



## **WBW Week 3**

Created by Whole Body Wellness



# WBW Week 3

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						Breakfast Bowl
Snack 1						Super Seed Chocolate Bark
Dinner	Greek Chicken Salad	Beef Stroganoff	Cauliflower Shepherd's Pie	Gyro salad	Creamy Potato & Dill Soup	



# WBW Week 3

50 items

## Fruits

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1 Lemon

## Seeds, Nuts & Spices

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- 2 **tsps** Black Pepper
- 1 **tsp** Cumin
- 2 **tsps** Greek Seasoning
- 2 **tsps** Hemp Seeds
- 1 **tbsp** Italian Seasoning
- 1 **tbsp** Oregano
- 1/4 **cup** Pumpkin Seeds
- 1 1/16 **tsps** Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 **cup** Sunflower Seeds

## Vegetables

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- 2 **cups** Baby Spinach
- 2 Carrot
- 1 **head** Cauliflower
- 6 **stalks** Celery
- 3 **cups** Cherry Tomatoes
- 1/2 **cup** Cilantro
- 8 Cremini Mushrooms
- 1 Cucumber
- 1/4 **cup** Fresh Dill
- 2 Garlic
- 6 **cups** Mixed Greens
- 4 **cups** Mushrooms
- 1 Red Bell Pepper
- 1/4 **cup** Red Onion
- 5 Sweet Potato
- 3 1/2 Yellow Onion

## Boxed & Canned

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- 1 1/2 **cups** Beef Broth
- 2 **cups** Canned Coconut Milk
- 6 **cups** Vegetable Broth

## Baking

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- 1 **tbsp** Arrowroot Powder
- 2 **tsps** Coconut Flour
- 2 3/4 **ozs** Dark Chocolate
- 2 **tsps** Nutritional Yeast

## Bread, Fish, Meat & Cheese

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- 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
- 1 **lb** Pork Sausage

## Condiments & Oils

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- 2 **tsps** Apple Cider Vinegar
- 3 **tsps** Balsamic Vinegar
- 1 2/3 **tsps** Coconut Oil
- 2 1/4 **tsps** Dijon Mustard
- 1/2 **cup** Extra Virgin Olive Oil
- 1 **cup** Pitted Kalamata Olives

## Cold

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- 8 Egg
- 1 **tbsp** Ghee
- 1/4 **cup** Plain Greek Yogurt
- 1 **cup** Tzatziki

# Breakfast Bowl

8 ingredients · 20 minutes · 8 servings



## Directions

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1. Prepare veggies by chopping & slicing.
2. Heat large skillet over medium heat add oil. (I use a 12 inch skillet)
3. Add veggies (except spinach) to skillet until softened (or to your liking).
4. Add spinach to veggie mix
5. Add Sausage to skillet and cook (may want to use a separate skillet and add to the veggie mix once cooked)
6. Mix eggs in a bowl, add to skillet (or use separate skillet and add into veggie/sausage mix)

## Notes

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### Veggies

Use any vegetables you have on hand.

### Optional

add cheese or hot sauce

## Ingredients

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- 1 **tbps** Coconut Oil
- 1 Sweet Potato ( shredded or cubed)
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 1 **cup** Mushrooms ( sliced)
- 1 **lb** Pork Sausage ((breakfast))
- 2 **cups** Baby Spinach
- 6 Egg

# Super Seed Chocolate Bark

5 ingredients · 40 minutes · 8 servings



## Directions

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1. Line a plate or baking sheet with parchment paper.
2. Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
3. Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
4. Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
5. Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
6. When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

### Serving Size

One serving is equal to approximately 1/4 cup of bark.

### More Flavor

Add sea salt or vanilla extract.

### No Seeds

Use chopped nuts instead.

## Ingredients

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**2 3/4 ozs** Dark Chocolate

**2 tsps** Coconut Oil

**1/4 cup** Pumpkin Seeds

**1/4 cup** Sunflower Seeds

**2 tsps** Hemp Seeds



# Greek Chicken Salad

10 ingredients · 45 minutes · 4 servings



## Directions

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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

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### 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

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- 2 **tbps** 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 **tbps** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

# Beef Stroganoff

9 ingredients · 25 minutes · 4 servings



## Directions

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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

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### 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

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- 2 **tbps** 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



# Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 4 servings



## Directions

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1. Preheat oven to 350°F (177°C).
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

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### Vegan and Vegetarian

Use cooked lentils instead of ground meat.

## Ingredients

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- 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

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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

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- 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)

# Creamy Potato & Dill Soup

8 ingredients · 30 minutes · 8 servings



## Directions

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1. Heat the vegetable broth in a pot and bring to a simmer while you prepare the remaining ingredients.
2. Add the sweet potato, celery and salt. Cook until the sweet potato is fork tender, about 15 minutes.
3. Stir in the dill, coconut milk, apple cider vinegar, and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes. Divide evenly between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

### Serving Size

One serving equals approximately 1 1/2 cups.

### More Flavor

Use bone broth instead of vegetable broth. Add sautéed garlic and onions.

### Additional Toppings

Kale chips, nutritional yeast or crusty bread.

### No Coconut Milk

Use almond milk, cashew milk, oat milk or cream instead.

### More Protein

Add chicken, sausage, lentils, tofu or quinoa.

## Ingredients

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- 6 cups** Vegetable Broth
- 4** Sweet Potato (small, peeled and diced)
- 4 stalks** Celery (diced)
- 1 tsp** Sea Salt
- 1/4 cup** Fresh Dill (stems removed, chopped)
- 2 cups** Canned Coconut Milk
- 2 tbsps** Apple Cider Vinegar
- 2 tbsps** Nutritional Yeast