



The Good Kitchen presents...

SEVEN DELICIOUS WHOLE30 RECIPES

by Brandon Cress, Courtney Mills & Carter Lewis



TGK

The Good Kitchen was created in honor of my mom. She was a fantastic cook with an arsenal of Southern recipes that she used to prepare meals for folks who found their way into her kitchen. Well, not really the recipe necessarily (she was a little guarded with the secrets to her fried chicken), but the end result - delicious meals full of flavor and hospitality. And she loved to share that food with guests around her table.

I began cooking meals and packing them for people when a friend from our gym asked for help during a Paleo challenge. She told a couple of other people in the challenge and soon I had a small circle of friends sharing in my meals. That close-knit group grew to the point where we launched a business around providing sustainably-sourced meals for more and more friends and friends of friends. Today, we serve deliciously-curated, fully-prepared meals across the entire United States. We help hundreds of people eat Whole30, Paleo, Primal, ketogenic, AIP, and gluten free without the fuss of cooking and cleaning. We've loved seeing these members transform their lives through better nutrition.

Our members love our meals for 3 reasons that are unique amongst prepared meal delivery services:

SUSTAINABLY SOURCED

We vet our purveyors and producers for best practices. We ensure that the quality of proteins and produce meet our standards. Grass-fed/grass-finished beef, pasture-raised pork, and antibiotic- and hormone-free chicken. Our seafood is sourced according to the recommendations of the Seafood Watch program via Monterey Bay Aquarium. Additionally, we use ewg.org's Dirty Dozen and Clean Fifteen guidelines for sourcing produce. Being sticklers for best sourcing practices allows us to provide nutrient dense foods to our customers while also being good stewards to animals, land, and farmers.

DELICIOUSLY CURATED INGREDIENTS

We cook with seasonal produce and rotate our menu weekly to ensure a variety of flavors. You'll find everything from Eastern North Carolina Pulled Pork BBQ to Coq Au Vin, Chorizo and Egg Scrambles to Vietnamese and Korean dishes. Variety is the spice of life; we've got you covered. All of our meals are organic and gluten free. We have meals that can fit into your Whole30, Paleo, Primal, ketogenic, AIP, or clean eating lifestyle.

CONVENIENCE

Our meals are delivered straight to your door. They are fully-prepared, so all you have to do is heat and eat. Farm-to-your-table in 3 minutes. And, all materials used in packaging and shipping are 100% recyclable. No clean up (or apron) required.

This is how The Good Kitchen was founded - as an effort to feed people well, conveniently. So we thought we'd curate a few of our favorite recipes that showcase our seasonal flavors and hand-crafted approach to preparing delicious, nutritious, and hearty meals.

I hope you enjoy.



Amber Lewis
Founder, The Good Kitchen



Breakfast made easy...

RANCHERO CHICKEN AND EGGS



Mornings can be hard. What makes them better? Combining delicious, fluffy eggs with chicken, veggies, and spices to create an (easy-to-make) explosion of flavor and texture. Please, meet our ranchero chicken and eggs!

This ranchero chicken and egg recipe is our unique take on huevos rancheros. We use scrambled eggs instead of a fried egg. This is perfect for people who don't like runny yolks or prefer the texture of scrambled eggs. (It's also way easier when you're not quite awake yet.)

| Prep Time | Cook Time | Total Time | Serves |
|-----------|-----------|------------|--------|
| 10 min | 10 min | 20 min | 4 |

