



WBW Week 8 (Dinners Only)

Created by Whole Body Wellness



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4 days

	Mon	Tue	Wed	Thu
Dinner	Pad Thai sheet pan dinner	Burger Bowl	Pork & Coleslaw Skillet	One Pot Taco Pasta

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37 items

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 2 tsps Chili Powder
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 2 tsps Ground Ginger
- 1 tbsp Italian Seasoning
- 3/4 tsp Sea Salt
- 1 1/2 tsps Sesame Seeds

Frozen

- 1/2 cup Frozen Corn

Vegetables

- 2 1/2 cups Cauliflower Rice
- 1 cup Cherry Tomatoes
- 6 cups Coleslaw Mix
- 6 Garlic
- 1 tsp Ginger
- 4 stalks Green Onion
- 4 cups Purple Cabbage
- 1 Red Bell Pepper
- 1 1/2 heads Romaine Hearts
- 1 Tomato

Boxed & Canned

- 1/2 cup Black Beans
- 2 cups Brown Rice Pasta Shells
- 2 1/2 cups Chicken Broth
- 1 cup Salsa

Baking

- 2 tsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 2 lbs Extra Lean Ground Beef
- 1 lb Lean Ground Pork

Condiments & Oils

- 3 tsps Avocado Oil
- 1/3 cup Coconut Aminos
- 2 2/3 tsps Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Fish Sauce
- 2 tsps Ketchup
- 1/2 cup Pickle
- 2 tsps Sunflower Seed Butter

Cold

- 2 Egg
- 4 Hard Boiled Egg

Pad Thai sheet pan dinner

9 ingredients · 40 minutes · 4 servings



Directions

1. Pre-heat oven to 400.
2. Butterfly each chicken breast.
3. Place coconut aminos, mustard, sunflower seed butter, ginger powder, and 1 t salt in bowl. Add chicken.
4. Place chicken on cookie sheet, sprinkle with shredded coconut. Bake in oven for 20 minutes.
5. Spread slaw on second cookie sheet. Drizzle with oil and sprinkle with remaining salt. Add to oven with chicken for additional 10-15 minutes.
6. Remove chicken from oven. Broil slaw mixture for 1-3 minutes if you want it crispier.
7. Serve Chicken on top of slaw mixture.

Ingredients

- 1 lb Chicken Breast
- 2 tbsps Coconut Aminos
- 2 tbsps Dijon Mustard
- 2 tbsps Sunflower Seed Butter (or coconut butter)
- 2 tsps Ground Ginger
- 2 tbsps Unsweetened Shredded Coconut
- 4 cups Purple Cabbage (or rainbow slaw pre packaged)
- 3 tbsps Avocado Oil (or olive oil)
- 1 tsp Garlic Powder

Burger Bowl

12 ingredients · 15 minutes · 4 servings



Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
3. Divide the lettuce, tomatoes, pickle, egg, and onion between bowls and top with cooked beef. Top with mustard/ketchup and cheese Enjoy!
4. Add any other burger topping you enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

More Flavor

Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

Additional Toppings

Top bowls with your favorite burger toppings like chopped pickles, sauerkraut, ketchup, relish, shredded cheese or avocado.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Italian Seasoning
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 heads Romaine Hearts (chopped)
- 1 cup Cherry Tomatoes (chopped)
- 1/2 cup Pickle
- 4 Hard Boiled Egg
- 2 tsps Dijon Mustard
- 2 tsps Ketchup

Pork & Coleslaw Skillet

9 ingredients · 20 minutes · 4 servings



Directions

1. Heat a large cast iron skillet over medium heat. Once hot, add the pork and let it brown before using a spatula to break it apart and flip over. Continue cooking until no longer pink and somewhat browned and crispy.
2. In a small bowl, whisk the eggs and set them aside.
3. Reduce the heat to medium-low and add in the ginger and garlic, cook until fragrant, about one minute. Add in the coleslaw and fish sauce and stir to combine. Cook until the veggies have softened a little, about two to three minutes.
4. Make a small well in the centre and add the eggs, stirring to cook. Add the cauliflower rice and continue tossing to combine everything. Cook for an additional four to five minutes. Remove from the heat and pour in the coconut aminos.
5. Divide into bowls and garnish with sesame seeds.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add sriracha and green onions.

No Coconut Aminos

Use tamari or soy sauce instead.

Ingredients

- 1 lb Lean Ground Pork
- 2 Egg
- 1 tsp Ginger (minced)
- 4 Garlic (cloves, minced)
- 6 cups Coleslaw Mix
- 2 tsps Fish Sauce
- 2 1/2 cups Cauliflower Rice
- 1/4 cup Coconut Aminos
- 1 1/2 tsps Sesame Seeds (for garnish, optional)

One Pot Taco Pasta

14 ingredients · 40 minutes · 6 servings



Directions

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

No Ground Beef

Use ground chicken or turkey instead.

Vegan & Vegetarian

Swap the ground meat out for cooked lentils.

Optional Toppings

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Beef
- 4 **stalks** Green Onion (finely chopped)
- 2 **Garlic** (cloves, minced)
- 1 **tsp** Cumin (ground)
- 1 **tsp** Chili Powder
- 1/4 **tsp** Sea Salt
- 1 **Tomato** (large, diced)
- 1/2 **cup** Frozen Corn (thawed)
- 1/2 **cup** Black Beans (cooked, from the can)
- 1 **Red Bell Pepper** (diced)
- 2 1/2 **cups** Chicken Broth
- 1 **cup** Salsa
- 2 **cups** Brown Rice Pasta Shells (dry, uncooked)

No Brown Rice Pasta Shells

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.