

# Menu

Monday

Salmon Burger Kale Caesar Salad

*Can make the dressing ahead of time*

Tuesday

The Best Whole30 Pot Roast

Wednesday

5-Ingredient Green Chile Stew

Thursday

Chicken Street Tacos

Friday

Sichuan Beef Stir Fry



# Grocery List

## PRODUCE

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 7 Cloves Garlic                      | <input type="checkbox"/> 5 Green Onions  | <input type="checkbox"/> 2 Heads Lacinato Kale         |
| <input type="checkbox"/> 1 Large Shallot                      | <input type="checkbox"/> 2.5 lbs Medium-Sized Yukon/Yellow Potatoes (1.5 lb for Pot Roast and 1 lb for Stew) | <input type="checkbox"/> 2 Heads Butter Lettuce Leaves |
| <input type="checkbox"/> 2 Yellow Onions (1 Large + 1 Medium) | <input type="checkbox"/> 1 Avocado (Optional for Serving)  | <input type="checkbox"/> Fresh Dill                    |
| <input type="checkbox"/> 1 White Onion                        | <input type="checkbox"/> 1 Lemon   | <input type="checkbox"/> Fresh Thyme (Sub Dried)       |
| <input type="checkbox"/> 1.5 Inch Knob of Ginger              | <input type="checkbox"/> 2 Limes   | <input type="checkbox"/> Fresh Bay Leaves (Sub Dried)  |
| <input type="checkbox"/> 4 Large Carrots                      | <input type="checkbox"/> Pico de Gallo   | <input type="checkbox"/> 1 Bunch of Cilantro           |
| <input type="checkbox"/> 6 Stalks of Celery                   | <input type="checkbox"/> Shredded Cabbage (Optional for Serving)   |  |

## PANTRY ITEMS

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Extra Virgin Olive Oil  | <input type="checkbox"/> Crushed Red Pepper Flakes                                 | <input type="checkbox"/> Low-Sodium Beef Broth (1 Cup Needed)                        |
| <input type="checkbox"/> Avocado Oil   | <input type="checkbox"/> Ground Cumin  | <input type="checkbox"/> Low-Sodium Chicken Broth (2 Cups Needed)                    |
| <input type="checkbox"/> Toasted Sesame Oil  | <input type="checkbox"/> Garlic Powder   | <input type="checkbox"/> 1 [16-ounce] Jar of Hatch Green Chiles (I Use Medium Spicy) |
| <input type="checkbox"/> Safflower Oil (Sub Avocado Oil or Light Olive Oil; See Caesar Recipe for Notes) | <input type="checkbox"/> Dried Oregano   | <input type="checkbox"/> Fish Sauce (I like Red Boat brand)                          |
| <input type="checkbox"/> Rice Vinegar  | <input type="checkbox"/> Ground Sichuan Peppercorn (Sub Chinese Five Spice Powder) | <input type="checkbox"/> Coconut Aminos (I like Big Tree Farms Brand)                |
| <input type="checkbox"/> Red Wine Vinegar  | <input type="checkbox"/> Smoked Paprika  | <input type="checkbox"/> Tomato Paste  |
| <input type="checkbox"/> Apple Cider Vinegar   | <input type="checkbox"/> Old Bay Seasoning   | <input type="checkbox"/> Arrowroot Flour (Sub Tapioca Flour)                         |
| <input type="checkbox"/> Kosher Salt   | <input type="checkbox"/> Dijon Mustard   | <input type="checkbox"/> Cassava Flour (Sub Arrowroot or Tapioca Flour)              |
| <input type="checkbox"/> Black Pepper  | <input type="checkbox"/> Your Favorite Hot Sauce (Optional for Serving)            | <input type="checkbox"/> Tapioca Flour (Sub Arrowroot Flour)                         |
| <input type="checkbox"/> Chili Powder  | <input type="checkbox"/> Anchovy Filets in Olive Oil (Sub Anchovy Paste)           | <input type="checkbox"/> Super-Fine Almond Flour                                     |

## PROTEINS

- |  |   |
|--|---|
| <input type="checkbox"/> 2 Large Eggs  | <input type="checkbox"/> 1.5 lb Sirloin Steak                             |
| <input type="checkbox"/> 3.5 lb Boneless Beef Chuck Roast                          | <input type="checkbox"/> 2 lb Boneless, Skinless Chicken Thighs           |
| <input type="checkbox"/> 1.5 lb Pork Roast (Sub Pork Shoulder, Butt or Tenderloin) | <input type="checkbox"/> 2 lb Center Cut Salmon, Skin Removed and Deboned |





# Monday

SALMON BURGER KALE CAESAR SALAD



THE *Defined* DISH

## MAKE AHEAD ITEM

# Whole 30 Caesar Salad Dressing

To make Monday's dinner easier, prep your dressing on Sunday.  
Dressing will store great throughout the week!