INGREDIENTS

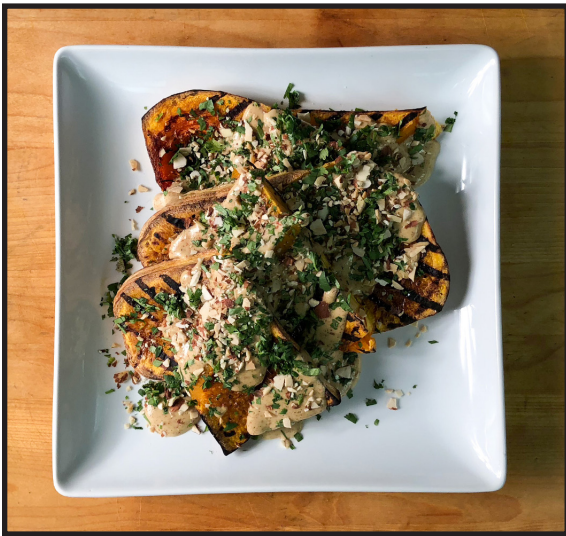
- 1 lb organic chicken thighs
- 5 oz organic crushed tomatoes
- 2 tbsp avocado oil separated
- 1/2 cup onions chopped
- Salt and pepper to taste
- 8 eggs
- 1/4 cup fresh cilantro chopped

INSTRUCTIONS

1. In a large skillet on medium to high heat, add 1 tbsp avocado oil and sear the chicken thighs. Salt and pepper each side of the chicken. Cook for 5-6 minutes each side.
2. Remove the thighs and slice the meat from the bone.
3. Combine cooked meat with crushed tomatoes and onions. Cook until onions are translucent.
4. Crack eggs into a bowl and whisk together.
5. Add 1 tbsp of avocado oil to a separate skillet on medium heat and add the whisked eggs to skillet. Cook until scrambled.
6. Serve eggs with chicken thigh, tomato, and onion mixture.
7. Top with cilantro and enjoy!

Appetizer or side, you choose...

GRILLED BUTTERNUT SQUASH WITH ALMOND SATAY



This grilled butternut dish is an awesome vegetarian appetizer. Or, for the omnivores among us, it's a perfect side to your favorite grilled protein. Most importantly, this recipe is quick, easy, and delicious.

The flavor of this grilled butternut squash is amazing. We sampled it around our kitchen and got nothing but smiles and thumbs up (you can't speak when you're chewing, after all).

The "trick" to this recipe is keeping the squash sliced thin — it makes it very tender. Use a fork or your hands to eat this one, but make sure to use plenty of the satay sauce no matter what.

| Prep Time | Cook Time | Total Time | Serves |
|-----------|-----------|------------|--------|
| 20 min | 20 min | 40 min | 4 |

INGREDIENTS

- 1 large butternut squash peeled and cut lengthwise into 1/2-inch slices
- 1/2 cup almond butter
- 1/2 cup coconut milk
- 2 tbsp coconut aminos
- 1 tbsp lime juice
- 1 tsp coconut nectar optional
- 1 tsp garlic
- 1 tsp ginger
- 1 tsp curry paste
- 2 tsp coconut oil
- 1 pinch cayenne optional
- Salt and pepper to taste
- Chopped cilantro and almonds for garnish

INSTRUCTIONS

1. Heat a small saucepan on medium high and also preheat grill to medium high.
2. Melt coconut oil in saucepan and brush squash with half of the oil. Then, season the squash with salt and pepper, and set it aside.
3. Add garlic, ginger, and curry paste to the remaining oil in the pan and cook until fragrant. About 3 minutes.
4. Add coconut milk, coconut aminos, coconut nectar (optional), and cayenne (optional) and bring to a simmer.
5. Combine the hot mixture and almond butter in a blender and blend until smooth.
6. Place mixture back in saucepan on very low heat.
7. Now, grill your squash for about 5 minutes per side, forming char or until tender.
8. Serve squash with the almond satay sauce spooned over the top. Garnish with chopped cilantro and almonds if you like.

Mmm... Tastes like the coast...

CITRUS MARINATED GRILLED SHRIMP



Grilling is all about takin' it easy and enjoying time with friends. Here's a great dish to prepare ahead of time for guests, so you can maximize the socializing.

The prep on this shrimp is minimal, and the cook time is even less. We're all about ease and leaving time for the other priorities in your life.

Grab a cold beverage and get ready to enjoy light, refreshing citrus flavors. Drop a salad (or crudité) on the side.

