



THE *Defined* DISH

Weeknight Recipes

Make Ahead Items

Oven Roasted Breakfast Potatoes & Fresh Fruit,
Kale & Chicken Waldorf Salad & Fresh Cut Veggies

Weeknight Dinner Menu

Sunday

Whole30 Classic Meatloaf with Bacon-Balsamic Green Beans

Monday

Whole30 Tuna Cakes with Smoked Paprika Aioli

Tuesday

Chicken Street Tacos

Wednesday

Sloppy Jane

Thursday

Sichuan Beef Stir Fry



Make Ahead Items

Oven Roasted Breakfast Potatoes

For the Potatoes:

1lb yellow potatoes, diced large
1 red bell pepper, diced medium
1 green bell pepper, diced medium
1/2 yellow onion, diced medium
3 tbsp avocado or olive oil
1/2 tsp garlic powder
1/2 tsp sweet paprika
1/4 tsp dried thyme
1/8 tsp cayenne pepper (optional)
1 tsp Kosher salt
1/2 tsp black pepper



Preheat oven to 375.

Place the potatoes, red pepper, green pepper, onion on a sheet tray. Drizzle with oil.

Season with garlic powder, sweet paprika, dried thyme, cayenne pepper, salt and pepper. Toss to coat.

Spread across a large baking sheet in a single layer and roast in oven until golden brown and crisp on the edges, about 40 minutes, tossing halfway through the cook time.

Kale & Chicken Waldorf Salad

For the Salad Dressing:

3 tbsp champagne vinegar
3 tsp dijon mustard
1/3 cup extra virgin olive oil
salt and pepper, to taste

For the Salad:

5 strips of bacon, fried until crisp then crumbled
1 apple, cut into matchsticks
4 cups packed kale removed from stem and finely chopped (6-8 leaves of green kale)
2 cups packed mature spinach, loosely chopped (about 1/2 bunch of spinach)
1/2 cup loosely chopped walnuts
4 hard boiled eggs, shredded on a cheese grater
1/4 cup flame raisins
3 cups of torn rotisserie chicken

For the Salad Dressing:



In a bowl, whisk together the champagne vinegar, dijon mustard and olive oil until well combined. Season with salt and pepper, to taste. Set aside.

For the Salad:

In a large bowl, combine all of the salad ingredients (kale, spinach, crumbed bacon, matchstick apples, chopped walnuts, shredded rotisserie chicken, raisins, and hard boiled eggs).

Pour dressing over the salad and toss continuously for 3-5 minutes, allowing time for the kale to absorb the dressing and lightly wilt.

Taste and add salt and pepper, if needed.

Sunday



Whole30 Classic Meatloaf with Bacon-Balsamic Green Beans



Whole30 Classic Meatloaf with Bacon-Balsamic Green Beans

Whole30 Classic Meatloaf

For the Meatloaf:

2 cups finely diced yellow onion (about 1 large onion)
2 tbsp. ghee
salt and pepper, to taste
1/2 tsp. dried thyme
1 tbsp. tomato paste
1 tbsp. coconut aminos
2 lbs. ground beef
2 eggs, beaten
1/2 cup almond flour

For the Sauce:

1/2 cup tomato sauce
1 tbsp. tomato paste
1 tbsp. coconut aminos
2 cloves garlic, minced
1 tsp. yellow mustard
1 tsp. crystals hot sauce
salt and pepper, to taste

Preheat oven to 350 degrees.

Heat ghee in a large skillet over medium heat. Add the diced onion and thyme and saute until tender, about 7 minutes.

Remove from heat and stir in the tomato paste and coconut aminos. Set aside to let cool.

When cool, place ground beef, almond flour, 2 beaten eggs, and plenty of salt and pepper (to taste) in a bowl. Pour the onion mixture on top, and mix lightly with a fork. Don't mash or the meatloaf will be dense.

Shape the mixture into a rectangular loaf on a sheet pan covered with parchment paper.

In a bowl, combine all of the "for the sauce" ingredients, stir to combine.

Spread the sauce over the top of the meatloaf.

Bake for 1 hour at 350°F, or until a meat thermometer inserted into the center of the meatloaf reads 155°F. Remove from oven and let sit for 10 minutes before slicing.

Make thick slices to serve.



Bacon-Balsamic Green Beans

For the Green Beans:

6 strips bacon
16 oz. green beans, trimmed and rinsed (I prefer
Hericots Verts)
1/4 cup balsamic vinegar
salt and pepper, to taste

Cut bacon into 1 inch pieces.

Heat a skillet over medium heat. Add bacon pieces and fry until cooked through and slightly crisp.

Increase heat to medium-high.

Add the green beans into the skillet with the bacon and bacon fat. Saute for about 5-7 minutes, seasoning lightly with salt and pepper, until the green beans are slightly tender (but not soggy).

Pour in the balsamic vinegar and saute for 2 minutes more, so that the balsamic reduces and coats the green beans.



