

Menu

Monday

Aunt Leigh's Broccoli and Carrot Pasta

Tuesday

Whole30 Mongolian Beef Stir Fry with Baby Bok Choy

Wednesday

Crockpot Chicken Tikka Masala

Thursday

Mexican Pizza

Friday

Avocado Turkey Burgers with Oven Fries



Grocery List

PRODUCE

- | | | |
|-----------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 9 Cloves Garlic | <input type="checkbox"/> 8 Green Onions | <input type="checkbox"/> 1 Avocado |
| <input type="checkbox"/> 2 [1-inch] Pieces Fresh Ginger | <input type="checkbox"/> 1 Large White Onion | <input type="checkbox"/> Fresh Bay Leaf (Sub Dried) |
| <input type="checkbox"/> 1 Head of Broccoli (4 Cups of Florets) | <input type="checkbox"/> 2 Roma Tomatoes | <input type="checkbox"/> Fresh Cilantro (For Serving) |
| <input type="checkbox"/> 2 Heads Baby Bok Choy | <input type="checkbox"/> 2 Large Russet Potatoes (About 1 ½ lb) | <input type="checkbox"/> Your Desired Burger Toppings for Serving (Tomatoes, Lettuce, Red Onion, etc.) |
| <input type="checkbox"/> 2 Carrots (2 Cups Peeled and Sliced) | <input type="checkbox"/> 2 Lemons | |

PANTRY ITEMS

- | | | |
|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Ground Cumin | <input type="checkbox"/> Low-Sodium Beef Broth |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Curry Powder (Sub Garam Masala) | <input type="checkbox"/> Mayonnaise (Store-bought or Homemade) |
| <input type="checkbox"/> Cooking Spray | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> 1 [15.4-oz] Can Refried Black Beans (I use Amy's Brand; Omit for Paleo) |
| <input type="checkbox"/> Toasted Sesame Oil | <input type="checkbox"/> Dried Oregano | <input type="checkbox"/> 2 [6-oz] Cans of Tomato Paste |
| <input type="checkbox"/> Coconut Aminos (I like Big Tree Farms Brand) | <input type="checkbox"/> Paprika | <input type="checkbox"/> 1 [12-oz] Can Unsweetened, Full Fat Coconut Milk |
| <input type="checkbox"/> Rice Vinegar | <input type="checkbox"/> Turmeric | <input type="checkbox"/> 4 Brioche Buns (Sub Butter Lettuce) |
| <input type="checkbox"/> Fish Sauce (I like Red Boat Brand) | <input type="checkbox"/> Toasted Sesame Seeds | <input type="checkbox"/> Salted Butter |
| <input type="checkbox"/> Kosher Salt | <input type="checkbox"/> Arrowroot Starch | <input type="checkbox"/> Ghee |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Tapioca Flour | <input type="checkbox"/> Shredded Mozzarella Cheese |
| <input type="checkbox"/> Cayenne Pepper (Optional; See Chicken Tikka Masala and Mexican Pizza) | <input type="checkbox"/> 12 oz Fusilli Pasta (I use Jovial Brown Rice for Gluten-Free, Sub any Pasta) | <input type="checkbox"/> Shredded Mexican Blend Cheese |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> 8 Tortillas (I use Siete Brand) | <input type="checkbox"/> Pepper Jack Cheese (Optional; See Turkey Burgers) |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Rice (For Serving Mongolian Beef and Chicken Tikka Masala; Sub Cauliflower Rice) | <input type="checkbox"/> Freshly Grated Parmesan |
| <input type="checkbox"/> Crushed Red Pepper Flakes (Optional for Serving) | <input type="checkbox"/> Low-Sodium Chicken Broth | |

PROTEINS

- | | |
|------------------------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> 1.5 lb Skirt or Flank Steak | <input type="checkbox"/> 1 lb Ground Beef |
| <input type="checkbox"/> 2 lb Boneless, Skinless Chicken Breasts | <input type="checkbox"/> 1 lb Ground Turkey |





