WBW Week 3 (Dinners Only)

Created by Whole Body Wellness

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4 days

	Mon	Tue	Wed	Thu
Dinner	Greek Chicken Salad	Beef Stroganoff	Cauliflower Shepherd's Pie	Gyro salad

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36 items

Fruits

- [ ] **1** Lemon

Seeds, Nuts & Spices

- [ ] **2 tsps** Black Pepper
- [ ] **1 tsp** Cumin
- [ ] **2 tbsps** Greek Seasoning
- [ ] **1 tbsp** Italian Seasoning
- [ ] **1 tbsp** Oregano
- [ ] **2 1/4 tsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper

Vegetables

- [ ] **2** Carrot
- [ ] **1 head** Cauliflower
- [ ] **2 stalks** Celery
- [ ] **3 cups** Cherry Tomatoes
- [ ] **1/2 cup** Cilantro
- [ ] **8** Cremini Mushrooms
- [ ] **1** Cucumber
- [ ] **2** Garlic
- [ ] **6 cups** Mixed Greens
- [ ] **3 cups** Mushrooms
- [ ] **1/4 cup** Red Onion
- [ ] **3** Yellow Onion

Boxed & Canned

- [ ] **1 1/2 cups** Beef Broth

Baking

- [ ] **1 tbsp** Arrowroot Powder
- [ ] **2 tbsps** Coconut Flour

Bread, Fish, Meat & Cheese

- [ ] **1 lb** Beef Tenderloin
- [ ] **1 1/4 lbs** Chicken Breast
- [ ] **1 lb** Extra Lean Ground Beef
- [ ] **1 lb** Extra Lean Ground Turkey
- [ ] **1 lb** Ground Lamb

Condiments & Oils

- [ ] **3 tbsps** Balsamic Vinegar
- [ ] **2 1/4 tsps** Dijon Mustard
- [ ] **1/2 cup** Extra Virgin Olive Oil
- [ ] **1 cup** Pitted Kalamata Olives

Cold

- [ ] **2** Egg
- [ ] **1 tbsp** Ghee
- [ ] **1/4 cup** Plain Greek Yogurt
- [ ] **1 cup** Tzatziki

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by Kendra

Greek Chicken Salad

10 ingredients · 45 minutes · 4 servings

Directions

1. Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.

2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.

3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.

4. Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs
Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover
Sprinkle with feta cheese.

No Greek Seasoning
Use Italian seasoning instead.

Ingredients

2 tbsps Greek Seasoning

1 Lemon (juiced)

1/4 cup Extra Virgin Olive Oil

1 1/4 lbs Chicken Breast (boneless, skinless)

3 cups Cherry Tomatoes (halved)

1 Cucumber (diced)

1/4 cup Red Onion (finely diced)

1 cup Pitted Kalamata Olives (chopped)

3 tbsps Balsamic Vinegar

Sea Salt & Black Pepper (to taste)

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Beef Stroganoff

9 ingredients · 25 minutes · 4 servings

Directions

1. Heat half the oil in a large skillet over medium-heat. Cook the beef and season with salt and pepper, for about five minutes or until cooked through. Drain any excess liquid and transfer to a plate.

2. Heat the remaining oil in the same skillet over medium-high heat. Cook the onions and mushrooms until soft, about five to eight minutes. Stir in the beef broth and dijon mustard.

3. In a small bowl, whisk the arrowroot powder with a bit of water until dissolved. Add the mixture to the skillet and lower the heat to a gentle simmer for five minutes.

4. Add the yogurt and cooked beef slices. Add more salt and pepper as needed. Divide into bowls and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving equals approximately one cup.

Dairy-Free
Use coconut cream instead of yogurt.

More Flavor
Add garlic, thyme, Worcestershire sauce, and white wine.

Additional Toppings
Garnish with fresh parsley. Serve with noodles, brown rice, cauliflower rice, or quinoa.

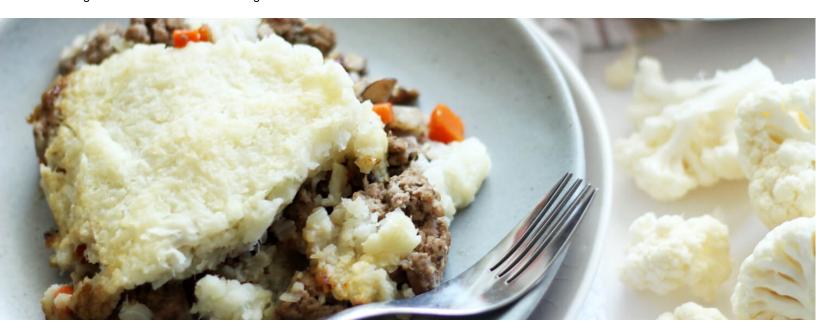## Ingredients

2 tbsps Extra Virgin Olive Oil (divided)

1 lb Beef Tenderloin (thinly sliced)

Sea Salt & Black Pepper (to taste)

1 Yellow Onion (medium, finely diced)

8 Cremini Mushrooms (sliced)

1 1/2 cups Beef Broth

2 1/4 tsps Dijon Mustard

1 tbsp Arrowroot Powder

1/4 cup Plain Greek Yogurt

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Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 4 servings

Directions

1. Preheat oven to 350ºF (177ºC).

2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.

3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.

4. Add the meat, and cook until browned.

5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.

6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.

7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.

8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian
Use cooked lentils instead of ground meat.

Ingredients

1 head Cauliflower (chopped into florets)

2 tbsps Extra Virgin Olive Oil (divided)

1 Yellow Onion (diced)

2 Garlic (cloves, minced)

1 lb Extra Lean Ground Turkey

3 cups Mushrooms (sliced)

2 Carrot (diced)

2 stalks Celery (diced)

1 tbsp Italian Seasoning

1/4 tsp Sea Salt

Gyro salad

13 ingredients · 30 minutes · 6 servings

Directions

1. In a large bowl mix beef and lamb using your hands. Add oregano, salt, pepper, and cumin. Set aside.

2. In blender or food processor pulse together onion, cilantro and eggs.

3. Add onion mixture to meat mixture along with coconut flour.

4. In a heated skillet, cook the meat mixture. Optional: you can form sausage links and cook.

5. Serve over mixed greens with tzatziki.

Ingredients

1 lb Extra Lean Ground Beef

1 lb Ground Lamb

1 tbsp Oregano

2 tsps Sea Salt

2 tsps Black Pepper

1 tsp Cumin

1 Yellow Onion

1/2 cup Cilantro

2 Egg

2 tbsps Coconut Flour

1 tbsp Ghee

6 cups Mixed Greens

1 cup Tzatziki (greek yogurt)

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