Monday

Whole30 Tuna Cakes with Smoked Paprika Aioli



Whole30 Tuna Cakes with Smoked Paprika Aioli

For the Tuna Cakes:

2 (5oz) cans tuna
1 tbsp. primal kitchens mayo
1/4 green bell pepper, finely diced
2 cloves garlic, minced
1 egg
1/4 cup almond flour
Salt and pepper, to taste
2 tbsp. avocado oil (olive oil is fine, too)

For the Smoked Paprika Aioli:

1/2 cup primal kitchen mayo
1 clove garlic, minced
1 tbsp. lemon juice
1/4 tsp. smoked paprika
Salt, to taste

In a bowl, add tuna, egg, 1 tbsp. mayo, diced bell pepper, garlic, almond flour, salt and pepper. Using a fork, mix to combine.

Using a 1/4 cup measuring cup, scoop out 1/4 cup of the mixture. Transfer scoop to hands and form a nice patty. Continue until all patties are formed.

Heat oil in a large skillet over medium-high heat. When hot, but not smoking, using a spatula carefully lay the tuna cakes into the oil and let fry until golden brown, about 3 minutes.

Using a sturdy spatula, carefully flip and continue to cook on the other side until golden brown, about 2-3 more minutes.

Transfer patties onto a plate lined with paper towels and immediately sprinkle with salt. Let rest for 2 minutes before serving.

Meanwhile, in a bowl combine all of the aioli ingredients. Stir to combine.

Serve with aioli and enjoy!



Tuesday

Chicken Street Tacos



Chicken Street Tacos

For the Chicken:

1 lb. boneless, skinless chicken thighs
1 teaspoon chili powder
1 teaspoon garlic powder
1/2 teaspoon dried oregano
1/2 teaspoon cumin powder
1 teaspoon kosher salt, or more to taste
1/2 teaspoon black pepper, or more to taste
2 tablespoons olive or avocado oil

For the Serving:

1 head butter lettuce leaves (or 6 tortillas)
Your favorite hot sauce
1/4 white onion, diced fine
1/4 cup finely chopped cilantro
Pico de gallo
1 lime, cut into wedges

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 all day).

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.

After rested, dice the chicken into 1/2 inch sized cubes.

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.

Serve in lettuce cups (or tortillas) topped with the diced onions, cilantro, pico and your favorite hot sauce and a wedge of lime.



Wednesday

Sloppy Jane



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Sloppy Jane

For the Sloppy Jane:

4 medium-sized sweet potatoes
1 tablespoon extra virgin olive oil
1 cup yellow onion, finely diced
1 cup green bell pepper, finely diced
2 cloves garlic, minced
1 pound ground beef
1 teaspoon kosher salt
1/2 teaspoon black pepper
2 tablespoons tomato paste
1 tablespoon yellow mustard
1/4 teaspoon red pepper flakes
1/2 teaspoon chili powder
1/4 cup coconut aminos

Preheat oven to 400 degrees F.

Scrub and pat dry the sweet potatoes. Pierce each sweet potato several times with a fork. Place the sweet potatoes on a rimmed baking sheet lined with foil. Bake until tender, about 45 minutes.

Meanwhile, heat oil in a large skillet over medium-high heat. Add the onions, bell pepper, and garlic and saute until slightly tender, about 4-5 minutes.

Add the ground beef and cook, breaking up the meat with the back of a spoon, until the meat is browned and cooked through (no longer pink), about 7 minutes more. Season with the salt and pepper while browning.

Add the tomato paste, mustard, chili powder, and red pepper flakes to the skillet and cook, stirring, until well combined.

Pour in the coconut aminos and cook, stirring, until it has reduced.

Remove from heat, cover and keep warm until the potatoes are finished cooking.

When potatoes are done, remove from oven and make a slit in the top of each sweet potato. Stuff with sloppy joe mixture, serve and enjoy!



Thursday

Sichuan Beef Stir Fry



Sichuan Beef Stir Fry

For the Sichuan Beef Stir Fry:

1.5 lbs sirloin steak
1 tablespoon tapioca flour*
1/2 teaspoon garlic powder
1 teaspoon kosher salt
1/2 teaspoon black pepper
2 tablespoons + 1 teaspoon avocado oil
1 teaspoon toasted sesame oil
1/4 - 1/2 teaspoon crushed red pepper flakes (or 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 tablespoon rice vinegar
1 teaspoon fish sauce (I like Red Boat brand)
1/4 teaspoon ground sichuan peppercorn (or sub Chinese Five Spice Powder)

Slice the steak into about 1/4 inch thick slices. Then, take each slice and cut them in half lengthwise, into thin strips.

Place the sliced steak and season with the tapioca starch, garlic powder, kosher salt, pepper and toss to coat evenly.

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. 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).

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.

Add the coconut aminos, rice vinegar, and fish sauce and stir to combine and bring to a simmer.

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.

Sprinkle with sichuan peppercorn.

Serve alone, over steamed rice, or over prepared Cauliflower Rice. Enjoy!

*tapioca flour is a Whole30 compliant flour that acts as a thickener. You can also substitute Arrowroot powder and, if not Whole30, you can use Corn starch.

