



WBW Week 6

Created by Whole Body Wellness



WBW Week 6

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						GF Chicken and Waffles
Snack 1						Mini No Bake Lemon Coconut Tarts
Dinner	Grilled Fajita Burgers	Mediterranean Sheet Pan Dinner	Smoked Salmon Salad	Spaghetti Squash Brat Boats	Pressure Cooker Potato, Leek & Kale Soup	
	Sweet Potato Fries					

WBW Week 6

51 items

Fruits

- 3 Avocado
- 1 Lemon
- 1 1/2 tbsps Lemon Juice

Breakfast

- 1 Purely Elizabeth Grain Free Pancake & Waffle Mix

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1/4 tsp Black Pepper
- 1 tsp Dried Basil
- 1/8 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1 tbsps Oregano
- 2 1/8 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tbsps Taco Seasoning

Vegetables

- 1 head Cauliflower
- 2 stalks Celery
- 1 cup Cherry Tomatoes
- 1/4 cup Fresh Dill
- 9 Garlic
- 1/2 Jalapeno Pepper
- 2 cups Kale Leaves
- 1 Leeks
- 6 cups Mixed Greens
- 2 Orange Bell Pepper
- 1 Red Onion
- 8 leaves Romaine
- 2 Spaghetti Squash
- 2 Sweet Potato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion
- 3 Yellow Potato
- 2 Zucchini

Boxed & Canned

- 3 cups Vegetable Broth

Baking

- 1/2 cup Almond Flour
- 1/2 cup Cornmeal
- 1 cup Pitted Dates
- 1 1/2 tbsps Tapioca Flour

Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 1 1/2 lbs Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 1/4 cup Feta Cheese
- 1/4 cup Parmesan Cheese
- 15 ozs Pork Sausage
- 8 ozs Smoked Salmon

Condiments & Oils

- 1 1/16 cups Avocado Oil
- 3/4 cup Coconut Butter
- 1/4 cup Coconut Oil
- 1/2 cup Pesto
- 1/2 cup Pitted Kalamata Olives

Cold

- 9 Egg
- 1/4 cup Tzatziki

GF Chicken and Waffles

7 ingredients · 35 minutes · 6 servings



Directions

1. Preheat air fryer or Oven to 400. Check instructions for air fryer for temp.
2. Cut chicken into strips
3. Set up 3 plates or bowls. First with cornmeal, Second with egg wash (1egg + some water), Third with parmesan and almond flour mixed. You can also add some herbs if you prefer.
4. Roll chicken in each of the three plates to make a breading.
5. Fry chicken according to direction on air fryer. Option to use an oven at 400 degrees for 15 minutes (depending on how thick the chicken strips are)
6. Cook chicken according to air fryer instruction.
7. Mix waffle ingredients according to package instructions. Cook in waffle iron according to directions.

Ingredients

- 1 Purely Elizabeth Grain Free Pancake & Waffle Mix
- 5 Egg
- 1/2 cup Avocado Oil
- 1 1/2 lbs Chicken Breast (cut into strips)
- 1/2 cup Cornmeal
- 1/2 cup Almond Flour
- 1/4 cup Parmesan Cheese

Mini No Bake Lemon Coconut Tarts

6 ingredients · 50 minutes · 12 servings



Directions

1. Line a muffin pan with paper or silicone baking cups. Soak 1/4 of the dates in warm water.
2. Add the remaining 3/4 of the dates, the almonds, half of the salt and half of the lemon zest to a food processor and blend until the date mixture forms a sticky ball. Divide the dough between baking cups and press into an even layer in the bottom of each baking cup. (Use damp fingers if the dough is too sticky.)
3. Add the coconut butter, the soaked dates, lemon juice, coconut oil and the remaining salt and zest to the food processor and blend until smooth (the mixture will form a soft wet dough). Spoon the coconut lemon mixture on top of the date layer and use a spoon or damp fingers to spread the coconut lemon mixture into an even layer.
4. Transfer the muffin pan to the freezer and allow the tarts to set for 20 to 30 minutes before removing the paper and transferring to an airtight container in the fridge. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to a week.

Serving Size

One serving is equal to one tart.

Nut-Free

Use sunflower seeds or shredded coconut instead.

More Flavor

Add vanilla extract or lemon extract.

More Color

Add some dried turmeric for a yellow tart.

Lemon

One large lemon yields 1/4 cup of juice and two teaspoons of zest.

Ingredients

- 1 cup Pitted Dates (divided)
- 1/2 cup Almonds
- 1/8 tsp Sea Salt (divided)
- 1 Lemon (large, zest and juice divided)
- 3/4 cup Coconut Butter
- 1 tbsp Coconut Oil

Grilled Fajita Burgers

9 ingredients · 25 minutes · 4 servings



Directions

1. Preheat your grill to medium heat.
2. In a mixing bowl combine the beef, taco seasoning, onion, jalapeno, and garlic. Mix until well combined. Form the meat into tightly packed patties, 4 to 5-inches in diameter.
3. Rub the peppers with the oil.
4. Grill the burger patties and peppers for five to seven minutes per side or until the burgers are cooked through and peppers are tender.
5. To serve, use a few leaves of lettuce as a bun and top burgers with mashed avocado and grilled peppers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Salsa, cilantro, hot sauce, pickled jalapeno, or mayonnaise.

