

# Menu

Monday

Tikka Masala Lentils

Tuesday

Dairy-Free Fish Florentine

Wednesday

One-Pot Cacio e Pepe Israeli Couscous

Thursday

Fish Puttanesca en Papillote

Friday

Mediterranean Orzo and Chickpea Stuffed Bell Peppers



# Grocery List

## PRODUCE

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 4 Lemons                  | <input type="checkbox"/> 4 Red Bell Peppers                                       | <input type="checkbox"/> Fresh Cilantro       |
| <input type="checkbox"/> 2 Roma Tomatoes           | <input type="checkbox"/> 1 Yellow Onion   | <input type="checkbox"/> Fresh Parsley        |
| <input type="checkbox"/> Cherry Tomatoes           | <input type="checkbox"/> 2 Shallots   | <input type="checkbox"/> Fresh Oregano Leaves |
| <input type="checkbox"/> 16 oz Baby Spinach Leaves | <input type="checkbox"/> 10 Garlic Cloves   | <input type="checkbox"/> Fresh Basil          |
| <input type="checkbox"/> 16 oz Haricot Verts       | <input type="checkbox"/> 1/2 Inch Knob of Ginger<br>(Sub 1/2 tsp Powdered Ginger) |   |

## PANTRY ITEMS

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Extra Virgin Olive Oil       | <input type="checkbox"/> Crushed Red Pepper Flakes     | <input type="checkbox"/> Arrowroot Flour  |
| <input type="checkbox"/> Ghee                         | <input type="checkbox"/> Saffron Threads               | <input type="checkbox"/> Nutritional Yeast  |
| <input type="checkbox"/> White Wine Vinegar           | <input type="checkbox"/> Turmeric                      | <input type="checkbox"/> Brown Lentils  |
| <input type="checkbox"/> Kosher Salt                  | <input type="checkbox"/> Pine Nuts                     | <input type="checkbox"/> Israeli Couscous   |
| <input type="checkbox"/> Freshly Cracked Black Pepper | <input type="checkbox"/> Dijon Mustard                 | <input type="checkbox"/> Dry Orzo   |
| <input type="checkbox"/> Bay Leaf                     | <input type="checkbox"/> 1 [6-oz] Can Tomato Paste     | <input type="checkbox"/> 2 [32-oz] Low-Sodium Vegetable Broths                              |
| <input type="checkbox"/> Cayenne Pepper               | <input type="checkbox"/> 1 Jar Marinara (I like Rao's) | <input type="checkbox"/> 2 [13-oz] Cans Unsweetened Coconut Milk (I use Thai Kitchen Brand) |
| <input type="checkbox"/> Cinnamon                     | <input type="checkbox"/> 1 Jar Capers                  | <input type="checkbox"/> Pecorino Cheese (Sub Parmigiano Reggiano)                          |
| <input type="checkbox"/> Cumin                        | <input type="checkbox"/> 1 Jar Kalamata Olives         | <input type="checkbox"/> Crumbled Feta Cheese   |
| <input type="checkbox"/> Curry Powder                 | <input type="checkbox"/> 1 Jar Castelvetrano Olives    |   |
| <input type="checkbox"/> Paprika                      | <input type="checkbox"/> 1 [15-oz] Can Chickpeas       |   |

## PROTEINS

- 4 [6-8 oz] Filets of Halibut
- 4 [6-8 oz] Filets White Flakey Fish (Petrol Sole, Tilapia or Halibut)





**Monday**

**TIKKA MASALA LENTILS**



THE *Defined* DISH

MONDAY

# Tikka Masala Lentils

Serves 6\*

## Ingredients

- 2 tbsp extra virgin olive oil
- 2 cups yellow onion, diced fine (1 yellow onion)
  - 1 tsp kosher salt
  - 1/2 tsp black pepper
- 2 cloves garlic, minced (Sub 1 tsp garlic powder)
- 1/2 inch knob of ginger, peeled and finely grated (Sub 1/2 tsp powdered ginger)
  - 1 tsp paprika
  - 1 tbsp curry powder
  - 1/2 tsp cayenne
  - 1/2 tsp cinnamon
  - 1 tsp cumin
  - 1 tsp turmeric
- 1 [6-oz] can tomato paste
- 2 cups brown lentils (dry)
- 4 cups low-sodium vegetable broth
  - 1 bay leaf
- 1 [13-oz] can unsweetened coconut milk (I use Thai Kitchen Brand)
- 2 tbsp fresh lemon juice (about 1 lemon)
- 1 tbsp fresh cilantro, for serving