### Ingredients

- 1 cup light tasting oil  
*I use safflower seed oil or avocado oil. You can also use "light" olive oil, which is not the same as extra virgin*
- 1 egg
- 2 tsp dijon mustard
- 2 tbsp fresh lemon juice (or the juice of 1/2 a lemon)
- 4 flat anchovy fillets in olive oil (or 2 tsp. anchovy paste)
- 3 cloves garlic
- 1 tbsp red wine vinegar
- 1/4 tsp cracked black pepper, or more to taste
- Kosher salt, to taste (I do about 1/2 tsp)



### Food Processor Method

1. If your egg is chilled, place it in a cup of hot or very warm water for 3-5 minutes to bring it to room temperature. **Your egg must be at room temp or your may will not emulsify.**
2. Place room temperature egg, mustard powder, kosher salt, and 1/4 cup of oil in a food processor or blender; blend until well combined.
3. Turn your food processor or blender on and keep that blending as you *very slowly* pour in the remaining 3/4 cup of oil in. Keep a constant flow going as slow as you can possibly go (if you pour too quickly your mayo will not emulsify). If you pour slowly, you should have a white, fluffy mayo base.
4. Combine all of the remaining ingredients and blend until smooth.
5. Taste and adjust seasonings, as needed.
6. Store in a jar or air-tight container in the fridge.

### Immersion Blender Method

1. Place the oil in a jar that in which the circumference of the jar is only slightly larger than the head of the blender.
2. Crack the egg into the oil and let settle into the bottom of the jar.
3. Place head of immersion blender down into the mixture with the blade directly over the yolk of the egg. Turn on the immersion blender and do not move the head until a white, creamy, thick mayo forms at the bottom by the head - this will take a few seconds.
4. Begin to slowly tilt and lift the immersion blender in order to emulsify all the oil, all the way up to the top, then push down and up, with the immersion blender still running, to allow the oil at the top to emulsify as well. You should end up with a thick and creamy mayo base.
5. When all oil is emulsified, add the remaining caesar dressing ingredients. Use your immersion blender once more to blend it all until it is smooth.
6. Taste and adjust seasonings, as desired.
7. Store in a jar or air-tight container in the fridge.



MONDAY

# Salmon Burger Kale Caesar Salad

Serves 6

Meal plan recipes usually serve 4, but because this original recipe was created for 6 I left as-is so you are able to have leftovers for lunches; adjust as needed!

## Ingredients

### For the Salmon Burgers

- 2 lb center cut salmon, skin removed and deboned
- 1/4 cup finely diced shallot (or 1 large shallot)
- 1 tsp Old Bay seasoning
- 2 tbsp finely chopped fresh dill, plus more for serving
- 2 tsp cassava flour (Sub arrowroot or tapioca flour)
- 1 egg
- 1/2 tsp kosher salt
- 1/2 tsp fresh cracked black pepper
- 1/4 cup super-fine almond flour
- 2 tbsp extra virgin olive oil

### For the Kale Caesar

- 2 heads, lacinato kale
- Pre-prepared caesar dressing

## Instructions

### Make the Salmon Burgers

1. Cut the salmon into 2-inch cubes. Place half of the salmon in a food processor. Turn on and blend until minced, almost the texture of ground beef. You don't want it over-processed. Transfer to a bowl. Do the second batch of the salmon. I do this in batches to prevent over-blending.
2. In a large bowl, combine the salmon, shallot, bay seasoning, dill, cassava, egg, salt, pepper and egg. Using a fork, stir until well combined. Place the salmon burger mixture in the fridge so that it firms up a bit and is easier to work with; 10-15 minutes.

### Meanwhile, Make the Salad

1. Strip the kale leaves from the stem, rinse and pat dry. Stack the leaves on top of one another then, roll like a cigar then slice into very thin ribbons. Place the ribbons in a large bowl and set aside.

### Cook the Salmon Burgers

1. Place the almond flour on a plate. Set aside.
2. Heat the oil in a large skillet over medium heat. When hot, carefully scoop out 1/2 cup of the salmon burger mixture at a time and using your hands, press into a patty.
3. Dredge the patties into the almond flour and coat both sides of the salmon burger with the flour. Using your hands, gently press once more to reinstate the patty with the almond flour.
4. Carefully place the patty into the oil and cook until golden brown on each side and cooked through, about 4 minutes per side. Continue until all of the salmon burgers are cooked.

