

Menu

Monday

Portobello Mushroom Lettuce Cups

Tuesday

Sheet Pan Spring Chicken with Artichokes and Asparagus

Wednesday

Ginger + Peanut Butter Ground Turkey Stir Fry

Thursday

Spring Sheet Pan Salmon

Friday

Easy Pan-Seared Lamb Chops with Mint Chimichurri
and Greek-Style Potatoes



Grocery List

PRODUCE

- | | | |
|-----------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 12 Cloves Garlic | <input type="checkbox"/> 1 Large Lime (Or Freshly Squeezed Lime Juice) | <input type="checkbox"/> Fresh Cilantro |
| <input type="checkbox"/> 1-inch Knob Ginger | <input type="checkbox"/> 2 lb Large Yukon Gold Potatoes | <input type="checkbox"/> Fresh Mint Leaves |
| <input type="checkbox"/> 2 Large Shallots | <input type="checkbox"/> 1 Bunch of Radishes | <input type="checkbox"/> Fresh Parsley |
| <input type="checkbox"/> 4 Green Onions | <input type="checkbox"/> 2 Bunches of Asparagus | <input type="checkbox"/> Fresh Thai Basil Leaves |
| <input type="checkbox"/> 1 Large Fresno Chile | <input type="checkbox"/> 5 Portobello Mushroom Caps | <input type="checkbox"/> Fresh Tarragon Leaves |
| <input type="checkbox"/> 3 Large Lemons | <input type="checkbox"/> 1 Head of Butter Lettuce | <input type="checkbox"/> Fresh Dill |

PANTRY ITEMS

- | | | |
|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Creamy Peanut Butter or Almond Butter (Use Unsweetened Almond Butter to Keep Whole30) | <input type="checkbox"/> Dried Oregano |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Sriracha | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> Mayonnaise (Or <u>Homemade</u>) | <input type="checkbox"/> Crushed Red Pepper Flakes |
| <input type="checkbox"/> Rice Vinegar | <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Arrowroot Flour (Sub Tapioca Flour) |
| <input type="checkbox"/> White Wine Vinegar | <input type="checkbox"/> Black Pepper | <input type="checkbox"/> White Rice (Sub Cauliflower Rice for Whole30) |
| <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Ground Coriander | <input type="checkbox"/> 1 [8-oz] Can Water Chestnuts |
| <input type="checkbox"/> Coconut Aminos (I like Big Tree Farms Brand) | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> 1 [12-oz] Bag Frozen Artichoke Hearts |
| <input type="checkbox"/> Fish Sauce (I like Red Boat Brand) | <input type="checkbox"/> Ginger Powder | |
| <input type="checkbox"/> Low-Sodium Chicken Broth | <input type="checkbox"/> Onion Powder | |

PROTEINS

- | | |
|--------------------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> 3 lbs Bone-in, Skin-on Chicken Thighs | <input type="checkbox"/> 1 [24-oz] Salmon Filet |
| <input type="checkbox"/> 2 lbs Ground Turkey, Preferably Dark Meat | <input type="checkbox"/> 16 Lamb Rib Chops |





Monday

PORTOBELLO MUSHROOM LETTUCE CUPS



THE *Defined* DISH

MONDAY

Portobello Mushroom Lettuce Cups

Serves 4

Ingredients

- ¼ cup coconut aminos
- 1 teaspoon fish sauce
- ½ teaspoon toasted sesame oil
- 1 tablespoon rice vinegar
- ½ teaspoon ginger powder
- 2 teaspoons arrowroot or tapioca flour
- 5 portobello mushroom caps, diced large
- 3 tablespoons avocado oil
- 1 large shallot diced small
- 2 cloves garlic minced
- 1 teaspoon kosher salt
- 1 large fresno chile very thinly sliced
- 1 [8-ounce] can water chestnuts, drained and loosely chopped
- ¼ cup loosely chopped cilantro leaves
- Butter lettuce for serving

Instructions

1. In a small bowl, combine the coconut aminos, fish sauce, sesame oil, rice vinegar, ginger powder and arrowroot. Whisk until well combined and set aside.
2. Heat a large nonstick skillet over medium high heat with avocado oil. When the oil is hot, add the shallot and garlic. Cook, stirring, until the shallots are just tender, about 2 minutes.
3. Add the mushrooms, salt, fresno chile and water chestnuts. Cook, stirring occasionally, until the mushrooms are tender, 3 to 4 minutes.
4. Pour in the sauce and stir to combine. Allow the sauce to thicken, which should only take about 1 minute.
5. Remove from heat and stir in the cilantro.
6. Serve in lettuce cups and enjoy!