## Instructions

1. In a dutch oven, heat olive oil over medium heat. Add the yellow onion, salt, pepper, garlic and ginger.
2. Saute, stirring, until the onions are tender; about 4 minutes.
3. Add the paprika, curry powder, cayenne, cinnamon, cumin, turmeric and tomato paste. Toast spices, stirring, until very fragrant; about 2 minutes.
4. Add the lentils and stir to incorporate. Once incorporated, add the broth and bay leaf and stir to combine.
5. Bring lentils to a boil. Once boiling, reduce to a simmer, cover and cook, stirring occasionally, until lentils are almost tender; about 20 minutes. They should still have a little bit of a bite to them at this time.
6. Add the coconut milk and stir to combine. Cook, uncovered and stirring often, until the lentils are tender, but not mushy; 5 to 10 more minutes.
7. Once the lentils are tender, stir in the fresh lemon juice. Taste and add salt as needed.
8. Top with fresh cilantro. Serve however you please and enjoy!

## Notes:

This recipe serves six unlike the others in the meal plan. Any extra servings are great leftover for lunch!





**Tuesday**

**DAIRY-FREE FISH FLORENTINE**



THE *Defined* DISH

T U E S D A Y

# Dairy-Free Fish Florentine

*Serves 4*

## Ingredients

### *For the Creamed Spinach*

- 2 tbsp extra virgin olive oil
- 1/2 cup finely diced shallot (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] filets of halibut
  - kosher salt
- freshly cracked black pepper

## Instructions

### *Prepare the Creamed Spinach*

1. Heat a large skillet with sides over medium heat. Add olive oil and when the oil is hot, add the shallot, garlic, and 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 sautéed 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 filets 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 filets, 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.

### *For Serving*

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!



A top-down photograph of a light pink ceramic bowl filled with Israeli couscous. The couscous is small, round, and light-colored, topped with melted cheese, black pepper, and finely chopped green herbs. A wooden spoon is visible in the lower right quadrant of the bowl. The bowl is set on a light-colored, textured surface. A semi-transparent white rectangular box is overlaid in the center of the image, containing the text.

# Wednesday

ONE-POT CACIO E PEPE  
ISRAELI COUSCOUS



W E D N E S D A Y

# One-Pot Cacio e Pepe Israeli Couscous

Serves 4

## Ingredients

- 3 cups Israeli couscous, uncooked
  - 6 cups water
  - 2 tsp kosher salt
- 2 tsp freshly cracked black pepper, plus more for serving
- 2/3 cup freshly grated pecorino, plus more for serving (Sub Parmigiano Reggiano)
  - 2 tsp parsley, finely chopped

## Instructions

1. In a medium pot over high heat, add the Israeli couscous and water. Bring to boil.
2. Once boiling, reduce heat to a light simmer. Let cook, uncovered and stirring occasionally, until liquid has absorbed and couscous is tender; about 10 minutes.
3. Once the liquid is absorbed and couscous is tender, remove from heat. Season with salt and black pepper. Stir in the pecorino and mix until combined.
4. Top with 3 turns of freshly cracked black pepper, a sprinkle of freshly grated pecorino and parsley.
5. Serve and enjoy!