#GrillinAndChillin

| Prep Time | Marinate | Cook Time | Total Time | Serves |
|-----------|----------|-----------|------------|--------|
| 15 min | 30 min | 5 min | 50 min | 4 |

INGREDIENTS

- 1 ½ large shrimp (16/20 count), peeled and deveined
- 1 cup olive oil
- 2 tbsp shallot, minced
- 1 tbsp garlic, minced
- ¾ cup cilantro, chopped
- 1 tbsp lemon zest
- 1 tbsp lemon juice
- 1 tbsp lime zest
- 1 tbsp lime juice
- 1 tbsp orange zest
- 1 tbsp orange juice
- ½ tsp crushed red pepper
- Salt and pepper to taste

INSTRUCTIONS

1. In a large bowl mix all ingredients except shrimp, salt, and pepper.
2. Add shrimp to bowl and toss to evenly coat.
3. Marinate in refrigerator for 30 minutes.
4. Preheat grill to high.
5. Remove shrimp from marinade and season both sides with salt and pepper.
6. Grill on high heat for 1 ½ minutes per side or until shrimp are opaque.
7. Serve immediately over a salad or pair with grilled vegetables.

Dump the carbs, keep the flavor...

SHEPHERD'S PIE



Do you love traditional shepherd's pie but don't want to get weighed down by all that potato?

No problem — just substitute a cauliflower puree. You get to dump all those carbs and butter for a creamy, fluffy dollop of vegetable goodness. We'll show you how to create a healthier shepherd's pie in this easy-to-follow recipe.

And since we are using cauliflower puree, this meal is totally Whole30 compliant!

| Prep Time | Cook Time | Total Time | Serves |
|-----------|-----------|------------|--------|
| 10 min | 30 min | 40 min | 4 |

INGREDIENTS

Beef Filling:

- 1 lb organic ground beef
- 1 cup onion finely diced
- 1 tsp garlic finely diced
- 1/2 cup carrots finely diced
- 2 tbsp tomato paste
- 1 tsp rosemary
- 1 tsp thyme
- Salt to taste
- 1/2 tsp black pepper

Cauliflower and Turnip Puree:

- 1 lb cauliflower
- 1 lb scarlet turnip
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large skillet on medium heat, brown the meat.
3. Add in the onions, garlic, carrots, tomato paste, and spices. Stir together and reduce heat to low.
4. While meat is cooking, steam the cauliflower and turnip until they are fork-soft. Strain any excess water.
5. Add in the salt and pepper to the softened cauliflower and turnip mixture.
6. Puree the cauliflower and turnip using an immersion or stick blender until they are a mashed, creamy consistency.
7. Transfer the cooked meat mixture into an 8x8 casserole dish and top with the cauliflower and turnip puree.
8. Bake in the oven for about 10-15 minutes, or until top is slightly browned.

Chicken salad, old school & simple...

WALDORF CHICKEN SALAD

[view video](#)



Created in 1896 by the dining room manager at New York's Waldorf-Astoria Hotel, the Waldorf chicken salad is an American culinary icon. Here we offer a Whole30 twist on this classic dish. This Waldorf chicken salad can be served solo or on top of a bed of lettuce for some extra crunch. If you make a batch or two ahead of time, it also makes for an easy-to-pack lunch.

| Prep Time | Cook Time | Total Time | Serves |
|-----------|-----------|------------|--------|
| 10 min | 10 min | 20 min | 4 |

INGREDIENTS

- 1.5 lb cooked organic free-range chicken breast
- 3 tbsp onion, diced
- 3 tbsp celery, diced
- 2 tbsp mustard
- 1 cup w30 compliant Mayonnaise
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1.5 tbsp lemon juice
- Zest of half of one lemon
- 1/2 cup Granny Smith apple, chopped
- 1 tbsp walnuts, chopped
- 1/2 cup raisins
- 1 tbsp parsley, chopped

INSTRUCTIONS

1. Chop the cooked chicken breast to the desired size and move to a large bowl.
2. Add in the WLC compliant mayo, mustard, lemon juice and zest, parsley, sea salt, and black pepper. Mix well with the chicken.
3. Stir in the onion, celery, apple, walnuts, raisins, and parsley.
4. Chill in the refrigerator for about 30 minutes.
5. Serve.

