



THE *Defined* DISH
Meal Prep Guide



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Grocery List

Vegetables

- Large zucchini (1)
- Large squash (1)
- Red onion (2)
- Romaine lettuce (1 head)
- Garlic (7 cloves)
- Yellow Onion
- Carrots (3 large)
- Celery (1 bunch)
- Green Kale (1 bunch)
- White Onion
- Green Onions (2)
- Yellow Potatoes (1.5 lbs)
- Asparagus (1 bunch)
- Iceberg lettuce
- Radishes
- Cherry Tomatoes
- Red Bell Pepper (1)
- Green Bell Pepper (1)

Fruits

- Lemon (5)
- Raspberries (1)
- Limes (2)
- Blueberries (1)
- Strawberries (1)

Proteins

- 1.5 lbs. flank steak, flap steak or skirt steak
- Whole rotisserie chicken
- 2.5 lbs. ground beef
- 1.5 lb. wildcaught, center-cut salmon, deboned
- Whole Chicken (3.5-4 lbs)
- Nature's Ranchers Kielbasa 12oz link (sugar free, no nitrates)

Pantry Items

- Eggs (1 dozen)
- Extra virgin olive oil
- Avocado Oil
- Safflower Oil
- Coconut aminos
- M Salt
- Dijon Mustard
- Grainy Mustard
- Raw Pecans
- Your favorite jarred salsa
- Anchovy Paste
- Apple Cider Vinegar
- Red Wine Vinegar
- Franks Red Hot Original
- Chopped Green Chiles (4 oz)
- Unsweetened, full-fat coconut milk
- Beef Broth
- Tomato Paste
- Bayleaf
- Ground Turmeric
- Ground Cumin
- Smoked Paprika
- Kosher Salt
- Black Pepper
- Chili Powder
- Dried Oregano
- Garlic Powder
- Cayenne Pepper
- Mustard Powder



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Prep For The Week Ahead

I hope you all enjoy my week long super easy meal plan. I say “plan” because, for me, I prefer not to pre-make every single one of my dishes in advance. Although I know this is what works best for other people’s lifestyles, it makes more sense to me to prep some things on Sundays for breakfast + lunches, but then cook a quick, easy, and flavorful dinner that is on the table in no time and that requires minimum effort in the kitchen. Here are some things that I do on Sunday to make my week easier in the mornings and for grab-and-go lunches.

Don’t skip breakfast!

I made these easy and delish [egg cups](#) so I don’t even have to think about breakfast. I also washed all my fruit so it’s easy to add to any meal.

Make lunch easy to whip up!

Lunch should be a breeze to make, even if it has to be done before you head out the door for work. I whipped up a quick bowl of my [buffalo chicken salad](#) with a rotisserie chicken I picked up at the grocery store. I also cleaned and cut all my carrots, celery and kale so I can add them to my chicken salad or eat them separately. I made a batch of my Whole30 Caesar Salad Dressing to throw on top of the kale to keep it interesting and not have the same exact lunch *every single day*. I also utilize any leftovers we may have throughout the week for lunch for me and my family. Clayton loves taking any leftovers with him to work!

A few additional things!

Here are a few staples I make in advance for the week to make lunches and dinners easier to whip up.

[Homemade Mayo](#)

I tend to make a big batch of mayo at the beginning of the week. I’ll use it in my chicken salad and for the caesar dressing.

[Whole30 Caesar Dressing](#)

[Bone Broth](#)

Using the carcass from the rotisserie chicken and a few other ingredients I bought, I whipped a batch of broth that I can sip on throughout the week.