# Thursday

FISH PUTTANESCA EN PAPILOTE



THURSDAY

# Fish Puttanesca en Papillote

Serves 4

## Ingredients

- 4 [6-8 oz] filets white flakey fish (petrol sole, tilapia or halibut)
  - 16 oz haricot verts
  - 4 cloves garlic, minced
  - 4 tbsp extra virgin olive oil
  - 1 tsp kosher salt
  - 1/2 tsp black pepper
- 1/2 cup store bought marinara (I like Rao's)
  - 2 lemons
  - 4 tsp capers, drained
  - 4 tbsp kalamata olives, halved
  - 2 heaping tsp fresh oregano leaves
- 1/2 tsp crushed red pepper flakes (optional)
- 1/4 cup fresh basil, cut into thin ribbons

## Instructions

1. Preheat the oven to 400 degrees.
2. Line a baking sheet with 4 14-inch sheets of parchment paper; two baking sheets may be needed.
3. Evenly divide the haricot verts among the four pieces of parchment paper. Placing the ingredients in the center of the parchment. Place the fish on top of the haricot verts. Top with minced garlic, olive oil, salt, pepper and marinara sauce. Slice one lemon into 8 thin slices and lay 2 slices of lemon on top of each filet; reserve the other lemon for serving. Evenly distribute the capers and kalamata olives onto each filet. Garnish with oregano and crushed red pepper flakes, if using.
4. Fold both ends of the parchment paper over the fish, making a long rectangle. Then, grab the open ends and roll towards the fish, so that no liquids can escape; creating a package for each filet.
5. Transfer the baking sheet(s) to the preheated oven and bake until fish is cooked through and flakes easily with a fork. Cook time will depend on how thick your white fish is – tilapia and petrol sole will take 15-18 minutes; halibut will take closer to 20-22 minutes.
6. Garnish with freshly chopped basil and a squeeze of lemon juice.
7. Serve and enjoy!





**Friday**

**MEDITERRANEAN ORZO AND CHICKPEA  
STUFFED BELL PEPPERS**



THE *Defined* DISH

FRIDAY

# Mediterranean Orzo and Chickpea Stuffed Bell Peppers

Serves 4

## Ingredients

### For the Peppers

- 4 red bell peppers sliced lengthwise, seeds and white membrane removed
- 2 tbsp extra virgin olive oil
  - 1/2 tsp kosher salt
  - 1/2 tsp black pepper

### For the Dressing

- 4 tbsp extra virgin olive oil
- 2 tbsp white wine vinegar
  - 1 tsp lemon zest
- 2 tbsp fresh lemon juice
  - 1 tsp turmeric
- 2 cloves garlic, minced
  - 1 tsp dijon mustard

### For the Filling

- 1 cup dry orzo
- 3/4 cup Castelvetrano olives, halved lengthwise
  - 1 [15-oz] can chickpeas, drained and rinsed
- 3/4 cup cherry tomatoes, halved lengthwise
  - 1/2 cup thinly sliced shallot
  - 2 tbsp freshly chopped oregano
- 1/4 cup freshly chopped parsley plus more for serving
  - 1/4 tsp cayenne
- 2/3 cup crumbled feta cheese, plus more for topping
  - kosher salt to taste
  - black pepper to taste
  - 1/2 tsp lightly crumbled saffron threads
- 1/2 cup toasted pine nuts, optional for serving

## Instructions

1. Preheat oven to 375 degrees F. Bring a pot of water to a boil.
2. Place bell pepper halves in a 9x13 baking dish. Drizzle with olive oil and season with salt and pepper.
3. Transfer to the oven and bake until peppers are tender; about 20 minutes.
4. Meanwhile, in a large bowl, combine the olive oil, white wine vinegar, lemon zest, lemon juice, saffron threads, turmeric and Dijon mustard. Stir to combine. Set aside, allowing the flavors to meld and the saffron time to bloom; about 5 to 7 minutes.
5. While your saffron is blooming, cook the orzo. When the water reaches a boil, add the orzo and cook until al dente; about 7 minutes. Drain and add to the bowl with the dressing. Add the olives, chickpeas, cherry tomatoes, shallot, oregano, parsley, cayenne and feta. Toss until well combined. Add salt and pepper to taste.
6. Evenly distribute the orzo mixture into each of the bell peppers; you may have leftover filling depending on the size or your peppers. Top with extra feta if desired and pine nuts. Return to the oven and bake for an additional 5 minutes until the feta is golden brown. Garnish with freshly chopped parsley, serve and enjoy!