### Finish the Salad

1. Toss the kale with the desired amount of caesar dressing until well coated. Serve with the salmon burgers and garnish with fresh dill. Enjoy!





# Tuesday

THE BEST WHOLE30 POT ROAST



T U E S D A Y

# The Best Whole30 Pot Roast

*Serves 6*

*Meal plan recipes usually serve 4, but because this original recipe was created for 6 I left as-is so you are able to have leftovers for lunches; adjust as needed!*

## Ingredients

- 3.5 lbs boneless beef chuck roast
- 2 tsp kosher salt, or more to taste
- 1 tsp freshly cracked black pepper, or more to taste
  - 2 tbsp arrowroot flour (sub tapioca flour)
  - 2 tbsp extra virgin olive oil
- 1 large yellow onion, cut into 1/4 inch slices
  - 3 large carrots, cut into 2-inch pieces
  - 4 stalks of celery, cut into 2-inch pieces
  - 2 cloves of garlic, thinly sliced
  - 2 tsp dijon mustard
  - 1 tbsp tomato paste
  - 1/4 tsp smoked paprika
- 1 tsp fresh thyme leaves (5-6 sprigs; sub 1/2 tsp dried thyme)
  - 2 tbsp apple cider vinegar
  - 2 bay leaves
  - 1 cup beef broth
- 1.5 lbs medium-sized yellow/yukon gold potatoes, quartered

## Instructions

1. Preheat oven to 275 degrees F.
2. Using paper towels, pat dry meat. Season generously with kosher salt and pepper. Sprinkle and rub the arrowroot into the meat so that the roast is evenly coated.
3. Heat oil in a dutch oven over medium-high heat. When hot, brown the beef until golden-brown on all sides, about 4 minutes per side. Transfer to a plate and set aside.
4. Reduce the heat to medium and add the onions, carrots, celery and garlic and cook, stirring, until the onions are tender, about 4 minutes.
5. Add the dijon, tomato paste, smoked paprika, bay leaves and thyme and stir until well combined. Pour in the apple cider vinegar and cook, stirring, until the apple cider vinegar is well combined and reduced by half (leaving only a small amount of liquid in the pot).
6. Pour in 3/4 cup of the beef broth and stir until well combined and the contents come to a boil. Reduce heat to a very subtle simmer.
7. Nestle the roast (and any of its juices) back into the center of the skillet and into the veggies. Add the potatoes all around the roast, and pour the remaining 1/4 beef broth around the roast.
8. Cover with a secure lid, transfer to the oven and roast until the beef is fall apart tender, about 4 hours for a 3-pound roast and about 5 hours for a 4 to 5-pound roast.
9. Remove from oven and let cool for 10 minutes prior to serving to allow the sauce to settle. Add more salt, if needed. Serve and enjoy!

## Notes

You can also cook this in a crockpot. After browning your meat, place all ingredients in a crockpot and cook on low for 8 hours.





# Wednesday

5-INGREDIENT GREEN CHILE STEW



THE *Defined* DISH

W E D N E S D A Y

# 5-Ingredient Green Chile Stew

Serves 4

## Ingredients

- 2 tbsp olive oil
- 1.5 lb pork roast (can sub pork shoulder, butt or tenderloin here too)
  - 1 tsp kosher salt
  - 1/2 tsp freshly cracked black pepper
  - 1 medium yellow onion, diced small
    - 2 cloves garlic, minced
    - 1/4 tsp ground cumin (optional)
- 1 [16-ounce] jar of hatch green chiles (I use medium spicy)
- 1 lb yellow/yukon gold potatoes, cut into 1/2-inch cubes
  - 2 cups low-sodium chicken broth
  - 1 bay leaf (optional)

## Optional for Serving

- cilantro
- cubed avocado
- shredded cabbage

## Instant Pot Instructions

1. Cut pork into 1/2-inch cubes and season with salt and pepper.
2. Turn the Instant Pot on to the 'saute' function and add the olive oil. When the oil starts to shimmer and the pot is hot, add the pork and brown on all sides, about 2 minutes per side. (You might need to do this in two batches to prevent overcrowding.) Set browned pork on aside on a clean plate.
3. With the Instant Pot still on the saute function, add your onions, garlic and cumin. Cook until onions begin to soften, about 4 minutes.
4. When the onions are softened, hit the 'cancel/keep warm' button on the Instant Pot. Add the browned pork back into the pot along with the cumin, jar of green chiles, potatoes, chicken broth and bay leaf. Stir to combine.
5. Secure the lid on your Instant Pot and make sure that the valve on the top is facing towards 'sealed'. Press the 'Meat/Stew' button and set the time to 35 minutes. Walk away from the Instant Pot and let it do its thing.
6. When the cook time is complete, carefully release the pressure in the Instant Pot by turning the valve to 'vent'. Once all the pressure is released and there is no more steam coming out of the Instant Pot, carefully open the lid.
7. You can either serve as is, or garnish as desired! Enjoy!

