



THE *Defined* DISH

Meal Prep Guide



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## Grocery List

### Vegetables

- Large yellow onion (3)
- White onion (¼)
- Garlic (6 cloves)
- Green beans (16 ounces)
- Green bell pepper (3)
- Red bell pepper (1)
- Cilantro (¼ cup)
- Pico de gallo
- Medium sized sweet potato (4)
- Knob of ginger (½ inch)
- Kale (4 cups)
- Baby spinach (2 cups)
- Green onions (5)
- Carrot (1 medium + more for snacking)
- Celery (2 stalks + more for snacking)
- Butter lettuce leaves (1 head)
- Yellow potatoes (1 pound)

### Fruits

- Lemon (1)
- Lime (1)
- Apple (1)
- Fresh fruit, of your choice

### Proteins

- Ground beef (3 pounds)
- 5 oz canned tuna (2)
- Boneless, skinless chicken thighs (1 pound)
- Bacon (11 strips)
- Sirloin steak (1.5 pounds)
- Eggs (7 + additional for breakfast)
- Rotisserie chicken (3 cups torn)

### Pantry Items

- Ghee
- Tomato paste
- Coconut aminos (I like Big Tree Farms)
- Almond flour
- Tapioca flour
- Tomato sauce
- Yellow mustard
- Dijon mustard
- Crystal's hot sauce
- Your favorite hot sauce
- Primal Kitchen's mayonnaise
- Dried thyme
- Smoked paprika
- Sweet paprika
- Cayenne pepper
- Chili powder
- Garlic powder
- Dried Oregano
- Cumin
- Red pepper flakes
- Ground sichuan peppercorn (sub Chinese Five Spice Powder)
- Kosher salt
- Black pepper
- Avocado oil
- Extra virgin olive oil
- Sesame oil
- Rice vinegar
- Balsamic vinegar
- Champagne vinegar
- Fish sauce (I like Red Boat)
- Walnuts (½ cup)
- Flame raisins (¼ cup)



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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!*

Make these [Oven Roasted Breakfast Potatoes](#) at the beginning of the week and each morning just add your favorite protein alongside. To keep it simple, serve alongside eggs any-style (hard boiled for on the go OR scrambled, fried, poached if you have a little extra time in the mornings.) I also pair mine with a little side of fruit and I am ready for the day!!

#### *Make lunch easy to whip up!*

This [Kale + Chicken Waldorf Salad](#) is perfect to make at the beginning of the week and eat all week long, along with any leftovers you may have for lunches. The base of the salad is sturdy because it uses kale and holds up really well after it's dressed; you can also just dress it as you go, too.

#### *A few additional things!*

During a Whole30, you should keep snacking at bay by eating very filling, full meals; however, we all need to grab a little something here and there which is why I keep a few things in my fridge. I always reach for apples with almond butter, or I like to pre-slice some carrots and celery to dip in Primal Kitchens or Tessemae's ranch.