



Whole30 Meal Plan

MAKE IT ONCE, USE IT TWICE

Dairy-Free Pesto*

SUPER SIMPLE SIDE DISH

Crispy Smashed Baby Potatoes

MONDAY

Green Shakshuka

TUESDAY

Pistachio-Crusted Mahi Mahi

WEDNESDAY

Mediterranean Cod with Oven-Roasted Rainbow Carrots

THURSDAY

Roasted Salmon with Creamy Mushroom Herb Sauce

FRIDAY

Date Night Sea Scallops

*Serve with Roasted Carrots on Wednesday & Date Night Sea Scallops on Friday

MAKE IT ONCE, USE IT TWICE

dairy-free pesto

WHAT YOU'LL NEED

3 cups fresh basil leaves
1 cup fresh parsley leaves
¼ cup pine nuts
2 cloves garlic
1 lemon, juiced
½ teaspoon sea salt
¼ teaspoon cracked black pepper
½ cup olive oil

DIRECTIONS

Add the first 7 ingredients into a blender or food processor. Pulse until combined, scraping down sides as needed. Once well combined, remove the spout and turn food processor on low, while slowly pouring in extra virgin olive oil.

Store in an air-tight container in the refrigerator for up to 5 to 7 days.



Serve with Roasted Carrots on Wednesday
& Date Night Sea Scallops on Friday

SUPER SIMPLE SIDE DISH

crispy smashed baby potatoes

WHAT YOU'LL NEED

1 pound small potatoes
3 tablespoons olive oil
Kosher salt
Cracked black pepper
Fresh thyme (optional)

DIRECTIONS

Preheat oven to 450 degrees F.

Wash potatoes to remove dirt. Add potatoes to a medium sauce pan and cover potatoes with water. Season water with kosher salt.

Place over high heat and bring to a boil. Cook for 12

to 15 minutes. Drain off water.

Place drained potatoes on a baking sheet about 2 inches apart. Use the flat bottom of a drinking glass to smash potatoes, ensuring they are still in one piece.

Brush tops of potatoes with olive oil and sprinkle with kosher salt and cracked pepper. Add fresh thyme stems to the pan, if desired.

Bake for 17 to 20 minutes, until skins get crispy.

Pesto & Potatoes 

monday



green shakshuka

WHAT YOU'LL NEED

1 small onion, diced
½ green bell pepper, diced
3 cloves garlic, minced
½ pint shiitake mushrooms, chopped
1 pound brussels sprouts, shredded
2 small zucchini, grated
1 teaspoon cumin

½ teaspoon sea salt
¼ teaspoon black pepper
2 tablespoons olive oil
4 farm-fresh eggs
2 tablespoons olive oil
Fresh parsley for garnish (optional)

DIRECTIONS

Preheat oven to 375 degrees F. Prepare vegetables as noted in ingredient list.

Heat a large skillet over medium-high heat. Add 2 tablespoons olive oil. Add onion and bell pepper and cook for 4 to 5 minutes, until onion is translucent.

Add in garlic and stir to combine.

Reduce heat to medium and add in chopped mushrooms, cumin, salt and pepper. Cook for another 2 to 3 minutes, then add in brussels sprouts and zucchini.

Continue cooking the vegetable mixture for

another 7 to 10 minutes, until everything is cooked through but not overdone. Taste and adjust seasoning, as desired. Remove from heat.

Spread the mixture evenly in the pan. Using the back of a spoon, create 4 wells in the vegetable mixture. Crack an egg into each of the wells.

Place the pan in the oven, positioned in the middle rack. Bake eggs for 10 to 13 minutes, until whites are set. Remove from oven and garnish with fresh herbs, as desired. Serve.

Pesto & Potatoes 

tuesday



pistachio-crusted mahi mahi

WHAT YOU'LL NEED

2 Mahi Mahi filets (about 4 to 6 ounces each)

½ cup pistachios

¼ cup packed, fresh parsley

1 lemon, zested

2 tablespoons mayonnaise*

¼ teaspoon sea salt

Pinch of cracked black pepper

DIRECTIONS

Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.

Add pistachios and packed parsley to the bowl of a small food processor. Pulse until well combined and texture is like small pebbles, with few chunks of pistachio. Stir in zest of a lemon, sea salt and cracked black pepper.

