



WBW Week 5

Created by Whole Body Wellness



WBW Week 5

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						Apple & Sweet Potato Hash with Egg and Sausage
Snack 1						Monster Breakfast Cookies
Dinner	One Pan Steak & Potatoes with Chive Butter Sauce	One Pan Salmon with Rainbow Veggies	Curried Chicken Salad	Lime Basil Grilled Tuna Steaks	Pressure Cooker Chicken & Bacon Soup	

WBW Week 5

57 items

Fruits

- 1 cup Apple
- 2 Apple
- 1/2 Avocado
- 2 Banana
- 1/2 Lemon
- 2 Lime
- 1 Navel Orange

Breakfast

- 1/2 cup Almond Butter
- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1 tsp Cinnamon
- 1 tsp Curry Powder
- 1 tsp Dried Chives
- 1 tsp Dried Parsley
- 1 1/2 tsps Garlic Powder
- 1 tsp Onion Powder
- 3 Ts Pine Nuts
- 1/4 cup Pumpkin Seeds
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 4 cups Broccoli
- 1 Carrot
- 2 stalks Celery
- 4 cups Cherry Tomatoes
- 2 tbsps Chives
- 2 Cucumber
- 2 Garlic
- 4 cups Mini Potatoes
- 2 Red Bell Pepper
- 1 cup Red Onion
- 2 Sweet Potato
- 2 Tomato
- 2 Yellow Bell Pepper
- 1 Yellow Onion

Boxed & Canned

- 4 cups Chicken Broth

Baking

- 1 cup Almond Flour
- 1 1/2 cups Oats
- 2/3 cup Raisins

Bread, Fish, Meat & Cheese

- 4 slices Bacon
- 1 1/3 lbs Chicken Thighs
- 8 ozs Pork Sausage
- 3 cups Rotisserie Chicken- Shredded
- 1 1/4 lbs Salmon Fillet
- 1 lb Top Sirloin Steak
- 1 1/2 lbs Tuna Steak
- 1 Whole Wheat Hamburger Buns

Condiments & Oils

- 2 tbsps Avocado Oil
- 1 tbsp Coconut Aminos
- 2 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 T Honey Mustard
- 1/4 cup Mayonnaise

Cold

- 1/4 cup Butter
- 6 Egg
- 1/4 cup Plain Greek Yogurt

Apple & Sweet Potato Hash with Egg and Sausage

6 ingredients · 15 minutes · 4 servings



Directions

1. Cook sausage in a non-stick pan.
2. Once cooked, remove sausage from pan and set aside.
3. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
4. Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Add sausage. Season with salt and pepper to taste.
5. While the apple is cooking, in a separate pan, fry up 4 eggs.
6. Serve hash topped with egg. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. Add broken-up sausage to increase the protein.

No Extra Virgin Olive Oil

Use avocado oil or coconut oil instead.

More Veggies

Add spinach or kale and stir until wilted.

Ingredients

2 tbsps Extra Virgin Olive Oil

2 Sweet Potato (medium, peeled and cut into small cubes)

2 Apple (medium, peeled and cut into small cubes)

Sea Salt & Black Pepper (to taste)

8 ozs Pork Sausage (breakfast)

4 Egg

Monster Breakfast Cookies

11 ingredients · 40 minutes · 12 servings



Directions

1. Preheat oven to 350°F (177°C).
2. In one mixing bowl, combine mashed banana, eggs, grated carrot, almond butter, coconut oil and maple syrup. Mix well.
3. In another bowl, mix together oats, almond flour, pumpkin seeds, raisins and cinnamon.
4. Combine wet and dry ingredients and mix well. Using clean hands, form dough into large cookies and place on a baking sheet. Bake in oven for 25 to 30 minutes, or until cookies are golden brown.
5. Remove and let cool completely before storing in an airtight container or in the freezer. Enjoy!

Notes

No Raisins

Try unsweetened dried cranberries.

No Pumpkin Seeds

Use sunflower seeds instead.

No Eggs

Make a flax egg by combining 1 tbsp ground flax seed with 3 tbsp water. Stir and let sit for 10 minutes. Use this mixture to replace 1 egg.

Serving Size

One serving is equal to one cookie.

Ingredients

- 2 Banana (mashed)
- 2 Egg
- 1 Carrot (grated)
- 1/2 cup Almond Butter
- 2 tbsps Coconut Oil
- 2 tbsps Maple Syrup
- 1 1/2 cups Oats
- 1 cup Almond Flour
- 1/4 cup Pumpkin Seeds
- 2/3 cup Raisins
- 1 tsp Cinnamon

One Pan Steak & Potatoes with Chive Butter Sauce

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
2. In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
3. Divide the steak, potatoes and peppers onto plates.
4. Combine the melted butter and chives. Drizzle ovetop the steak and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days. Reheat in the microwave or in a skillet.