Monday

AUNT LEIGH'S BROCCOLI
AND CARROT PASTA



MONDAY

Aunt Leigh's Broccoli and Carrot Pasta

Serves 4

Ingredients

- 12 ounces fusilli pasta
- 4 cups broccoli florets (1 head)
- 2 cups peeled and sliced carrots (2 carrots)
- 1 cup low-sodium chicken broth (sub water)
 - kosher salt to taste
 - 3 tbsp salted butter
 - 2 cloves garlic, minced
- 1 cup shredded mozzarella cheese
 - juice of 1 lemon (about 2 tbsp)
 - ½ tsp black pepper or to taste
- freshly grated parmesan for serving
- crushed red pepper flakes (optional for serving)

Instructions

1. Bring a large pot of water to a boil.
2. Meanwhile, add the broccoli florets and carrots to a steamer basket and place it in a saucepan filled with the chicken broth or water. Bring the broth to a boil, then reduce the heat to a simmer and cover the pan. Let steam for 5 to 7 minutes, or until the broccoli and carrots are crisp-tender. Remove from heat and set aside until the pasta is cooked.
3. When the water in the pot is boiling, add the pasta and a heavy pinch of salt (about 1 tbsp) and stir to combine. Cook until al dente, according to package directions. Reserve 1 cup of the pasta water before draining.
4. In a deep skillet, melt the butter over medium heat. Add the garlic and cook, stirring, until fragrant, about 2 minutes.
5. Add the cooked pasta and steamed vegetables and toss to coat in the butter. Add the shredded cheese, the lemon juice, and ½ cup of the reserved pasta water and gently toss until the cheese melts and is incorporated into the pasta, about 4 minutes to ensure it's well combined. If your pasta seems a little dry, add ¼ cup of the remaining pasta water at a time and toss it into the pasta. Season with kosher salt and black pepper, to taste.
6. Serve topped with freshly grated parmesan and crushed red pepper flakes, if using.



THE *Defined* DISH



Tuesday

WHOLE30 MONGOLIAN BEEF STIR FRY
WITH BABY BOK CHOY



THE *Defined* DISH

T U E S D A Y

Whole30 Mongolian Beef Stir Fry with Baby Bok Choy

Serves 4

Ingredients

For the Stir Fry

- 1.5 pounds skirt or flank steak
 - 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
 - 1 tbsp arrowroot starch
- 4 tbsp avocado or extra virgin olive oil
 - 3 garlic cloves, thinly sliced
- 1 [1-inch] piece fresh ginger, finely grated
 - 1 tsp toasted sesame oil
- 1/2 cup low-sodium beef broth
- 6 green onions sliced into 1.5-inch pieces (white and green parts)
 - 1/2 cup coconut aminos
 - 1 tbsp rice vinegar
 - 1 tsp fish sauce
- 1/2 tsp crushed red pepper flakes, optional for serving
- 1 tbsp toasted sesame seeds for serving
- prepared rice or cauliflower rice

For the Seared Baby Bok Choy

- 1 tbsp avocado oil
- 2 heads baby bok choy, rinsed, dried, and halved lengthwise
 - 1 tsp fish sauce
- freshly ground black pepper

Instructions

Make the Mongolian Beef

1. Place the flank steak on a cutting board and using a meat mallet or the back of a skillet, tenderize the meat, pounding the steak until it is 1/2-inch thick. Remove and discard the parchment paper, then slice the steak against the grain into 1/4-inch-thin pieces. Add the steak to a large bowl and sprinkle with the salt, pepper, and arrowroot starch. Toss to coat.
2. In a large nonstick skillet, heat the avocado oil over medium-high heat. Working in batches so you don't crowd the pan, add the steak in a single layer. Sear the steak until it forms a deep brown crust, 3 to 4 minutes per side. Transfer the cooked steak to a plate and set it aside. Repeat until all the steak is cooked and all of the meat is set aside.
3. Add the garlic, ginger, and sesame oil to the skillet and cook, stirring, for 1 minute. Pour in the beef broth and bring to a simmer. Let simmer for about 2 minutes and use the back of a spoon to scrape up any brown bits from the pan.
4. Return the steak to the skillet. Stir in the green onions, coconut aminos, rice vinegar, and fish sauce and bring the sauce to a simmer. Cook, stirring often, until the sauce has thickened, 3 to 5 minutes.
5. Spoon the stir fry over the prepared rice and sprinkle with the sesame seeds and red pepper flakes if using. Serve with the Seared Baby Bok Choy.