Warm yourself from the inside...

HEARTY VEGETABLE STEW

[view video](#)



When the weather is cold outside, few things are as satisfying as a rich, hearty stew. Each bite satisfies your hunger while warming you up from the inside out. This hearty vegetable stew is sure to ward off winter's harsh chill.

| Prep Time | Cook Time | Total Time | Serves |
|-----------|-----------|------------|--------|
| 10 min | 50 min | 1 hour | 4 |

INGREDIENTS

- 1/2 cup parsnip chopped
- 1/2 cup turnip chopped
- 1 cup carrots chopped
- 1 cup sweet potatoes chopped
- 1/4 cup leeks sliced
- 1/2 cup onion diced
- 2-3 garlic cloves diced
- 1/4 cup sundried tomatoes
- 1 tbs avocado oil
- 1 cup kale
- 4 cups vegetable stock
- 1 sprig fresh rosemary
- 2-3 small bay leaves or 1 large
- Salt and pepper to taste

INSTRUCTIONS

1. Prepare and chop the parsnip, turnip, carrots, sweet potatoes, leeks, onions, and garlic.
2. De-stem and chop the kale.
3. Add the avocado oil to a large pot over medium heat. Add the onions, garlic, and leeks. Saute until fragrant and onions are transparent.
4. Pour in the vegetable stock.
5. Mix in the chopped vegetables, sundried tomatoes, bay leaves, salt and pepper, and fresh rosemary.
6. Bring to a boil, cover, reduce heat to low, and allow to simmer for about 40 minutes, stirring occasionally.
7. Carefully remove the lid and stir in the kale. Cover and let simmer for 10 more minutes.
8. Remove the bay leaves, serve, and enjoy!



Behold the “flavor parade”...

CHILI LIME CHICKEN WITH SWEET POTATOES & KALE

[view video](#)



This chili lime chicken is one of our favorite go-to dinner recipes. The marinade bath keeps the chicken moist and delicious. And when you combine the heat of the chili, the citrus of the lime, and the sweetness of the potato — it’s like a flavor parade in your mouth.

We add kale for a little bit of extra crunch and to boost the overall healthiness of this recipe. Try this chili lime chicken the next time you’re looking for something delicious and interesting. We’re sure it will become one of your favorites, too.

| Prep Time | Cook Time | Total Time | Serves |
|-----------|-----------|------------|--------|
| 10 min | 40 min | 50 min | 4 |

INGREDIENTS

Chili Lime Chicken and Marinade:

- 1 tbsp cumin
- 1 tbsp chili powder
- 1 tbsp jalapeno diced
- 2-3 cloves garlic diced
- 1/4 cup lime juice
- 1 tbsp avocado oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup cilantro chopped
- 1.5 lbs chicken thighs organic pasture-raised

Sweet Potatoes and Kale:

- 4 cups sweet potato chopped
- 2 cups raw kale
- 2 tbsp avocado oil
- 3-4 cloves garlic minced
- Salt and pepper to taste

INSTRUCTIONS

1. In a large bowl, add chicken and all marinade ingredients. Stir together and marinate in the refrigerator for 30-60 minutes.
2. While the meat is marinating, prepare the sweet potatoes and kale. Peel and chop the sweet potatoes into large chunks. Wash, de-stem, and chop the kale.
3. Roast the sweet potatoes at 400 degrees Fahrenheit for about 30 minutes, or until soft.
4. Add the sweet potatoes to a large pot and mash them down with a potato masher (or your preferred tool).
5. Sauté the kale in the avocado oil and garlic on medium heat until kale is cooked down.
6. Stir the kale into the sweet potato mash. Add salt and pepper to taste.
7. While the mash continues to cook down, heat a large skillet over medium heat. Place the chicken in the skillet and cook for about 7-8 minutes. Flip and cook another 7-8 minutes. Cook until internal temperature reaches 165° Fahrenheit.
8. Slice the chicken and serve with the sweet potatoes and kale.



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