More Flavor

If your taco seasoning doesn't have salt added, be sure to add salt to the meat mixture. Season the bell peppers with salt and pepper before grilling.

No Lettuce Bun

Serve with a hamburger bun or over a bed of lettuce instead.

No Beef

Use chicken or turkey instead.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 1/2 tbsps Taco Seasoning
- 1/2 Yellow Onion (small, finely chopped)
- 1/2 Jalapeno Pepper (medium, finely chopped)
- 2 Garlic (clove, minced)
- 2 Orange Bell Pepper (stem and seeds removed, quartered)
- 1 tsp Avocado Oil
- 8 leaves Romaine
- 2 Avocado (small, mashed)

Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour

Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up

Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries

For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With

Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers

Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

Ingredients

- 3 tbsps** Coconut Oil (melted)
- 2** Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps** Tapioca Flour

Mediterranean Sheet Pan Dinner

17 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 425 degrees
2. Chop up all veggies
3. Mix the herbs with 1 T avocado oil
4. Rub half the marinade on the chicken. Toss the other half with the veggies.
5. Place veggies and garlic on sheet pan. Place chicken on top. Bake for 25-30 minutes.
6. Separate veggies and chicken in bowls. Top with Tzatziki and olives. Enjoy.

Ingredients

- 1 1/2 lbs Chicken Thighs
- 1 head Cauliflower (small)
- 2 Zucchini (small)
- 1 Red Onion
- 1 Yellow Bell Pepper
- 1 cup Cherry Tomatoes (halved)
- 3 Garlic (minced)
- 2 tsps Oregano
- 1 tsp Dried Basil
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 tbsps Avocado Oil
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Feta Cheese
- 1/4 cup Tzatziki (or more for taste)

Smoked Salmon Salad

6 ingredients · 15 minutes · 4 servings



Directions

1. Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
2. Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions

Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon

Replace with the protein of your choice.

No Avocado Oil

Use Extra Virgin Olive Oil instead.

Ingredients

- 4 Egg
- 6 cups Mixed Greens
- 8 ozs Smoked Salmon (sliced)
- 1 Avocado (sliced)
- 1/4 cup Avocado Oil
- Sea Salt & Black Pepper (to taste)

Spaghetti Squash Brat Boats

5 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 400.
2. Cut squash horizontally, remove seeds and coat with oil. Place cut side down on cookie sheet.
3. Slice brats and arrange on a second cookie sheet. roasted everything for 30 minutes or until you can pierce hold in squash with fork. (squash middle rack, brats bottom rack).
4. Carefully flip over squash suing tongs. Use fork to shred squash and place in bowl along with brat slices and pesto.
5. Mix together and return to squash boats. Roast for another 5-10 minutes prior to serving.

Ingredients

- 2 Spaghetti Squash (small, about 4lb each)
- 2 tbsps Avocado Oil (or olive oil)
- 15 ozs Pork Sausage (5 fully cooked brats or smoked sausage links)
- 1/2 cup Pesto
- 1 tsp Sea Salt

Pressure Cooker Potato, Leek & Kale Soup

11 ingredients · 25 minutes · 4 servings



Directions

1. Turn your pressure cooker to sauté mode and add a splash of vegetable broth. Then add the leeks and celery and cook for 4 to 5 minutes, until softened. Add the garlic, oregano, thyme and sea salt and stir to combine, cooking for one minute more.
2. Turn off the sauté mode and add the potatoes along with the remaining vegetable broth. Stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished cooking, turn off and do a quick release.
3. Remove about 3/4 of the soup and place in a blender. Carefully blend to purée until smooth. Pour this back into the pressure cooker. Add the kale leaves and lemon juice and stir. Heat through to let the kale wilt a little. Divide into bowls, garnish with dill if using, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to about 1 1/2 cups.

More Flavor

Use oil to sauté the vegetables.

Additional Toppings

Top with red pepper flakes.

No Dill

Omit or use any other fresh herb.

Ingredients

- 3 cups** Vegetable Broth
- 1** Leeks (white parts only, chopped fine)
- 2 stalks** Celery (chopped)
- 4** Garlic (cloves, minced)
- 1 tsp** Oregano (dried)
- 1/8 tsp** Dried Thyme
- 1/2 tsp** Sea Salt
- 3** Yellow Potato (medium, chopped)
- 2 cups** Kale Leaves (stem removed, chopped)
- 1 1/2 tbsps** Lemon Juice
- 1/4 cup** Fresh Dill (optional, chopped)