



## WBW Week 8

Created by Whole Body Wellness



# WBW Week 8

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						Bacon & Veggie Baked Eggs
Snack 1						Banana Oat Chocolate Chip Cookies
Dinner	Pad Thai sheet pan dinner	Burger Bowl	Pork & Coleslaw Skillet	One Pot Taco Pasta	Manhattan-Style Fish Chowder	

# WBW Week 8

58 items

## Fruits

---

3 Banana

## Seeds, Nuts & Spices

---

- 1/2 tsp Black Pepper
- 2 tsps Chili Powder
- 1/4 tsp Cinnamon
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 2 tsps Ground Ginger
- 1 tbsp Italian Seasoning
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds

## Frozen

---

1/2 cup Frozen Corn

## Vegetables

---

- 1 Carrot
- 2 1/2 cups Cauliflower Rice
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 6 cups Coleslaw Mix
- 6 Garlic
- 1 tsp Ginger
- 4 cups Green Cabbage
- 4 stalks Green Onion
- 2 cups Mini Potatoes
- 4 cups Mushrooms
- 4 cups Purple Cabbage
- 1 Red Bell Pepper
- 1 1/2 heads Romaine Hearts
- 1 tsp Thyme
- 1 Tomato
- 1 White Onion

## Boxed & Canned

---

- 1/2 cup Black Beans
- 2 cups Brown Rice Pasta Shells
- 2 1/2 cups Chicken Broth
- 3 cups Diced Tomatoes
- 1 cup Salsa
- 3 1/2 cups Vegetable Broth

## Baking

---

- 1 tsp Baking Powder
- 1/2 cup Dark Chocolate Chips
- 2 cups Oats
- 1 tbsp Tapioca Flour
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

---

- 10 slices Bacon
- 1 lb Chicken Breast
- 2 lbs Extra Lean Ground Beef
- 3 Haddock Fillet
- 1 lb Lean Ground Pork

## Condiments & Oils

---

- 3 tsps Avocado Oil
- 1/3 cup Coconut Aminos
- 1/4 cup Coconut Oil
- 2 2/3 tsps Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Fish Sauce
- 2 tsps Ketchup
- 1/2 cup Pickle
- 2/3 cup Sunflower Seed Butter
- 1 cup White Cooking Wine

## Cold

---

- 10 Egg
- 4 Hard Boiled Egg

# Bacon & Veggie Baked Eggs

5 ingredients · 30 minutes · 4 servings



## Directions

---

1. Preheat the oven to 375°F (190°C).
2. Add the bacon to a cast-iron skillet (or another oven-safe pan) over medium heat. Cook for six to eight minutes, stirring occasionally until the chopped bacon pieces are crispy. Transfer the bacon to a plate or bowl lined with paper towel and remove all but a splash of the bacon grease in the pan.
3. Add the mushrooms to pan and cook for about five minutes or until browned and softened. Season with half of the salt.
4. Add the cabbage to the pan with the mushrooms and cook for about five minutes more or until the cabbage begins to wilt and any water released has evaporated from the pan. Stir in the crispy bacon.
5. Remove the skillet from the pan and make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking.
6. Remove the from oven and season with additional salt if needed. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add onions, fresh garlic or other dried herbs and spices to taste.

### No Bacon Grease

Use extra virgin olive oil or avocado oil instead.

## Ingredients

---

- 10 slices** Bacon (chopped)
- 4 cups** Mushrooms (sliced)
- 1/4 tsp** Sea Salt
- 4 cups** Green Cabbage (thinly sliced)
- 8** Egg

# Banana Oat Chocolate Chip Cookies

10 ingredients · 25 minutes · 12 servings



## Directions

---

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
3. Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
4. Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

## Notes

---

### Serving Size

One serving is equal to one large cookie.

### No Chocolate Chips

Use raisins, dried cranberries, chopped figs or cacao nibs instead.

### No Sunflower Seed Butter

Use tahini, peanut butter or almond butter instead.

### Leftovers

Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.

## Ingredients

---

- 3 Banana (large, ripe, mashed)
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Coconut Oil
- 1 tsp Vanilla Extract
- 2 cups Oats (large flake)
- 1/3 cup Unsweetened Shredded Coconut
- 1 tsp Baking Powder
- 1/4 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/2 cup Dark Chocolate Chips

# Pad Thai sheet pan dinner

9 ingredients · 40 minutes · 4 servings



## Directions

---

1. Pre-heat oven to 400.
2. Butterfly each chicken breast.
3. Place coconut aminos, mustard, sunflower seed butter, ginger powder, and 1 t salt in bowl. Add chicken.
4. Place chicken on cookie sheet, sprinkle with shredded coconut. Bake in oven for 20 minutes.
5. Spread slaw on second cookie sheet. Drizzle with oil and sprinkle with remaining salt. Add to oven with chicken for additional 10-15 minutes.
6. Remove chicken from oven. Broil slaw mixture for 1-3 minutes if you want it crispier.
7. Serve Chicken on top of slaw mixture.