Pour pistachio coating onto a plate.

Use a paper towel to dry the Mahi Mahi filets. Brush a thin layer of mayonnaise onto the top of each piece.

Press the mayonnaise-coated side of each filet

into the plate of pistachio coating. Use your hand to press any loose coating to ensure full coverage.

Place fish on the parchment-lined baking sheet and bake for 12 to 14 minutes, until fish is cooked to 145 degrees F internally and is flaky.

Serve with sides of your choice.

*Make sure your mayo is Whole30 compatible.

Pesto & Potatoes 

wednesday



mediterranean cod

with oven-roasted rainbow carrots

WHAT YOU'LL NEED

1 bunch rainbow carrots
2 5-ounce portions cod
½ small onion
½ pint cherry tomatoes
1 lemon
3 tablespoons capers

2 cloves garlic, peeled
½ cup kalamata olives
Avocado oil
Sea salt
Cracked black pepper
½ cup Dairy-Free Pesto

DIRECTIONS

Preheat oven to 400 degrees F.

While oven is heating, toss cleaned carrots with 2 tablespoons avocado oil. Season with sea salt and cracked black pepper.

Spread carrots in a single layer on a parchment-lined baking sheet. Once oven is heated, cook for 25 minutes, tossing once.

Meanwhile, dice onion. Half cherry tomatoes and kalamata olives.

Heat a few tablespoons of avocado oil in an oven-safe skillet.

Add diced onion and sauté until soft, about 5 minutes. Add whole garlic cloves, tomatoes, olives and capers. Stir until combined, cooking an additional 2 to 3 minutes.

Juice one lemon into the pan and top with cod pieces. Drizzle with more avocado oil and generously season fish with salt and pepper.

Place pan in preheated oven and bake for 15 to 18 minutes, until cod is cooked through.

Plate carrots with Dairy-Free Pesto and serve.

Pesto & Potatoes 

thursday



roasted salmon

with creamy mushroom herb sauce

WHAT YOU'LL NEED

2 5-ounce sockeye salmon portions
2 cups shiitake mushrooms, sliced
1 shallot, minced
2 garlic cloves, minced
 $\frac{1}{4}$ cup water
1 cup canned coconut milk
 $\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon cracked black pepper
2 tablespoons fresh parsley, chopped
3 tablespoons ghee
Olive oil
Kosher salt
Cracked black pepper

DIRECTIONS

Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.

Place salmon fillets on parchment paper and brush tops with olive oil. Season liberally with salt and pepper.

Bake salmon in preheated oven for 12 to 14 minutes, or until fish is cooked to 145 degrees in center of thickest part.

While salmon is cooking, heat 3 tablespoons ghee in a medium skillet over high heat. Once heated, add minced shallot and garlic cloves. Stir, cooking for about 1 minute.

Add sliced shiitake mushrooms, dried oregano, kosher salt and cracked black pepper. Reduce heat to medium and cook for 7 to 10 minutes.

Carefully pour $\frac{1}{4}$ cup water into the skillet and stir mushrooms, continuing to cook until liquid is completely absorbed.

Reduce heat to medium and stir in 1 cup coconut milk and 2 tablespoons fresh parsley, chopped. Continue stirring, as sauce thickens.

Serve salmon with sauce and sides of your choice..

Pesto & Potatoes 

friday



date night sea scallops

WHAT YOU'LL NEED

8-10 scallops, depending on size
4 tablespoons ghee
1 tablespoon olive oil
Flaked sea salt
Cracked black pepper
1 lemon (optional) for garnish
½ cup Dairy-Free Pesto

INSTRUCTIONS

In a large skillet on high heat, melt together ghee and olive oil. Once hot, reduce heat to medium.

Pat scallops dry with a paper towel and season liberally with sea salt and cracked black pepper.

Carefully place scallops into skillet, cooking for 3 minutes. Use tongs or a spatula to flip and cook for an additional 3 to 4 minutes, until a browned "crust" forms and scallops are cooked through.

Serving suggestion: Pan cook zucchini noodles or oven-roast spaghetti squash. Plate vegetable and top with cooked scallops and Dairy-Free Pesto.

Pesto & Potatoes 