Tuesday

**SHEET PAN SPRING CHICKEN
WITH ARTICHOKES AND ASPARAGUS**



T U E S D A Y

Sheet Pan Spring Chicken with Artichokes and Asparagus

Serves 4

Ingredients

- ¼ cup + 2 tbsp avocado oil
- ¼ cup white wine vinegar
- 1 ½ teaspoons garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon onion powder
- 1 teaspoon paprika powder
- ½ teaspoon crushed red pepper flakes
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 3 lbs bone-in, skin-on chicken thighs
- 1 lemon sliced into ¼ inch rounds
- 1 [12- ounce] bag frozen artichoke hearts
- 1 bunch of asparagus, woody ends trimmed and then cut in half crosswise
- ¼ cup freshly chopped dill, for serving (optional, you can also substitute parsley or basil here)

Instructions

1. Preheat the oven to 375 degrees F and line a large baking sheet with parchment paper.
2. In a large bowl, whisk together the ¼ cup avocado oil, white wine vinegar, garlic powder, coriander, onion powder, paprika, crushed red pepper flakes, salt and pepper until well combined.
3. Pat the chicken very dry. Add to the avocado oil mixture and toss until very well combined and the chicken is evenly coated in the mixture.
4. Place the chicken, skin side up, on the prepared baking sheet. Transfer the chicken to the oven and bake for 20 minutes.
5. When the cook time is complete, remove the chicken from the oven (keep the oven on!) Scatter the lemon slices, the frozen artichoke hearts, and the asparagus across the sheet pan and gently toss into the chicken juices to the best of your ability. Drizzle the remaining avocado oil over the entire sheet pan and gently toss once more. Nestle the chicken, skin side up still, into the vegetable mixture and return to the oven. Continue to cook until the chicken is cooked through, 15-20 more minutes.
6. Remove from the oven and allow to cool for 8-10 minutes before serving. I like to sprinkle mine with fresh dill, but it's good as it is! You can also sub parsley or basil!





Wednesday

GINGER + PEANUT BUTTER
GROUND TURKEY STIR FRY



W E D N E S D A Y

Ginger + Peanut Butter Ground Turkey Stir Fry

Serves 4

Ingredients

For the Ground Turkey

- 2 tablespoons avocado oil
- 1 large shallot finely diced
- 2 cloves garlic minced
- 1 inch knob ginger peeled and finely grated
- 2 pounds ground turkey preferably dark meat
- 1 ½ teaspoon kosher salt
- ½ teaspoon pepper
- 2 tablespoons creamy peanut butter or almond butter (Use unsweetened Almond Butter to keep Whole30)
- 2 tablespoons coconut aminos
- 1 tablespoons rice vinegar
- ½ teaspoon toasted sesame oil
- 2 tablespoons lime juice
- 2 tablespoons sriracha
- 4 green onions thinly sliced (white and green parts)

For Serving

- Steamed White Rice *Use Cauliflower Rice for Whole30
- Fresh Mint Leaves
- Fresh Thai Basil Leaves
- Fresh Cilantro Leaves

Instructions

1. Heat oil in a large nonstick skillet over medium heat. Add the shallot, garlic, and grated ginger and cook, stirring and being careful not to burn, until soften, about 2 minutes.
2. Add the turkey, salt and pepper and cook, breaking up the meat with the edge of a wooden spoon, until the turkey is cooked through and no longer pink, about 7 minutes.
3. Meanwhile, in a small bowl, combine the peanut butter, coconut aminos, rice vinegar, toasted sesame oil, lime juice and sriracha. Whisk until well combined and smooth.
4. Pour the sauce into the ground turkey mixture along with the sliced green onions. Continue to cook, stirring, until the turkey is well coated and the green onions are just tender, about 3 more minutes.
5. Serve over steamed rice, if desired, and top with fresh herbs.





