

Menu

Monday

Whole30 Zuppa Toscana

Tuesday

Dairy-Free Fish Florentine

Wednesday

Potato, Pepper, and Kielbasa Skillet with Sauerkraut

Thursday

Turkey, Green Bean + Basil Stir Fry

Friday

Hibachi Style Chicken with Magic Mustard Sauce



Grocery List

PRODUCE

- | | | |
|-------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------------------|
| <input type="checkbox"/> 1 Yellow Onion | <input type="checkbox"/> 1 Green Bell Pepper | <input type="checkbox"/> 2 Large Russet Potatoes (Need 2 Cups of 1/2-in Cubes Total) |
| <input type="checkbox"/> 1 Large Shallot | <input type="checkbox"/> 8 Baby Bella Mushrooms | <input type="checkbox"/> 4 Large Red Potatoes |
| <input type="checkbox"/> 1 White Onion | <input type="checkbox"/> 2 Small Zucchini | <input type="checkbox"/> 1 Bunch Fresh Basil Leaves |
| <input type="checkbox"/> 8 Cloves Garlic | <input type="checkbox"/> 2 Small Carrots | <input type="checkbox"/> 16 oz Baby Spinach Leaves |
| <input type="checkbox"/> 1/2-in Chunk of Ginger | <input type="checkbox"/> 12 oz Green Beans | <input type="checkbox"/> 1 Bunch of Lacinato Kale |
| <input type="checkbox"/> 1 Red Bell Pepper | <input type="checkbox"/> 2 Roma Tomatoes | <input type="checkbox"/> 4 Lemons |

PANTRY ITEMS

- | | | |
|----------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Ground Mustard Powder | <input type="checkbox"/> Red Boat Fish Sauce |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Italian Seasoning | <input type="checkbox"/> 2 [32-oz] Carton of Chicken Broth |
| <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> Toasted Sesame Seeds | <input type="checkbox"/> Whole Grain Mustard or Spicy Brown Mustard (Check your Labels for Whole30 Approved) |
| <input type="checkbox"/> Ghee | <input type="checkbox"/> Nutritional Yeast | <input type="checkbox"/> Whole30 Compliant Sauerkraut (I use Farmhouse Culture) |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Arrowroot Flour | <input type="checkbox"/> Yellowbird Sriracha Sauce (Be Sure There is No Sugar Added) |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Tahini | <input type="checkbox"/> Nut Pods Original Dairy-Free Creamer |
| <input type="checkbox"/> Crushed Red Pepper Flakes | <input type="checkbox"/> Coconut Aminos (I like Big Tree Farm Brand) | <input type="checkbox"/> 1 Can Unsweetened, Full Fat Coconut Milk |

PROTEINS

- | | |
|------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 2 Strips Bacon | <input type="checkbox"/> 1 lb. Hot Italian Sausage |
| <input type="checkbox"/> 2 lbs. Boneless Skinless Chicken Thighs | <input type="checkbox"/> 1 [12-oz] Link of Kielbasa (I use Pederson's Farms No Sugar Kielbasa) |
| <input type="checkbox"/> 1 lb. Ground Turkey | <input type="checkbox"/> 4 [6-8 oz] Filets of Halibut |



A close-up photograph of a white ceramic bowl filled with a hearty soup. The soup has a light-colored, creamy base and is topped with chunks of yellow potatoes, dark green spinach leaves, and pieces of browned sausage. A silver spoon is partially submerged in the soup. The bowl is placed on a light-colored, textured cloth. In the background, another similar bowl is visible but out of focus. The overall lighting is soft and natural, highlighting the textures of the ingredients.

Monday

WHOLE30 ZUPPA TOSCANA

MONDAY

Whole30 Zuppa Toscana

Serves 4

Ingredients

- 2 strips bacon, diced medium
- 1 cup yellow onion, finely diced
- 1 lb hot Italian sausage (if in the links, remove from casing; chicken or turkey sausage okay to use)
 - 4 cloves garlic, minced
 - 1/2 tsp kosher salt
 - 1/2 tsp black pepper
 - 2 tbsp arrowroot flour
- 32-oz carton of chicken broth
 - 1 tsp Italian seasoning
- 2 cups peeled russet potatoes, cut into 1/2-inch cubes
- 4 cups chopped lacinato kale, ripped from stem (or one bunch)
 - 1 cup Nut Pods Original Dairy-Free Creamer
 - 1 tbsp nutritional yeast
- 2 tbsp lemon juice (or the juice of 1 lemon)

