checkbox"/> 1-2 Thai Chiles (Sub Crushed Red Pepper Flakes) | <input type="checkbox"/> Fresh Parsley |
| <input type="checkbox"/> 1 White Onion | <input type="checkbox"/> Riced Cauliflower (Sub Frozen; Needed for Gumbo and Thai Basil Beef) | <input type="checkbox"/> Fresh Thai or Regular Basil |
| <input type="checkbox"/> 2 Green Bell Peppers | <input type="checkbox"/> 4 Medium-Sized Sweet Potatoes | <input type="checkbox"/> Fresh Cilantro |
| <input type="checkbox"/> 1 Red Bell Pepper | <input type="checkbox"/> 2 Lemons | |

PANTRY ITEMS

- | | | |
|---|--|---|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> Capers |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Paprika | <input type="checkbox"/> Louisiana-Style Hot Sauce (I like Crystal's) |
| <input type="checkbox"/> Ghee | <input type="checkbox"/> Crushed Red Pepper Flakes | <input type="checkbox"/> Dill Relish |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Dried Thyme | <input type="checkbox"/> Yellow Mustard |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Arrowroot Flour | <input type="checkbox"/> Whole Grain Mustard |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> <u>Homemade Mayo</u> (Sub Primal Kitchen Mayo) |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Fish Sauce (I use Red Boat) | <input type="checkbox"/> Frozen Okra (Pre-Cut) |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Tomato Paste | |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> 2 [32-oz.] Low Sodium Chicken Broth | |

PROTEINS

- | | |
|---|---|
| <input type="checkbox"/> 4 [6-oz] Salmon Filets | <input type="checkbox"/> 2 lb Boneless, Skinless Chicken Cutlets (See Chicken Piccata Recipe Notes) |
| <input type="checkbox"/> 1 lb Ground Beef | <input type="checkbox"/> 2 Cups Pre-Cooked and Shredded Chicken (Rotisserie Chicken Works Great) |
| <input type="checkbox"/> 1.5 lbs Flank Steak | <input type="checkbox"/> 12 oz. Fully Cooked Andouille Sausage (Sub Pork Kielbasa) |





Monday

**BLACKENED PAN SEARED SALMON
WITH WHOLE30 TARTAR SAUCE**



THE *Defined* DISH

MONDAY

Blackened Pan Seared Salmon with Whole30 Tartar Sauce

Serves 4

Ingredients

For the Seasoning Mixture

- 1 tsp kosher salt
- 1/2 tsp freshly cracked black pepper
- 1/4 tsp cayenne pepper (optional for spice)
- 1 tsp paprika
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1/4 tsp garlic powder
- 1/4 tsp onion powder

For the Salmon

- 4 [6-oz] salmon filets
- 2 tbsp avocado oil
- 1/2 lemon, sliced into wedges

For the Whole30 Tartar Sauce

- 1/2 cup [Homemade Mayo](#) or Primal Kitchen Mayo
- 1 tsp whole grain mustard
- 2 tbsp dill relish
- 1 tbsp fresh dill (loosely packed)
- 2 tbsp capers, drained
- 1 tbsp freshly squeezed lemon juice (or 1/2 lemon)
- 1/2 tsp Louisiana style hot sauce (I like Crystal's)
- 1 clove garlic, minced
- A pinch of kosher salt and a pinch of black pepper

