



WBW Week 5 (Dinners Only)

Created by Whole Body Wellness



WBW Week 5 (Dinners Only)

4 days

	Mon	Tue	Wed	Thu
Dinner	One Pan Steak & Potatoes with Chive Butter Sauce	One Pan Salmon with Rainbow Veggies	Curried Chicken Salad	Lime Basil Grilled Tuna Steaks

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34 items

Fruits

- 1 cup Apple
- 1/2 Avocado
- 1/2 Lemon
- 2 Lime
- 1 Navel Orange

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1 tsp Curry Powder
- 3 Ts Pine Nuts
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 4 cups Broccoli
- 4 cups Cherry Tomatoes
- 2 tbsps Chives
- 2 Cucumber
- 2 Garlic
- 4 cups Mini Potatoes
- 2 Red Bell Pepper
- 1 cup Red Onion
- 2 Tomato
- 2 Yellow Bell Pepper

Bread, Fish, Meat & Cheese

- 3 cups Rotisserie Chicken- Shredded
- 1 1/4 lbs Salmon Fillet
- 1 lb Top Sirloin Steak
- 1 1/2 lbs Tuna Steak
- 1 Whole Wheat Hamburger Buns

Condiments & Oils

- 2 tbsps Avocado Oil
- 1 tbsps Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 1 T Honey Mustard
- 1/4 cup Mayonnaise

Cold

- 1/4 cup Butter
- 1/4 cup Plain Greek Yogurt

One Pan Steak & Potatoes with Chive Butter Sauce

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
2. In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
3. Divide the steak, potatoes and peppers onto plates.
4. Combine the melted butter and chives. Drizzle ovetop the steak and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days. Reheat in the microwave or in a skillet.

No Butter

Use ghee, oil or omit completely.

No Red Bell Pepper

Use cherry tomatoes, eggplant or any other veggies instead.

Ingredients

- 4 cups Mini Potatoes (halved)
- 2 Red Bell Pepper (chopped)
- 1 lb Top Sirloin Steak (cut into 1-inch cubes)
- 2 tbsps Avocado Oil
- 1 tsp Sea Salt
- 1/4 cup Butter (melted)
- 2 tbsps Chives (finely chopped)

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 4 cups Cherry Tomatoes
- 1 1/4 lbs Salmon Fillet
- 2 Yellow Bell Pepper (sliced)
- 4 cups Broccoli (chopped into small florets)
- 1 cup Red Onion (sliced into chunks)
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Coconut Aminos
- 1 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Curried Chicken Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. In a bowl, combine shredded chicken, pine nuts and apples.
2. In a bowl, mix together mayonnaise, greek yogurt, honey mustard, smashed avocado, and curry powder
3. Add curry mix to the shredded chicken mix and toss.
4. Serve over spinach or eat as a sandwich.

Ingredients

- 3 cups** Rotisserie Chicken- Shredded (Pre-cooked)
- 3 Ts** Pine Nuts (optional)
- 1 cup** Apple (diced)
- 1/4 cup** Mayonnaise (Primal Kitchen)
- 1/4 cup** Plain Greek Yogurt
- 1/2** Avocado
- 1 T** Honey Mustard (Primal Kitchen)
- 1 tsp** Curry Powder (or more)
- 2 cups** Baby Spinach
- 1** Whole Wheat Hamburger Buns (Optional)

Lime Basil Grilled Tuna Steaks

11 ingredients · 20 minutes · 4 servings



Directions

1. In a small bowl, combine the olive oil, lime juice, basil, garlic, salt and pepper. Mix well to combine.
2. Add the tuna steaks to a ziploc bag and pour in the marinade. Shake well then store in the fridge while you prep the rest.
3. Combine the diced tomato and cucumber together in a bowl. Drizzle with a bit of olive oil, lemon juice and season with sea salt and black pepper to taste. Set aside.
4. Preheat the grill over medium heat.
5. Grill the steaks for about 4 minutes per side, or until they are cooked to your liking.
6. Remove fish from the grill. Plate on a bed of the cucumber tomato salad and garnish with basil. Enjoy!

Notes

No Tuna

Use marlin, salmon or swordfish steaks instead.

More Flavour

Marinate the tuna steaks up to 24 hours in advance for maximum flavour.

More Carbs

Serve with a side of rice, quinoa or roasted mini potatoes.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil (plus extra for drizzling)
- 2 Lime (juiced)
- 1/2 **cup** Basil Leaves (chopped, plus extra for garnish)
- 2 Garlic (clove, minced)
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1 1/2 **lbs** Tuna Steak
- 2 Tomato (large, chopped)
- 2 Cucumber (chopped)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)