Make the Baby Bok Choy

1. In a large skillet over medium-high heat, heat the avocado oil. Sear the bok choy until golden brown, 3 to 4 minutes per side. Add the fish sauce and season with pepper to taste. Serve alongside the stir fry and enjoy!





Wednesday

CROCKPOT CHICKEN TIKKA MASALA



THE *Defined* DISH

W E D N E S D A Y

Crockpot Chicken Tikka Masala

Serves 4

Ingredients

- 2 lb boneless, skinless chicken breasts
 - 1 large onion, diced
 - 4 cloves of garlic, minced
- 1 tbsp minced ginger (about a 1-inch piece)
 - 1 [6-oz] can of tomato paste
 - 2 tbsp olive oil
- 3/4 cup organic, free-range chicken broth
- 1 tbsp curry powder (sub Garam Masala)
 - 1 tsp turmeric
 - 1 tsp cumin
 - 1 tsp paprika
 - 1/2 tsp cinnamon
 - 2 tsp salt
 - 1 tsp black pepper
 - 1 bay leaf
- 2 tbsp arrowroot starch
- 1 [12-oz] can unsweetened, full fat coconut milk (blended so that it is well combined)
 - juice of 1/2 a lemon
- prepared rice or cauliflower rice for serving
 - cilantro, for garnish
 - cayenne pepper for serving (See Note)

Crockpot Instructions

1. Cut chicken into 1.5-inch cubes. Place in the crockpot with the diced onion, minced garlic, minced ginger, tomato paste, olive oil chicken broth, and all of the spices (except bay leaf and cayenne for now). Stir well to combine. Place bay leaf on top and cover and cook on low for 8 hours, or on high for 4.
2. When cook time is done, in a bowl whisk together the arrowroot and the coconut milk. Gently pour and stir into the crockpot with the cooked chicken. Let cook an additional 20 minutes to thicken up.
3. Immediately before serving, stir in the lemon juice. Serve with prepared rice and top with some freshly chopped cilantro and sprinkle of cayenne, if using.

InstantPot Instructions

1. Combine the chicken, broth, diced onion, minced garlic, minced ginger, tomato paste, olive oil chicken broth, and all of the spices (except bay leaf and cayenne for now). Stir well. Place the bay leaf on top, cover, and seal. Press the 'poultry' button and increase the time to 20 minutes.
2. When cook time is complete, release the pressure manually by turning the valve to "venting."
3. When the pressure is finished releasing, carefully open the InstantPot. Turn on the 'saute' function. In a medium bowl, whisk together the coconut milk and arrowroot starch. Add the mixture to the InstantPot with the cooked chicken and let simmer until sauce has thickened, about 10 more minutes.
4. Immediately before serving, stir in the lemon juice. Serve with prepared rice and top with some freshly chopped cilantro and sprinkle of cayenne, if using.

Note: When making this for the entire family, instead of including the cayenne with the rest of the spices, I just sprinkle cayenne over my serving in order to omit for the kids.





Thursday
MEXICAN PIZZA



THE *Defined* DISH

THURSDAY

Mexican Pizza

Serves 4

Ingredients

For the Tortillas

- 8 tortillas (I use Siete Brand)
- cooking spray

For the Ground Beef

- 2 *tblsp* olive oil
- 1 *lb* ground beef
- 1 *tsp* kosher salt
- 1/2 *tsp* black pepper

For the Quick Enchilada Sauce

- 2 *tblsp* ghee
- 2 *tsp* arrowroot powder
- 1 *tsp* paprika
- 1 *tsp* cumin
- 2 *tsp* chili powder
- 1/2 *tsp* cayenne (optional; I sprinkle on top of my individual pizza when serving my whole family)
- 1 *tsp* garlic powder
- 4 *tblsp* tomato paste
- 1.5 *cup* low sodium beef broth
- 1 *tsp* kosher salt

For the Pizzas

- 8 *tblsp* refried black beans (omit for paleo)
- 1/2 *cup* Mexican blend shredded cheese
- 2 *roma* tomatos, cored, seeds removed and diced small for serving
- 2 *tblsp* finely chopped cilantro, optional for serving
- 2 *green* onions (green part only), thinly sliced, optional for serving

Instructions

Preheat oven to 400 degrees F and line a large baking sheet with parchment paper.