Instructions

1. Heat a large pot or dutch oven over medium heat. Add bacon pieces and cook, stirring occasionally, until bacon is just crispy. Using a slotted spoon, transfer cooked bacon to a paper towel-lined plate and set aside. While reserving the bacon fat in the pot.
2. Add onion, garlic, salt, pepper and sausage into the pot. Cook, breaking up meat with back of spoon, until cooked through, or no longer pink. About 4-5 minutes.
3. Add arrowroot into the sausage mixture and stir until well incorporated into the meat mixture. While stirring, slowly pour in chicken broth. Bring the soup to a boil.
4. Reduce heat to simmer, add the Italian seasoning, chopped kale and potatoes. Cook, covered, until potatoes are tender, 10 to 15 minutes.
5. When the potatoes are tender, remove the lid from the pot and stir in the creamer, nutritional yeast, and lemon. Cook for 5 more minutes, simmering uncovered, just to meld the flavors and the cream.
6. Serve in bowls topped with the cooked bacon bits. Enjoy!



THE *Defined* DISH



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
- lemon wedges for serving

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!





Wednesday

POTATO, PEPPER, AND KIELBASA
SKILLET WITH SAUERKRAUT



THE *Defined* DISH

W E D N E S D A Y

Potato, Pepper, and Kielbasa Skillet with Sauerkraut

Serves 4

Ingredients

- 1 red bell pepper
- 1 green bell pepper
- 1/2 white onion, sliced
- 4 large red potatoes
- kosher salt and black pepper to taste
- 2 tbsp olive oil
- 2 tbsp whole grain mustard or spicy brown mustard (Check your labels for Whole30 approved)
- juice of 1 lemon
- 1 [12-oz] link of kielbasa (I use Pederson's Farms No Sugar Kielbasa)
- Whole30 Compliant Sauerkraut to taste (I use Farmhouse Culture)

Instructions

1. Scrub the red potatoes, pat dry. Cut each potato into eighths. Remove seeds/core of the bell peppers, cut them into chunks that are the same size as the potatoes.
2. Heat 2 tbsp of olive oil over medium-high heat. When hot, add your potatoes and cook for three minutes, stirring occasionally. Now add your bell peppers and sliced onions and continue cooking. Add plenty of kosher salt (you're dealing with potatoes here) and some black pepper to taste.
3. Cook until the potatoes are just cooked through and the bell peppers are tender, about 7 more minutes. The potatoes should be tender all the way through when pierced with the fork. Turn heat down to low.
4. Slice up your kielbasa and toss into the skillet with 2 tbsp of mustard, and the juice of a lemon. Stir to combine and cook on low until kielbasa is heated through.
5. Serve with Whole30 approved sauerkraut and enjoy!





Thursday

TURKEY, GREEN BEAN + BASIL STIR FRY



THURSDAY

Turkey, Green Bean + Basil Stir Fry

Serves 4

Ingredients

- 2 tbsp avocado oil
- 1 tsp toasted sesame oil
- 1 lb ground turkey
- 1/2 tsp kosher salt, or more to taste
- 1/2 tsp black pepper, or more to taste
- 12 oz green beans (snipped and cleaned)
- 1 tbsp Yellowbird Sriracha Sauce (Be sure to get the one without sugar added)
- 2 tbsp coconut aminos (I like Big Tree Farm Brand)
- 1/2 cup packed basil leaves

Instructions

1. Heat a large skillet or wok over medium-high heat with avocado and toasted sesame oil. When hot, add the ground turkey, salt, and pepper and cook, breaking up the meat with a spoon, until cooked through (no longer pink), 5 to 7 minutes. When cooked through, set heat on low and keep warm while you prepare the green beans.
2. Meanwhile, bring a large skillet of water to a boil. Once boiling, add the green beans and cook for 3 minutes.
3. Transfer the par-cooked green beans to a bowl of ice water to shock the green beans and lock in the green color.
4. Increase the heat in the wok back up to medium-high heat. Drain and transfer the green beans to the wok and cook, tossing often, until tender, about 5 minutes.
5. Add the sriracha, coconut aminos, and basil leaves and cook for 2 more minutes.
6. Serve and enjoy!





Friday

**HIBACHI STYLE CHICKEN
WITH MAGIC MUSTARD SAUCE**



FRIDAY

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.

