



WBW Week 2

Created by Whole Body Wellness



WBW Week 2

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						Breakfast Skillet
Snack 1						Chocolate Peanut Butter Dessert Bars
Dinner	Pineapple Chicken	Lemon Basil Kale and Pork Salad	Thai Chicken & Vegetable Green Curry	One Pan Salmon with Green Beans & Roasted Tomato	Slow Cooker Beef & Butternut Squash Soup	

WBW Week 2

51 items

Fruits

- 1/2 Lemon Juice
- 2 cups Pineapple

Breakfast

- 1 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- 1 1/2 tsp Dried Basil
- 2 tsp Everything Bagel Seasoning
- 1 tsp Italian Seasoning
- 1 tsp Lemon Pepper Seasoning
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 oz Sliced Almonds
- 1/2 cup Sunflower Seeds

Vegetables

- 2 1/2 cups Bok Choy
- 2 1/2 cups Broccoli
- 6 cups Butternut Squash
- 1/2 head Cauliflower
- 2 1/2 cups Cherry Tomatoes
- 4 cups Green Beans
- 3 stalks Green Onion
- 4 cups Kale Leaves
- 1 cup Matchstick Carrots
- 8 ozs Mushrooms
- 3 Red Bell Pepper
- 1 Red Onion
- 1/4 cup Sweet Onion

Boxed & Canned

- 4 cups Beef Broth
- 2 cups Canned Coconut Milk
- 2 1/2 cups Puffed Quinoa
- 7 ozs Shiratake Noodles

Baking

- 1/3 cup Dark Chocolate Chips
- 1 oz Raisins
- 1/2 cup Raw Honey
- 3/4 cup Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 1 tbsp Parmesan Cheese
- 1 1/2 lbs Pork Chop
- 1 1/4 lbs Salmon Fillet
- 1 lb Stewing Beef

Condiments & Oils

- 1 tbsp Avocado Oil
- 2 tbsps Balsamic Vinegar
- 2 tbsps Coconut Aminos
- 2 tbsps Coconut Butter
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Green Curry Paste
- 1 tbsp Mayonnaise
- 1/2 cup Primal Kitchen No Soy Teriyaki
- 2 tbsps White Balsamic

Cold

- 4 Egg
- 2 tbsps Ghee

Breakfast Skillet

10 ingredients · 20 minutes · 4 servings



Directions

1. Heat oil in skillet and add onion, broccoli and carrots, sauté for 5-8 minutes.
2. Rinse noodles and add to skillet, sauté for 5 minutes.
3. Make 4 wells and add eggs. Cook for 5+ minutes (can use a lid to cook eggs to your liking).
4. Sprinkle with seasoning.
5. Top with melted coconut butter and chopped green onion.

Ingredients

- 2 tbsps Ghee
- 1 1/2 cups Broccoli
- 1/4 cup Sweet Onion
- 7 ozs Shiratake Noodles
- 4 Egg
- 1/2 tsp Sea Salt
- 1 stalk Green Onion
- 2 tsps Everything Bagel Seasoning
- 2 tbsps Coconut Butter
- 1 cup Matchstick Carrots

Chocolate Peanut Butter Dessert Bars

7 ingredients · 30 minutes · 16 servings



Directions

1. In a medium saucepan over low heat, combine the nut/seed butter, honey, vanilla and stir constantly until melted together
2. In a large mixing bowl combine the puffed cereal and nut/seed butter mixture, stir until well combined.
3. Cool in fridge.
4. Once cooled, fold the coconut, seeds, and chocolate chips into the cereal mixture.
5. Line a 9×13 with parchment paper. Transfer the mixture to the pan and using your hands, firmly press the mixture into the pan, spreading out evenly.
6. Freeze for 30 minutes.

Ingredients

- 1 cup** All Natural Peanut Butter (sunflower seed butter or other nut butter of choice)
- 1/2 cup** Raw Honey
- 1 tsp** Vanilla Extract
- 2 1/2 cups** Puffed Quinoa (or puffed rice cereal)
- 1/2 cup** Sunflower Seeds (or pumpkin seeds)
- 3/4 cup** Unsweetened Shredded Coconut
- 1/3 cup** Dark Chocolate Chips

Pineapple Chicken

10 ingredients · 30 minutes · 4 servings



Directions

1. Mix together teriyaki, coconut aminos, and avocado oil. Marinate chicken with half of the mixture. Reserve other half.
2. While chicken is marinating, chop the veggies.
3. Oil grill pan or skillet with oil. Add veggies and chicken - cook until the chicken is no longer pink in the center. Grill 10-15 minutes. Skillet- 7-10 minutes.
4. Split between bowls and top with remaining marinade. Add chopped green onion and sesame seeds.

