



WBW Week 4 (Dinners Only)

Created by Whole Body Wellness



WBW Week 4 (Dinners Only)

4 days

	Mon	Tue	Wed	Thu
Dinner	Grilled Bruschetta Chicken	Slow Cooker Orange Pulled Pork	15 Minute Grilled Steak with Mint Pesto	Cauliflower, Kale & Sausage Bowl

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26 items

Fruits

- 2 Avocado
- 1 Lemon
- 2 tbsps Lime Juice

Seeds, Nuts & Spices

- 2 tps Cumin
- 2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds

Vegetables

- 1/4 cup Basil Leaves
- 1 head Cauliflower
- 1 cup Cilantro
- 9 Garlic
- 6 cups Kale Leaves
- 3/4 cup Mint Leaves
- 1/2 cup Parsley
- 1 1/2 cups Red Onion
- 3 Tomato
- 3 Yellow Bell Pepper

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 1 lb Chicken Sausage
- 1 lb Ny Striploin Steak
- 4 lbs Pork Shoulder, Boneless

Condiments & Oils

- 1/4 cup Avocado Oil
- 2 tbsps Balsamic Vinegar
- 3/4 cup Extra Virgin Olive Oil

Cold

- 4 Egg
- 3/4 cup Orange Juice

Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With

Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover

Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill

Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.

Ingredients

- 1 lb Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 3 Tomato (medium, diced)
- 1/2 cup Red Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1/4 cup Basil Leaves (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar

Slow Cooker Orange Pulled Pork

9 ingredients · 6 hours · 10 servings



Directions

1. Add the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt and pepper to a food processor and blend until well combined.
2. Place the pork into the slow cooker and cover in the marinade. Cook on low for six to eight hours, or high for four hours, or until the pork is tender and falls apart easily.
3. Use two forks to pull apart the pork. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately six ounces of pulled pork.

More Flavor

Add fresh oregano and orange zest to the marinade. Sear the pork on all sides before adding to the slow cooker.

Additional Toppings

Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.

Ingredients

- 1/2 cup Extra Virgin Olive Oil
- 3/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1 cup Cilantro
- 1/4 cup Mint Leaves
- 6 Garlic (cloves)
- 2 tps Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 4 lbs Pork Shoulder, Boneless

15 Minute Grilled Steak with Mint Pesto

11 ingredients · 15 minutes · 4 servings



Directions

1. In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
2. Preheat grill to medium heat.
3. Rub steaks generously with sea salt. Place yellow peppers, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
4. Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!

Notes

Add Carbs

Serve with quinoa, brown rice or sweet potato.

Time Saver

Blend up the pesto in advance and chop the veggies. Grill the veggies and steak at time of meal.

Leftovers

Store in an airtight container in the fridge for up to three days.

Ingredients

- 1/4 cup Slivered Almonds
- 1 Garlic (clove)
- 1/2 cup Mint Leaves (fresh)
- 1/2 cup Parsley
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 lb NY Striploin Steak
- 2 tsps Sea Salt
- 3 Yellow Bell Pepper (de-seeded and sliced into 1/4's)
- 1 cup Red Onion (sliced into 1/8's)
- 1 tbsp Balsamic Vinegar

Cauliflower, Kale & Sausage Bowl

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
3. While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
4. Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
5. To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

Notes

Plant-Based

Use chickpeas or tempeh instead of sausage, and skip the egg.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 1/4 cup Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 6 cups Kale Leaves (chopped)
- 1 lb Chicken Sausage
- 4 Egg
- 2 Avocado