## Ingredients

---

- 1 lb Chicken Breast
- 2 tbsps Coconut Aminos
- 2 tbsps Dijon Mustard
- 2 tbsps Sunflower Seed Butter (or coconut butter)
- 2 tsps Ground Ginger
- 2 tbsps Unsweetened Shredded Coconut
- 4 cups Purple Cabbage (or rainbow slaw pre packaged)
- 3 tbsps Avocado Oil (or olive oil)
- 1 tsp Garlic Powder

# Burger Bowl

12 ingredients · 15 minutes · 4 servings



## Directions

---

1. In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
3. Divide the lettuce, tomatoes, pickle, egg, and onion between bowls and top with cooked beef. Top with mustard/ketchup and cheese Enjoy!
4. Add any other burger topping you enjoy.

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

### More Flavor

Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

### Additional Toppings

Top bowls with your favorite burger toppings like chopped pickles, sauerkraut, ketchup, relish, shredded cheese or avocado.

## Ingredients

---

- 1 lb Extra Lean Ground Beef
- 1 tbsp Italian Seasoning
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 heads Romaine Hearts (chopped)
- 1 cup Cherry Tomatoes (chopped)
- 1/2 cup Pickle
- 4 Hard Boiled Egg
- 2 tsps Dijon Mustard
- 2 tsps Ketchup

# Pork & Coleslaw Skillet

9 ingredients · 20 minutes · 4 servings



## Directions

---

1. Heat a large cast iron skillet over medium heat. Once hot, add the pork and let it brown before using a spatula to break it apart and flip over. Continue cooking until no longer pink and somewhat browned and crispy.
2. In a small bowl, whisk the eggs and set them aside.
3. Reduce the heat to medium-low and add in the ginger and garlic, cook until fragrant, about one minute. Add in the coleslaw and fish sauce and stir to combine. Cook until the veggies have softened a little, about two to three minutes.
4. Make a small well in the centre and add the eggs, stirring to cook. Add the cauliflower rice and continue tossing to combine everything. Cook for an additional four to five minutes. Remove from the heat and pour in the coconut aminos.
5. Divide into bowls and garnish with sesame seeds.

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add sriracha and green onions.

### No Coconut Aminos

Use tamari or soy sauce instead.

## Ingredients

---

- 1 lb Lean Ground Pork
- 2 Egg
- 1 tsp Ginger (minced)
- 4 Garlic (cloves, minced)
- 6 cups Coleslaw Mix
- 2 tsps Fish Sauce
- 2 1/2 cups Cauliflower Rice
- 1/4 cup Coconut Aminos
- 1 1/2 tsps Sesame Seeds (for garnish, optional)



# One Pot Taco Pasta

14 ingredients · 40 minutes · 6 servings



## Directions

---

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately 1 1/2 cups.

### No Ground Beef

Use ground chicken or turkey instead.

### Vegan & Vegetarian

Swap the ground meat out for cooked lentils.

### Optional Toppings

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

### Likes it Spicy

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

## Ingredients

---

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Beef
- 4 **stalks** Green Onion (finely chopped)
- 2 **Garlic** (cloves, minced)
- 1 **tsp** Cumin (ground)
- 1 **tsp** Chili Powder
- 1/4 **tsp** Sea Salt
- 1 **Tomato** (large, diced)
- 1/2 **cup** Frozen Corn (thawed)
- 1/2 **cup** Black Beans (cooked, from the can)
- 1 **Red Bell Pepper** (diced)
- 2 **1/2 cups** Chicken Broth
- 1 **cup** Salsa
- 2 **cups** Brown Rice Pasta Shells (dry, uncooked)

**No Brown Rice Pasta Shells**

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

# Manhattan-Style Fish Chowder

11 ingredients · 30 minutes · 8 servings



## Directions

---

1. Heat a few tablespoons of the broth in a pot over medium-high heat. Cook the onion, celery, carrot, and thyme until soft, about five to eight minutes. Add a splash of water as needed to prevent sticking.
2. Meanwhile, whisk together the white wine and tapioca flour in a small bowl to create a slurry. Add the slurry to the veggies and stir well.
3. Add the diced tomatoes, potatoes, and remaining broth. Bring to a boil, then lower to a simmer for 10 minutes, or until the potatoes are tender.
4. Add the haddock and cook for an additional 10 minutes. Season with salt and black pepper to taste. Divide into bowls, garnish with more thyme (optional) and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately two cups of chowder.

### More Flavor

Add bay leaves, bacon and/or sausage. Sauté the veggies with oil instead of broth.

### Serve it With

Crackers or crusty bread.

### No Haddock

Use tilapia or cod instead.

### Haddock Fillet

Each haddock fillet is equal to 150 grams or 5.3 ounces.

## Ingredients

---

- 3 1/2 cups Vegetable Broth (divided)
- 1 White Onion (large, diced)
- 1 stalk Celery (diced)
- 1 Carrot (medium, diced)
- 1 tsp Thyme (fresh, plus more for optional garnish)
- 1 cup White Cooking Wine
- 1 tbs Tapioca Flour
- 3 cups Diced Tomatoes
- 2 cups Mini Potatoes (quartered)
- 3 Haddock Fillet (cubed)
- Sea Salt & Black Pepper (to taste)