## Crockpot Method

1. Place all ingredients (minus the garnishes) in a crockpot and stir to combine.
2. Let cook on low for 8 hours, or until the pork is very fork-tender.
3. Serve as is, or garnish as desired!



THE *Defined* DISH



**Thursday**  
CHICKEN STREET TACOS



THE *Defined* DISH

# THURSDAY

## Chicken Street Tacos

Serves 4

### Ingredients

#### For the Chicken

- 2 lb boneless, skinless chicken thighs
  - 2 tsp chili powder
  - 2 tsp garlic powder
  - 1 tsp dried oregano
  - 1 tsp cumin powder
- 2 tsp kosher salt, or more to taste
- 1 tsp black pepper, or more to taste
  - 4 tbsp olive or avocado oil

#### For the Serving

- 2 heads butter lettuce leaves
  - your favorite hot sauce
  - 1/2 white onion, diced fine
  - 1/2 cup finely chopped cilantro
    - pico de gallo
  - 2 lime, cut into wedges

### Instructions

1. In a bowl, combine the chicken, chili powder, garlic powder, oregano, cumin, kosher salt, pepper, and avocado oil. Toss to coat until evenly combined and let marinate for at least 15 minutes (or refrigerate and marinate for up to a full day).
2. Heat a cast-iron skillet over high heat and when hot, sear the chicken until cooked through and golden brown on each side, about 4 minutes per side. Set aside and let rest for 10 minutes.
3. After rested, dice the chicken into 1/2 inch sized cubes.
4. Reheat the same skillet over high heat and when it is hot, add diced chicken (and any of its juices) back into the skillet and spread so that it is in an even layer. Let sear (do not touch) until the chicken gets crisp on the edges, about 2-3 minutes. Toss and let sear on the other side for 2 more minutes. Once the chicken is all over golden brown and crispy on the edges, remove from the heat and serve immediately.
5. Serve in lettuce cups topped with the diced onions, cilantro, pico and your favorite hot sauce and a wedge of lime.





**Friday**

**SICHUAN BEEF STIR FRY**



THE *Defined* DISH

FRIDAY

# Sichuan Beef Stir Fry

Serves 4

## Ingredients

- 1.5 lbs sirloin steak
- 1 tbsp tapioca flour (sub arrowroot flour)
- 1/2 tsp garlic powder
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 2 tbsp + 1 tsp avocado oil
- 1 tsp toasted sesame oil
- 1/4 to 1/2 tsp crushed red pepper flakes (or more to taste)
- 1.5 inch knob of ginger, peeled and julienned
- 2 cups green onions, julienned (about 5 green onions)
- 2 cups carrots, julienned (or 1 medium carrot)
- 2 cups celery, julienned (or 2 stalks celery)
- 1/4 cup coconut aminos (I like Big Tree Farms brand)
- 1 tbsp rice vinegar
- 1 tsp fish sauce (I like Red Boat brand)
- 1/4 tsp ground sichuan peppercorn (Sub Chinese Five Spice Powder)

## Instructions

1. Slice the steak into about 1/4 inch thick slices. Then, take each slice and cut them in half lengthwise, into thin strips.
2. Place the sliced steak and season with the tapioca flour, garlic powder, kosher salt, pepper and toss to coat evenly.
3. Heat a large skillet or wok over high heat with 2 tablespoons avocado oil and 1 teaspoon toasted sesame oil. When the oil is shimmering, fry the beef, in small batches (being careful not to overcrowd the skillet so that they crisp up nicely), until the beef is golden brown on both sides, about 1-2 minutes per side.
4. Transfer cooked beef to a plate and set aside and continue until all of the beef is browned. If your skillet starts to smoke excessively, turn the heat down to medium-high or medium during this process.
5. Reduce the heat to medium-high and add the remaining teaspoon of the avocado oil along with the crushed pepper, ginger, carrots, celery, and onions and saute, stirring, until the veggies are tender, about 4 minutes.
6. Add the coconut aminos, rice vinegar, and fish sauce and stir to combine and bring to a simmer.
7. Add back in the seared beef (and any of its juices) and cook, stirring occasionally, until the sauce has thickened, about 2-3 more minutes.
8. Sprinkle with sichuan peppercorn.
9. Serve alone or over prepared cauliflower rice. Enjoy!