Thursday

SPRING SHEET PAN SALMON



THURSDAY

Spring Sheet Pan Salmon

Serves 4

Ingredients

For the Sheet Pan

- 24 oz salmon
- 1 bunch asparagus
- 1 bunch radishes, halved
- 3 tablespoons extra virgin olive oil
- 1 ½ teaspoon kosher salt
- ¾ teaspoon black pepper

For the Lemon Tarragon Sauce

- 2 tablespoons lemon juice (or 1/2 lemon)
- 1/2 cup homemade mayonnaise
- 2 cloves garlic
- 2 tablespoons tarragon leaves, loosely chopped
- kosher salt, to taste
- black pepper, to taste

Instructions

For the Sheet Pan:

1. Preheat oven to 400 and line baking sheet with parchment paper.
2. Add the asparagus and radishes to the baking sheet. Drizzle with 2 tablespoons olive oil, 1 teaspoon salt and 1/2 teaspoon pepper. Toss to coat evenly.
3. Scoot the vegetables over on either side to create a large enough space for the salmon. Place the salmon in the middle of the sheet pan. Drizzle the salmon with 1 tablespoon olive oil and brush to coat evenly, then season with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
4. Place sheet pan in oven and roast for 12-15 minutes, until salmon is cooked through and vegetables are tender.

For the Lemon Tarragon Sauce:

1. In a food processor or blender, add the lemon juice, mayo, garlic, tarragon leaves, salt and pepper. Blend until well combined.
2. Serve and enjoy!





Friday

EASY PAN-SEARED LAMB CHOPS
WITH MINT CHIMICHURRI
AND GREEK-STYLE POTATOES



THE *Defined* DISH

FRIDAY

Easy Pan-Seared Lamb Chops with Mint Chimichurri and Greek-Style Potatoes

Serves 4

Ingredients

For the Potatoes

- 2 pounds large Yukon gold potatoes
 - 1/4 cup extra virgin olive oil
 - 1 1/2 teaspoons kosher salt
- 1/2 teaspoon cracked black pepper
 - 1 1/2 teaspoons dried oregano
 - 1/2 teaspoon garlic powder
- 1/4 cup fresh lemon juice (1 large lemon)
 - 1/4 cup low-sodium chicken broth

For the Mint Chimichurri

- 1 cup coarsely chopped mint leaves
 - 1 cup coarsely chopped parsley
 - 2 cloves of garlic chopped
- 1/4 teaspoon crushed red pepper
 - 1/4 cup red wine vinegar
 - 1/2 cup olive oil
 - pinch of salt
 - pinch of pepper

For the Lamb

- 16 lamb rib chops
 - 2 teaspoons kosher salt
 - 1 teaspoon ground black pepper
- 1/2 cup + 2 tablespoons extra virgin olive oil
 - 4 cloves garlic minced

Instructions

For the Potatoes:

1. Preheat oven to 325 degrees F.
2. Scrub potatoes clean and pat dry. Cut the potatoes in half lengthwise and then into thin batons. Then, cut the batons into smaller, 2 inch sized chunks.
3. Spread cut potatoes across a 9 x 13 glass baking dish. Add remaining ingredients into the baking dish and toss so that the potatoes are evenly coated. Spread potatoes evenly across the dish, then bake until potatoes are tender in the center and slightly crisp on the edges, tossing every 30 minutes. This should take about 1 hour 15 minutes - 1 hour and 30 minutes total.
4. Remove from oven and serve immediately.

For the Mint Chimichurri:

1. Combine all of the ingredients in a food processor or blender, except for the olive oil, and pulse until finely chopped.

For the Lamb:

1. Place lamb chops in a shallow bowl. Add 1/4 cup extra virgin olive oil and the minced garlic. Season with kosher salt and pepper. Toss to coat evenly. Set aside and let marinate at room temperature for 15 minutes.
2. After the ribs have marinated, heat remaining tablespoon extra virgin olive oil over medium-high heat in a large skillet. When the oil is shimmering, working in batches, sear the lamb chops in the pan until a deep golden brown crust has formed, about 2-3 minutes per side for medium rare. Transfer the lamb to a cutting board or platter and let rest for 5-10 minutes before serving.
3. Drizzle with Mint Chimichurri. Serve and enjoy!

