



WBW Week 7 (Dinners Only)

Created by Whole Body Wellness



WBW Week 7 (Dinners Only)

4 days

	Mon	Tue	Wed	Thu
Dinner	Spiced Pork Tenderloin	Coconut-braised Curried Chicken	Strawberry Chicken Salad	Chicken & Broccoli Slaw with Peanut Sauce

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39 items

Fruits

- 1 Lime
- 2 cups Strawberries

Breakfast

- 1/4 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- 2 tsp Black Pepper
- 2 tsp Cumin
- 1 tsp Garam Masala
- 1 tsp Ground Ginger
- 1 tsp Ground Mustard
- 1 tsp Onion Powder
- 1/4 cup Pumpkin Seeds (optional)
- 1/4 cup Raw Peanuts
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsp Turmeric

Vegetables

- 4 cups Broccoli Slaw
- 4 stalks Celery
- 1/2 cup Cilantro
- 2 Cremini Mushrooms
- 1 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 1 head Green Lettuce
- 7 stalks Green Onion
- 1 Red Bell Pepper
- 2 tsp Thyme

Boxed & Canned

- 2 cups Organic Coconut Milk

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 1 1/2 lbs Chicken Breast, Cooked
- 2 lbs Chicken Thighs
- 10 slices Organic Bacon, Cooked
- 1 lb Pork Tenderloin

Condiments & Oils

- 2 tbsps Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 2 tbsps Red Wine Vinegar
- 1 tbsp Tamari

Cold

- 1 Egg
- 1/4 cup Ghee

Other

- 1/4 cup Water

Spiced Pork Tenderloin

11 ingredients · 20 minutes · 4 servings



Directions

1. Heat skillet over medium heat
2. Combine salt, garam marsala, pepper, cumin and onion powder in bowl. Add pork and toss.
3. Sear medallions for 3 minutes per side, remove from pan and rest.
4. Make the sauce. Do not wash pan. add mushrooms and thyme to hot skillet and stir for about 3 minutes.
5. Add coconut milk and bring to a simmer, whisk in egg yolk and salt. Whisk until thickens and pour sauce over pork.

Ingredients

- 1 tsp Sea Salt
- 1 tsp Garam Masala
- 1 tsp Black Pepper
- 1 tsp Cumin
- 1 tsp Onion Powder
- 1 lb Pork Tenderloin (cut into 2 inch thick medallions)
- 2 tbsps Ghee
- 2 Cremini Mushrooms (cups halved)
- 1 tsp Thyme
- 1 cup Organic Coconut Milk
- 1 Egg (yolk)
- 1/8 tsp Sea Salt

Coconut-braised Curried Chicken

13 ingredients · 35 minutes · 6 servings



Directions

1. Heat skillet over medium heat. Place chicken in bowl with seasoning (except thyme).
2. Place ghee in skillet and brown thighs for 5 minutes per side. May need to do two batches.
3. Return all to the skillet. Add thyme, coconut milk, and vinegar. Cover and simmer 5 minutes.
4. Serve with green beans

Ingredients

- 2 lbs Chicken Thighs
- 2 tsps Sea Salt
- 2 tsps Turmeric
- 1 tsp Ground Mustard
- 1 tsp Ground Ginger
- 1 tsp Black Pepper
- 1 tsp Cumin
- 2 tbsps Ghee
- 1 tsp Thyme
- 1 cup Organic Coconut Milk
- 2 tbsps Red Wine Vinegar
- 1/4 cup Cilantro (optional)
- 2 cups Green Beans

Strawberry Chicken Salad

10 ingredients · 15 minutes · 6 servings



Directions

1. Place all ingredients except lettuce in large bowl and mix well.
2. Make lettuce wraps or salads

Ingredients

- 1 1/2 lbs** Chicken Breast, Cooked (Could used shredded Rotisserie chicken)
- 10 slices** Organic Bacon, Cooked
- 4 stalks** Green Onion
- 4 stalks** Celery
- 2 cups** Strawberries
- 1/4 cup** Mayonnaise (Primal Kitchen)
- 2 tbsps** Dijon Mustard
- 1 tsp** Sea Salt
- 1 head** Green Lettuce (butter lettuce)
- 1/4 cup** Pumpkin Seeds (optional)

Chicken & Broccoli Slaw with Peanut Sauce

14 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
2. In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
3. In a large salad bowl, combine broccoli slaw, red pepper and green onion.
4. Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian

Use roasted chickpeas instead of diced chicken.

Slow Cooker Version

Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead

The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 1 **1/4 lbs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1/4 **cup** All Natural Peanut Butter
- 1 **tbsp** Tamari
- 1 **Lime** (juiced)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Ginger (peeled and grated)
- 1 **Garlic** (clove, minced)
- 1/4 **cup** Water
- 4 **cups** Broccoli Slaw
- 1 **Red Bell Pepper** (sliced)
- 3 **stalks** Green Onion (chopped)
- 1/4 **cup** Cilantro (chopped, optional)
- 1/4 **cup** Raw Peanuts (chopped)