Ingredients

- 1 **1/2 lbs** Chicken Breast (cut into 1 in pieces)
- 2 **cups** Pineapple (cut into 1 in pieces)
- 2 **Red Bell Pepper** (cut into 1 in pieces)
- 8 **ozs** Mushrooms (cut in half)
- 1 **Red Onion** (Cut into 1 in pieces)
- 1 **tbsp** Avocado Oil
- 2 **tbsps** Coconut Aminos
- 1/2 **cup** Primal Kitchen No Soy Teriyaki
- 2 **stalks** Green Onion
- 1 **tbsp** Sesame Seeds

Lemon Basil Kale and Pork Salad

13 ingredients · 30 minutes · 4 servings



Directions

1. Prep: Mix seasonings together. Separately mix the lemon juice, balsamic, honey and mayo. Cut cherry tomatoes in half. Roughly chop kale leaves into bite-size pieces.
2. Combine tomato, 1/4 teaspoon of the seasoning mix, and about 1 tablespoon olive oil in a small bowl. Season with salt and pepper. Stir to coat. Marinate at least five minutes, stirring occasionally.
3. Place kale in a large bowl. Drizzle with about half of the creamy lemon sauce. Lightly season with salt. Massage until leaves soften. Add raisins and marinated tomato. Toss to combine.
4. Pat boneless pork chops dry with paper towels. Season with remaining herb seasoning, salt, and pepper.
5. Heat about 1 1/2 tablespoons cooking oil in a medium sauté pan over medium-high heat. Add pork to hot pan. Cook 3-4 minutes on each side, or until pork is fully cooked. Transfer pork to a cutting board. Let rest at least 3 minutes. Slice pork.
6. Divide kale salad between plates. Top with pork chops. Sprinkle with almonds. Drizzle with remaining creamy lemon sauce. Top with Parmesan. Enjoy!

Ingredients

- 1/2 cup Cherry Tomatoes (chopped)
- 4 cups Kale Leaves
- 1 tsp Lemon Pepper Seasoning
- 1 tsp Italian Seasoning
- 1 1/2 tsps Dried Basil
- 1/2 Lemon Juice
- 2 tbsps White Balsamic
- 1 tbsp Raw Honey
- 1 tbsp Mayonnaise
- 1 oz Raisins
- 1 1/2 lbs Pork Chop (4 chops approx 6 oz each)
- 1 oz Sliced Almonds
- 1 tbsp Parmesan Cheese

Thai Chicken & Vegetable Green Curry

7 ingredients · 15 minutes · 4 servings



Directions

1. Add the curry paste and coconut milk in a pot over medium heat. Stir to combine then bring to a simmer.
2. Add the veggies to the pot and cook uncovered for about five minutes or until tender. Stir in the bok choy and cooked chicken breast and continue to cook until the bok choy has wilted and the chicken has warmed through. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/3 cups.

Curry Paste

This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

More Flavor

Add fresh ginger, garlic, lime juice, cilantro, and/or basil.

Consistency

For a thinner curry add chicken broth.

Vegetables

Use broccoli, bell pepper, carrots, kale or spinach instead.

Make it Vegan

Use chickpeas, tofu, or tempeh instead of chicken.

Ingredients

- 1/4 cup Green Curry Paste (or to taste)
- 2 cups Canned Coconut Milk
- 1/2 head Cauliflower (small, cut into florets)
- 2 1/2 cups Bok Choy (chopped)
- 8 ozs Chicken Breast, Cooked (thinly sliced)
- 1 cup Broccoli (cut into florets)
- 1 Red Bell Pepper (chopped)

One Pan Salmon with Green Beans & Roasted Tomato

6 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 510°F (266°C).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil & balsamic. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Serve with quinoa or rice.

Added Touch

Toss the green beans in balsamic vinegar before serving.

Ingredients

- 4 cups** Green Beans (washed and trimmed)
- 2 cups** Cherry Tomatoes
- 1 tbsp** Extra Virgin Olive Oil (or coconut oil)
- 2 tbsps** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 1 1/4 lbs** Salmon Fillet

Slow Cooker Beef & Butternut Squash Soup

4 ingredients · 8 hours · 4 servings



Directions

1. Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
2. Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
3. Season with sea salt to taste. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians

Use vegetable broth and chickpeas instead of beef.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

- 1 lb Stewing Beef (chunks)
- 6 cups Butternut Squash (peeled and cubed)
- 4 cups Beef Broth
- 1/4 tsp Sea Salt (to taste)