



## **WBW Week 2 (Dinners Only)**

Created by Whole Body Wellness



# WBW Week 2 (Dinners Only)

4 days

	Mon	Tue	Wed	Thu
Dinner	Pineapple Chicken	Lemon Basil Kale and Pork Salad	Thai Chicken & Vegetable Green Curry	One Pan Salmon with Green Beans & Roasted Tomato

# WBW Week 2 (Dinners Only)

34 items

## Fruits

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- 1/2 Lemon Juice
- 2 cups Pineapple

## Seeds, Nuts & Spices

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- 1 1/2 tsps Dried Basil
- 1 tsp Italian Seasoning
- 1 tsp Lemon Pepper Seasoning
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 oz Sliced Almonds

## Vegetables

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

## Boxed & Canned

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- 2 cups Canned Coconut Milk

## Baking

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- 1 oz Raisins
- 1 tbsp Raw Honey

## Bread, Fish, Meat & Cheese

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- 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

## Condiments & Oils

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



# Pineapple Chicken

10 ingredients · 30 minutes · 4 servings



## Directions

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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

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- 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

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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

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### 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

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- 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

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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

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### 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

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- 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