



WBW Week 1 (Dinners Only)

Created by Whole Body Wellness



WBW Week 1 (Dinners Only)

4 days

	Mon	Tue	Wed	Thu
Dinner	Kale and Steak Salad	Sausage & Pesto Cauli Rice	Cobb Salad	Egg Roll in a Bowl

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31 items

Fruits

1/4 cup Lemon Juice

Seeds, Nuts & Spices

1/2 tsp Italian Seasoning

1 tbsp Sesame Seeds

1 oz Sliced Almonds

Vegetables

3 Carrot

2 cups Cauliflower Rice

1 Cucumber

3 Garlic

4 cups Green Cabbage

4 stalks Green Onion

2 cups Kale Leaves

8 ozs Portobello Mushroom Caps

16 leaves Romaine

1 Yellow Onion

2 Zucchini

Bread, Fish, Meat & Cheese

4 slices Bacon

14 ozs Chicken Breast, Cooked

1 1/2 lbs Flank Steak

1 lb Italian Sausage Links

1 lb Lean Ground Pork

3 ozs Parmigiano Reggiano

Condiments & Oils

2 1/2 tbsps Avocado Oil

2 1/2 tbsps Balsamic Vinegar

1/4 cup Coconut Aminos

1 tsp Dijon Mustard

1/4 cup Extra Virgin Olive Oil

4 ozs Pesto

1 tbsp Sesame Oil

2 ozs Sun Dried Tomatoes

Cold

2 ozs Cream Cheese, Regular

5 Egg

Kale and Steak Salad

9 ingredients · 30 minutes · 4 servings



Directions

1. Prep: Roughly chop kale leaves into bite-size pieces. Chop sun-dried tomatoes. Halve or quarter mushrooms, depending on size. Dice yellow onion into about 1/4 inch each.
2. Place kale in a medium bowl. Drizzle with about 1 tablespoons of the balsamic and 1 tablespoon oil. Lightly season with salt. Massage until leaves soften. Add tomatoes to bowl. Sprinkle with about half of the Parmesan cheese. Toss to combine. Season with salt and pepper to taste.
3. Season both sides of steak with salt and pepper. Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add steak to hot pan. Sear 3-6 minutes on each side. Transfer steaks to a cutting board. Let rest at least 3 minutes.
4. In the pan used for steak, heat about 1 1/2 tablespoons cooking oil. Add mushrooms and onion to hot pan. Cook 4-5 minutes stirring occasionally.
5. Add remaining balsamic and oil. Cook 3-5 minutes, or until sauce has thickened, stirring occasionally.
6. Slice steak against the grain.
7. Divide steak between plates. Top with balsamic mushrooms and onion. Serve kale salad on side. Sprinkle almonds and remaining Parmesan cheese over salad. Enjoy!

Ingredients

- 2 cups Kale Leaves
- 1 oz Sun Dried Tomatoes
- 8 ozs Portobello Mushroom Caps
- 1 Yellow Onion
- 1 oz Sliced Almonds
- 2 1/2 tbsps Balsamic Vinegar
- 2 1/2 tbsps Avocado Oil
- 1 oz Parmigiano Reggiano
- 1 1/2 lbs Flank Steak

Sausage & Pesto Cauli Rice

9 ingredients · 25 minutes · 4 servings



Directions

1. Prep: Preheat oven to 400 degrees, chop sun-dried tomatoes, Mince Garlic, Slice zucchini/squash into 1/4 inch moons
2. Add cooking oil to large pan and sear sausages then transfer to a baking sheet and roast 6-8 minutes.
3. Heat about 1 tablespoon butter in pan used for sausages over medium-high heat. Add cauliflower "rice," garlic, and squash to hot pan. Season with Italian seasoning, about 1/4 teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
4. Add sun-dried tomatoes to pan with veggies. Cook 3-4 minutes, or until tender, stirring occasionally.
5. Remove pan from heat. Add Parmesan cheese, cream cheese, stir to combine.
6. Cut sausages at an angle into slices. Divide creamy cauliflower "rice" and veggies between plates. Top with roasted sausages. Drizzle with pesto.

Ingredients

- 1 oz Sun Dried Tomatoes (in oil)
- 2 Garlic (minced)
- 2 Zucchini (or yellow squash)
- 1 lb Italian Sausage Links (Italian)
- 2 cups Cauliflower Rice
- 1/2 tsp Italian Seasoning
- 2 ozs Parmigiano Reggiano
- 2 ozs Cream Cheese, Regular
- 4 ozs Pesto

Cobb Salad

9 ingredients · 25 minutes · 4 servings



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
2. Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
3. To a jar add the oil, lemon juice, and mustard. Shake to combine.
4. To serve, divide the romaine between plates and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add honey or maple syrup, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

Additional Toppings

Cheese, olives, tomatoes, and/or avocado.

No Romaine

Use baby spinach or another salad green instead.

Ingredients

- 4 Egg
- 4 slices Bacon
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- 1 tsp Dijon Mustard
- 16 leaves Romaine (chopped)
- 14 ozs Chicken Breast, Cooked (chopped)
- 1 Cucumber (sliced)
- 4 stalks Green Onion (chopped, greens parts only)

Egg Roll in a Bowl

8 ingredients · 15 minutes · 4 servings



Directions

1. In a large skillet, brown the pork until no longer pink. Drain the meat if it's really wet.
2. Add the garlic and sautee for 30 seconds. Add the cabbage/coleslaw, coconut aminos, ginger (optional), and sautee until desired tenderness. You can add a little water if you need more liquid to sautee the coleslaw down.
3. Make a well in the center of the skillet and add the egg. Scramble until done over low heat.
4. Stir in sriracha (optional). Drizzle with sesame oil and sprinkle with green onions. Sprinkle with sesame seeds.

Notes

Optional

sriracha ground ginger

Sub

Substitute Ground beef for ground pork

Ingredients

- 1 lb Lean Ground Pork
- 4 cups Green Cabbage (chopped)
- 1/4 cup Coconut Aminos
- 1 tbsp Sesame Oil
- 1 Garlic (clove minced)
- 3 Carrot (shredded or ribboned)
- 1 tbsp Sesame Seeds
- 1 Egg