No Butter

Use ghee, oil or omit completely.

No Red Bell Pepper

Use cherry tomatoes, eggplant or any other veggies instead.

Ingredients

- 4 cups Mini Potatoes (halved)
- 2 Red Bell Pepper (chopped)
- 1 lb Top Sirloin Steak (cut into 1-inch cubes)
- 2 tbsps Avocado Oil
- 1 tsp Sea Salt
- 1/4 cup Butter (melted)
- 2 tbsps Chives (finely chopped)

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 4 cups Cherry Tomatoes
- 1 1/4 lbs Salmon Fillet
- 2 Yellow Bell Pepper (sliced)
- 4 cups Broccoli (chopped into small florets)
- 1 cup Red Onion (sliced into chunks)
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Coconut Aminos
- 1 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Curried Chicken Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. In a bowl, combine shredded chicken, pine nuts and apples.
2. In a bowl, mix together mayonnaise, greek yogurt, honey mustard, smashed avocado, and curry powder
3. Add curry mix to the shredded chicken mix and toss.
4. Serve over spinach or eat as a sandwich.

Ingredients

- 3 cups** Rotisserie Chicken- Shredded (Pre-cooked)
- 3 Ts** Pine Nuts (optional)
- 1 cup** Apple (diced)
- 1/4 cup** Mayonnaise (Primal Kitchen)
- 1/4 cup** Plain Greek Yogurt
- 1/2** Avocado
- 1 T** Honey Mustard (Primal Kitchen)
- 1 tsp** Curry Powder (or more)
- 2 cups** Baby Spinach
- 1** Whole Wheat Hamburger Buns (Optional)

Lime Basil Grilled Tuna Steaks

11 ingredients · 20 minutes · 4 servings



Directions

1. In a small bowl, combine the olive oil, lime juice, basil, garlic, salt and pepper. Mix well to combine.
2. Add the tuna steaks to a ziploc bag and pour in the marinade. Shake well then store in the fridge while you prep the rest.
3. Combine the diced tomato and cucumber together in a bowl. Drizzle with a bit of olive oil, lemon juice and season with sea salt and black pepper to taste. Set aside.
4. Preheat the grill over medium heat.
5. Grill the steaks for about 4 minutes per side, or until they are cooked to your liking.
6. Remove fish from the grill. Plate on a bed of the cucumber tomato salad and garnish with basil. Enjoy!

Notes

No Tuna

Use marlin, salmon or swordfish steaks instead.

More Flavour

Marinate the tuna steaks up to 24 hours in advance for maximum flavour.

More Carbs

Serve with a side of rice, quinoa or roasted mini potatoes.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil (plus extra for drizzling)
- 2 Lime (juiced)
- 1/2 **cup** Basil Leaves (chopped, plus extra for garnish)
- 2 Garlic (clove, minced)
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1 1/2 **lbs** Tuna Steak
- 2 Tomato (large, chopped)
- 2 Cucumber (chopped)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Pressure Cooker Chicken & Bacon Soup

9 ingredients · 30 minutes · 4 servings



Directions

1. Turn the pressure cooker to sauté mode. Add the bacon and cook for 3 to 4 minutes. Drain the fat, leaving a small amount.
2. Add the onions and celery to the bacon and cook for 3 to 5 minutes or until the onions start to soften. If the bacon starts sticking to the bottom of the pot, add a splash of the chicken broth. Stir in the garlic powder, onion powder, chives, and parsley. Cook for another minute. Add all of the chicken broth and stir to combine. Add the chicken and close the lid.
3. Set to “sealing”, then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually.
4. Remove the lid carefully and transfer the cooked chicken to a plate or bowl and use two forks to shred it. Transfer the shredded chicken back to the pot and stir to combine. Taste and season soup with salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of soup.

More Flavor

Add fresh garlic or dried dill.

No Boneless, Skinless Chicken Thighs

Use bone-in chicken thighs or chicken breast instead.

More Vegetables

Add spinach or kale.

Ingredients

- 4 slices Bacon (chopped)
- 1 Yellow Onion (chopped)
- 2 stalks Celery (chopped)
- 1 1/2 tsps Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Dried Chives
- 1 tsp Dried Parsley
- 4 cups Chicken Broth
- 1 1/3 lbs Chicken Thighs (boneless and skinless, trimmed)