Instructions

For the Seasoning Mixture

1. In a small bowl, combine all of the seasoning mixture ingredients and stir until well combined.

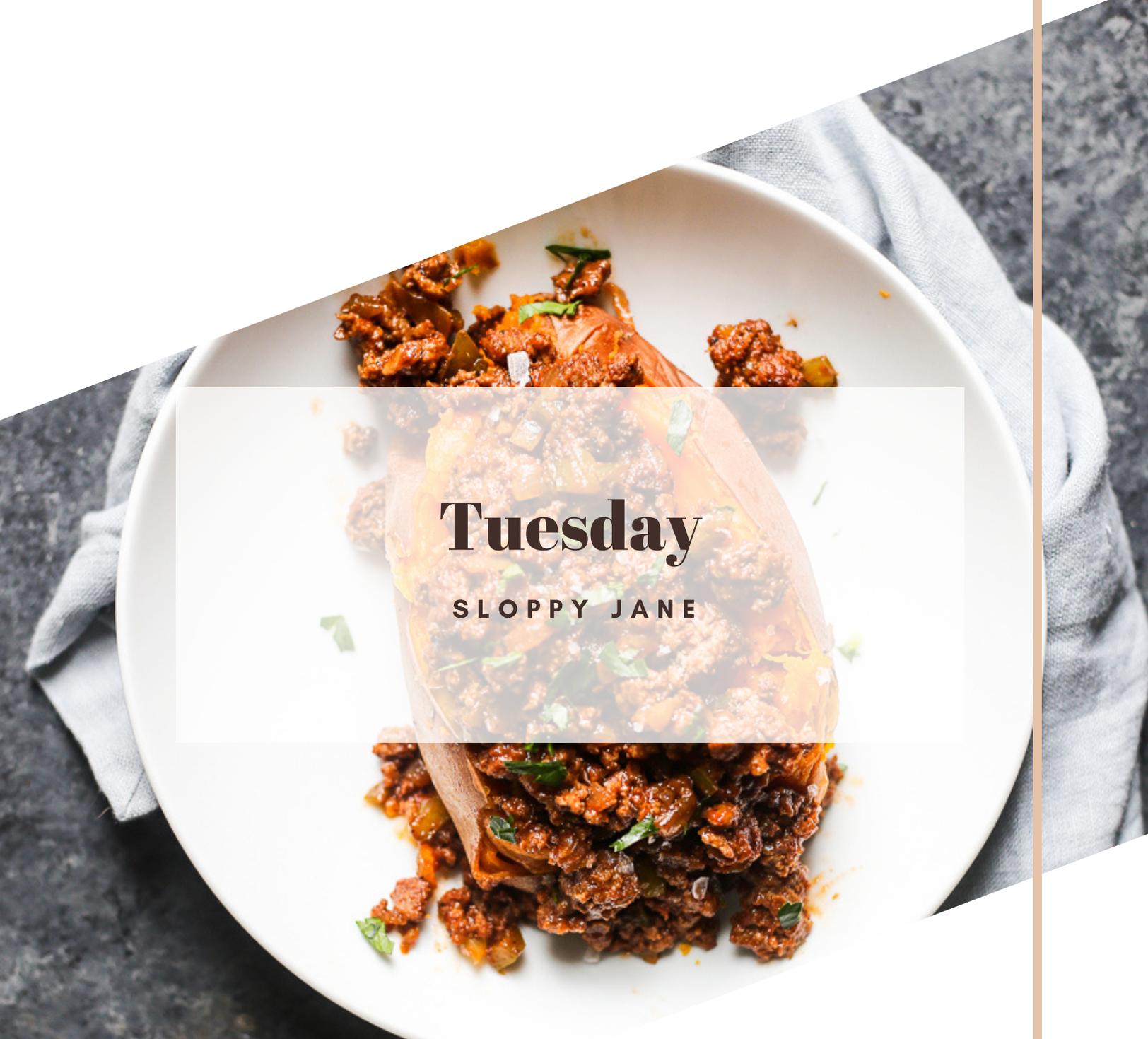
For the Whole30 Tartar Sauce

1. Combine all ingredients in a food processor or blender and give it 3-4 pulses. You don't want it smooth but you do want to blend it just slightly.

For the Salmon

1. Using your hands, evenly divide the seasoning mixture among the salmon filets and gently rub into the top of each filet.
2. Heat avocado oil in a non-stick skillet over medium-high heat. When the oil is hot, but not smoking, place the salmon into the pan, flesh side down, until a deep blackened crust forms, about 3 minutes.
3. Using a sturdy spatula, flip the filets to the skin side and continue cooking until the salmon is cooked through and flakes easily, about 2-3 more minutes.
4. Serve alongside my Whole30 Tartar Sauce, sliced lemon and any additional sides you prefer.





Tuesday

SLOPPY JANE



TUESDAY

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!





Wednesday

WHOLE30 SKILLET CHICKEN PICCATA



W E D N E S D A Y

Whole30 Skillet Chicken Piccata

Serves 4

Ingredients

- 2 lb skinless boneless chicken cutlets* (see note)
 - 1 tsp kosher salt plus more to taste
- 1/2 tsp freshly ground black pepper plus more to taste
 - 1/4 cup arrowroot flour
- 2 tbsp extra-virgin olive oil plus more as needed
 - 1 tbsp ghee
 - 3 garlic cloves minced
- 2 tbsp capers drained and rinsed, plus more for serving
 - 1 cup chicken broth
 - 2 tbsp fresh lemon juice (or 1 lemon)
 - 1 tbsp chopped fresh parsley for serving

Instructions

1. Season the chicken cutlets on both sides with the salt and pepper. Set aside.
2. Pour the arrowroot starch on a large plate or in a wide bowl. Lightly dredge each individual cutlet in the arrowroot flour until evenly coated, then shake off any excess. Place the dredged cutlets on a clean plate and continue until all are complete.
3. Heat the oil in a large skillet over medium-high heat. Working in batches so as to not overcrowd the skillet, carefully add the cutlets and cook until golden brown on both sides, 3 to 4 minutes per side. The chicken does not need to be completely cooked through, just golden brown. Transfer to a parchment-lined plate. Repeat with the remaining chicken, adding more oil to the pan if necessary.
4. Reduce the heat to low, add the ghee to the skillet, and swirl to evenly coat the bottom of the pan. Add the garlic and cook until fragrant, stirring to prevent burning, about 30 seconds. Stir in the capers, chicken broth, and lemon juice.
5. Increase the heat to a simmer.
6. Nestle the chicken into the sauce and cook, uncovered, and stirring occasionally, until the sauce has thickened and the chicken is tender, about 15 minutes. Taste and adjust the seasoning with salt and pepper, if desired.
7. Garnish with the parsley and serve with side of your choice.