Crisp the Tortillas

1. Place the tortillas on the parchment-lined baking sheet and lightly spray with cooking spray. Bake for 6-8 minutes, until a golden brown edge has started to form and they are just crisp. Remove from oven and set aside but do not turn off the oven yet.

Make the Ground Beef

1. Meanwhile, heat a large skillet with olive oil over medium-high heat. Add the ground beef. Brown the beef, using the back of a wooden spoon to break up the meat, until no longer pink, about 5-7 minutes. Season with salt and pepper.

Make the Enchilada Sauce

1. Heat the same skillet over low heat then add the ghee. When the ghee is melted, add the arrowroot and whisk until smooth.
2. Add the paprika, cumin, chili powder, garlic powder and cayenne (if using) to the skillet. Cook, stirring, until the spices are toasted and fragrant, about 2 minutes and there are no clumps.
3. Add the tomato paste and stir until incorporated into the spice mixture.
4. Slowly, while whisking, add the beef broth and stir until well combined with the spice mixture. Season with salt. Bring to a simmer, and gently cook until the sauce has thickened, about 2 minutes. Remove sauce from heat.
5. Add 2 tablespoons of the enchilada sauce to the cooked ground beef and toss to coat evenly.

Assemble the Pizzas

1. Carefully spread two tablespoons of refried black beans on just four of the crisp tortillas. Divide the meat mixture evenly on top of the refried beans. Place the other crisp tortillas on top to create a sort of 'pizza sandwich'. Then, evenly distribute the remaining enchilada sauce on top of each of the "pizzas" and gently spread to evenly coat the top. Sprinkle with cheese.
2. Transfer back into the oven and bake for 2-3 minutes, or until the cheese has melted and the sauce is hot and bubbly.
3. Top with tomatoes, cilantro, and green onions. Sprinkle with cayenne, if using.





Friday

**AVOCADO TURKEY BURGERS
WITH OVEN FRIES**



THE *Defined* DISH

FRIDAY

Avocado Turkey Burgers with Oven Fries

Serves 4

Ingredients

For the Turkey Burgers

- 1 lb ground turkey
- 1 tbsp mayo
- 1 tsp kosher salt
- ½ tsp pepper
- 1 tsp chili powder
- 1 tsp dried oregano
- ½ tsp ground cumin
- 2-3 tbsp tapioca flour
- 2 tbsp avocado oil
- 1 avocado pitted and sliced
- 4 sliced pepper-jack cheese, optional
- 4 brioche buns for serving (sub butter lettuce leaves)
- your desired burger toppings for serving

For the Fries

- 1.5 lb russet potatoes (or 2 large potatoes)
- 2 tbsp extra virgin olive oil
- 1.5 tsp kosher salt
- 1/2 tsp fresh cracked black pepper

Instructions

Preheat oven to 400 degrees F.

Prepare the Burgers

1. In a large bowl, combine the turkey, mayo, salt, pepper, chili powder, dried oregano, cumin, and 2 tablespoons of tapioca flour. Using your hands, mix until the meat is just combined and the ingredients are evenly distributed. The meat should be a little 'wet' feeling compared to traditional beef patties; however, this helps keep the turkey meat from drying out. If your meat is too 'wet' to form into 4 equal-sized patties, add 1 additional tablespoon of tapioca to help bind the meat.
2. When your patties are formed, heat the avocado oil in a large skillet (preferably cast iron) over medium-high heat. When hot, carefully place the patties into the oil and cook until golden brown on each side and cooked through, about 4 minutes per side.
3. Turn off the heat and place 2-3 slices of avocado on top of each patty. Then, place a slice of pepper jack cheese over the sliced avocado. Cover the skillet to allow the cheese to just melt, 3-4 more minutes.
4. Serve on brioche buns with your favorite hamburger toppings! Alternatively, these patties are delicious served on top of a salad, or wrapped with lettuce leaves.

Prepare the Fries

1. Scrub potatoes well, then cut lengthwise into 1/2-inch wide fries.
2. Place fries in a large bowl and toss with the olive oil, kosher salt, and pepper until evenly coated.
3. Spread fries across a parchment paper-lined baking sheet in a single layer (you may need two baking sheets to ensure they are in a single layer and have plenty of room to crisp up).
4. Bake in the oven until potatoes are golden brown all over and crisp, about 30 minutes.

