



## **WBW Week 7**

Created by Whole Body Wellness



# WBW Week 7

6 days

|           | Mon                    | Tue                             | Wed                      | Thu                                       | Fri          | Sat                              |
|-----------|------------------------|---------------------------------|--------------------------|---|--------------|----------------------------------|
| Breakfast |                        |                                 |                          |   |              | Sweet Potato Bacon Hash with Egg |
| Snack 1   |                        |                                 |                          |   |              | Apple Cinnamon Oatmeal Cups      |
| Dinner    | Spiced Pork Tenderloin | Coconut-braised Curried Chicken | Strawberry Chicken Salad | Chicken & Broccoli Slaw with Peanut Sauce | Lasagna Soup |                                  |

# WBW Week 7

63 items

## Fruits

---

- 1 Apple
- 1 Lime
- 2 cups Strawberries

## Breakfast

---

- 1/4 cup All Natural Peanut Butter
- 3 tbsps Maple Syrup

## Seeds, Nuts & Spices

---

- 2 tsps Black Pepper
- 1 tsp Cinnamon
- 2 tsps Cumin
- 1 tsp Garam Masala
- 2 tbsps Ground Flax Seed
- 1 tsp Ground Ginger
- 1 tsp Ground Mustard
- 2 tbsps Italian Seasoning
- 1/4 tsp Nutmeg
- 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 tsps Turmeric

## Vegetables

---

- 4 cups Baby Spinach
- 4 cups Broccoli Slaw
- 4 stalks Celery
- 1/2 cup Cilantro
- 2 Cremini Mushrooms
- 5 Garlic
- 1 tbsps Ginger
- 2 cups Green Beans
- 1 head Green Lettuce
- 7 stalks Green Onion
- 1 Red Bell Pepper
- 1 cup Red Onion
- 1 Sweet Onion
- 2 Sweet Potato
- 2 tsps Thyme

## Boxed & Canned

---

- 4 cups Bone Broth
- 1 can Canned Petite Tomatoes
- 1 can Crushed Tomatoes
- 6 1/2 ozs Gluten Free Lasagna Noodles
- 2 cups Organic Coconut Milk
- 3 tbsps Tomato Paste

## Baking

---

- 2 cups Oats
- 1/2 cup Unsweetened Applesauce

## Bread, Fish, Meat & Cheese

---

- 8 slices Bacon
- 1 1/4 lbs Chicken Breast
- 1 1/2 lbs Chicken Breast, Cooked
- 2 lbs Chicken Thighs
- 1 lb Lean Ground Beef
- 10 slices Organic Bacon, Cooked
- 1/2 cup Parmesan Cheese
- 1 lb Pork Tenderloin
- 8 ozs Ricotta Cheese

## Condiments & Oils

---

- 1 tbsps Avocado Oil
- 1 tsp Coconut Oil
- 2 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 2 tbsps Red Wine Vinegar
- 1 tbsps Tamari

## Cold

---

- 5 Egg
- 1/4 cup Ghee
- 1 1/2 cups Unsweetened Almond Milk

## Other

---

- 1/4 cup Water

# Sweet Potato Bacon Hash with Egg

7 ingredients · 30 minutes · 4 servings



## Directions

---

1. Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes per side. Transfer the bacon to a paper towel-lined plate and set aside. Remove the grease from the pan and carefully wipe the pan out with a paper towel. Chop the bacon into small pieces when cool enough to handle.
2. Add 3/4 of the oil to the pan. Add the sweet potato and cook, stirring occasionally, for about five to six minutes. Add the onion and continue to cook until the potatoes are tender, seven to nine minutes more.
3. Add the chopped bacon and baby spinach to the pan and continue to cook until the spinach has wilted. Season the hash with salt and pepper to taste.
4. Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with salt and pepper to taste. Divide the sweet potato hash and eggs between plates. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

### Serving Size

One serving is approximately equal to one cup of the sweet potato hash and one egg.

### More Flavor

Add dried herbs and spices like garlic powder, chili powder, or smoked paprika to the sweet potato hash.

### Sweet Potato

One medium sweet potato yields approximately two cups of sweet potato cubes.

### No Spinach

Use kale instead.

### No Red Onion

Use yellow onion instead.

## Ingredients

---

**8 slices** Bacon

**1/4 cup** Extra Virgin Olive Oil (divided)

**2** Sweet Potato (medium, peeled and cut into small cubes)

**1 cup** Red Onion (chopped)

**4 cups** Baby Spinach

Sea Salt & Black Pepper (to taste)

**4** Egg



# Apple Cinnamon Oatmeal Cups

9 ingredients · 50 minutes · 6 servings



## Directions

---

1. Preheat the oven to 350°F (175°C) and grease the cups of a muffin pan with the oil.
2. In a large mixing bowl combine the milk, applesauce, and maple syrup. Stir in the oats, ground flaxseed, cinnamon, and nutmeg, and mix well. Fold in the chopped apple.
3. Divide the oat mixture between the cups of the muffin pan and bake for 30 to 35 minutes or until golden brown around the edges.
4. Let cool in the pan slightly for 10 to 15 minutes before transferring to a cooling rack. Enjoy!

## Notes

---

### Leftovers

Refrigerate for up to four days or freeze for up to three months. Enjoy cold or reheated.

### Serving Size

One serving is equal to two oatmeal cups.

### Nut-Free

Use nut-free milk instead, like oat, coconut, or dairy.

### More Flavor

Add vanilla extract and a pinch of salt.

### Apple

A large apple yields approximately one cup of chopped apple.

### Oil-Free

Omit the coconut oil and line the muffin pan with silicone or paper baking cups instead.

## Ingredients

---

- 1 tsp Coconut Oil
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Applesauce
- 3 tbsps Maple Syrup
- 2 cups Oats (rolled)
- 2 tbsps Ground Flax Seed
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg (optional)
- 1 Apple (large, peeled, and chopped)

# 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 use 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 **tbps** Tamari
- 1 **Lime** (juiced)
- 1 **tbps** Extra Virgin Olive Oil
- 1 **tbps** 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)

# Lasagna Soup

12 ingredients · 35 minutes · 6 servings



## Directions

---

1. In a large soup pot, heat oil over medium heat. Add beef crumbles and cook 3 minutes or until no longer pink. Add onions, minced garlic and seasoning. Cook 2-3 minutes.
2. Add in broth, diced tomatoes, crushed tomatoes, and tomato paste.
3. Bring to a boil then reduce heat to a simmer for about 20 minutes.
4. In a separate pan cook noodles according to package directions.
5. Once Soup has simmered, remove from heat and add half of the ricotta cheese. Stir to combine.
6. Divide soup between bowls and top with additional ricotta cheese and parmesan cheese. Enjoy.

## Ingredients

---

- 1 lb Lean Ground Beef
- 1 Sweet Onion (diced)
- 4 Garlic (minced)
- 4 cups Bone Broth (or chicken broth)
- 1 can Canned Petite Tomatoes (14.5 oz)
- 1 can Crushed Tomatoes (14.5 oz)
- 3 tbsps Tomato Paste
- 2 tbsps Italian Seasoning
- 6 1/2 ozs Gluten Free Lasagna Noodles (broken into pieces)
- 8 ozs Ricotta Cheese
- 1/2 cup Parmesan Cheese
- 1 tbsp Avocado Oil