Notes:

A chicken cutlet is a chicken breast that has been butterflied so it opens like a book. You can either do this yourself, or purchase it already like this. Once you have your chicken into "cutlets" break them down so that they are cut in half, lengthwise, and no longer attached to each other, creating two separate thin pieces of chicken.





Thursday

WHOLE30 THAI BASIL BEEF
(PAD GRA PROW)



THE *Defined* DISH

THURSDAY

Whole30 Thai Basil Beef (Pad Gra Prow)

Serves 4

Ingredients

- 1.5 lbs flank steak
- 2 tbsp + 1 tsp avocado or olive oil
 - 2 tsp arrowroot
 - salt and pepper, to taste
- 1/2 white onion, very thinly sliced
- 1 red bell pepper, seeds/core removed and very thinly sliced
 - 4 cloves garlic, minced
- 1-2 thai chiles, very thinly sliced (or sub for 1/4 tsp crushed red pepper flakes)
 - 1/4 cup coconut aminos (I prefer Big Tree Farms)
 - 1 tbsp fish sauce (I prefer Red Boat)
 - 1 cup Thai or regular basil, packed
 - riced cauliflower
 - cilantro, for serving

Instructions

Prepare the Thai Basil Beef

1. Using a meat mallet or the bottom of a skillet, pound out the flank steak to help tenderize and thin it out a bit (optional). I like to try and get mine 1/2-inch thick.
2. Using a very sharp knife, carefully slice the meat against the grain as thinly as possible. For the really long strips of meat, cut them in half lengthwise to make them a bit more bite sized.
3. Place sliced steak in a bowl and season with kosher salt and pepper, to taste. Add 1 tsp. oil and 2 tsp. of arrowroot. Toss to coat evenly.
4. Heat a skillet over high heat. Add 2 tbsp. oil and when hot, sear the meat on both sides until golden brown, about 2-3 minutes per side. Be careful not to overcrowd you pan. You want each piece to get a good sear for the best results. I do mine in batches until all browned. As they are done, set the browned pieces aside on a plate.
5. In the same skillet, reduce the heat to medium. Add the onions, garlic, bell peppers, and thai chiles and season with a little salt and pepper. Saute until the onions are very tender, about 5-7 minutes.
6. Add the beef back into the skillet.
7. Add the coconut aminos and the fish sauce. Let simmer until the sauce reduces and thickens, about 2-3 minutes.
8. Remove from heat and add the basil into the hot stir fry, tossing until just wilted.
9. Serve immediately with cauliflower rice and garnish with cilantro (if desired).

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.





Friday
**WHOLE30 CHICKEN
AND SAUSAGE GUMBO**

FRIDAY

Whole30 Chicken and Sausage Gumbo

Serves 4

Ingredients

- 2 cups pre-cut, frozen okra
- 1/4 cup olive or avocado oil
- kosher salt and ground black pepper, to taste
- 1 cup finely diced onion (1/2 onion)
- 3/4 cup finely diced celery (3 stalks)
- 1 cup finely diced green bell pepper (1/2 bell pepper)
 - 1/2 tsp cayenne pepper
 - 1/4 tsp dried thyme
 - 2 cloves garlic, minced
 - 1 tbsp tomato paste
- 5-6 cups low-sodium chicken broth
 - 2 tbsp arrowroot
- 2 cups pre-cooked and shredded chicken (Rotisserie Works Great)
- 12 oz fully cooked andouille sausage, sliced (Sub pork kielbasa)
- riced cauliflower

Instructions

1. Preheat oven to 425 degrees.
2. Spread okra on a baking sheet, drizzle with 1 tbsp. oil and toss to evenly coat. Season with salt and pepper. Roast in oven until golden brown, about 25 minutes. This prevents it from getting slimy and ruining your gumbo!
3. Meanwhile, heat 1/4 cup oil over medium-high heat in a dutch oven or large pot.
4. Add in the diced onion, celery, and bell pepper, season with salt and pepper and saute until nice and tender, about 6 minutes.
5. Reduce heat to medium, add in the garlic, cayenne, thyme and tomato paste and saute for another 2 minutes.
6. In a separate bowl, combine 1 cup of broth with 2 tbsp. arrowroot starch. Whisk until arrowroot has dissolved.
7. While whisking, slowly add the arrowroot mixture, stirring constantly until well combined and thickened to a gravy-like consistency, about 3 minutes. Once thickened, slowly pour in 3 additional cups of broth, while stirring constantly. Bring the soup to a simmer and let cook, uncovered, for 10 minutes to allow the flavors to meld and the soup to thicken a bit.
8. Add in the shredded chicken, andouille sausage and roasted okra. Add an additional 1-2 cups of broth until the gumbo reaches your desired thickness.
9. Taste and add plenty of salt and pepper, to your taste!
10. Serve over cauliflower rice and garnish with parsley, if desired. Enjoy!

