



## WBW Week 6 (Dinners Only)

Created by Whole Body Wellness



# WBW Week 6 (Dinners Only)

4 days

|        | Mon                    | Tue                            | Wed                 | Thu                         |
|--------|------------------------|--------------------------------|---------------------|-----------------------------|
| Dinner | Grilled Fajita Burgers | Mediterranean Sheet Pan Dinner | Smoked Salmon Salad | Spaghetti Squash Brat Boats |
|        | Sweet Potato Fries     |                                |                     |                             |

# WBW Week 6 (Dinners Only)

34 items

## Fruits

---

3 Avocado

## Seeds, Nuts & Spices

---

- 1/4 tsp Black Pepper
- 1 tsp Dried Basil
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 2 tsps Oregano
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tbsps Taco Seasoning

## Vegetables

---

- 1 head Cauliflower
- 1 cup Cherry Tomatoes
- 5 Garlic
- 1/2 Jalapeno Pepper
- 6 cups Mixed Greens
- 2 Orange Bell Pepper
- 1 Red Onion
- 8 leaves Romaine
- 2 Spaghetti Squash
- 2 Sweet Potato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion
- 2 Zucchini

## Baking

---

1 1/2 tbsps Tapioca Flour

## Bread, Fish, Meat & Cheese

---

- 1 1/2 lbs Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 1/4 cup Feta Cheese
- 15 ozs Pork Sausage
- 8 ozs Smoked Salmon

## Condiments & Oils

---

- 1/2 cup Avocado Oil
- 3 tbsps Coconut Oil
- 1/2 cup Pesto
- 1/2 cup Pitted Kalamata Olives

## Cold

---

- 4 Egg
- 1/4 cup Tzatziki

# Grilled Fajita Burgers

9 ingredients · 25 minutes · 4 servings



## Directions

---

1. Preheat your grill to medium heat.
2. In a mixing bowl combine the beef, taco seasoning, onion, jalapeno, and garlic. Mix until well combined. Form the meat into tightly packed patties, 4 to 5-inches in diameter.
3. Rub the peppers with the oil.
4. Grill the burger patties and peppers for five to seven minutes per side or until the burgers are cooked through and peppers are tender.
5. To serve, use a few leaves of lettuce as a bun and top burgers with mashed avocado and grilled peppers. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Salsa, cilantro, hot sauce, pickled jalapeno, or mayonnaise.

### More Flavor

If your taco seasoning doesn't have salt added, be sure to add salt to the meat mixture. Season the bell peppers with salt and pepper before grilling.

### No Lettuce Bun

Serve with a hamburger bun or over a bed of lettuce instead.

### No Beef

Use chicken or turkey instead.

## Ingredients

---

- 1 lb Extra Lean Ground Beef
- 1 1/2 **tbsps** Taco Seasoning
- 1/2 Yellow Onion (small, finely chopped)
- 1/2 Jalapeno Pepper (medium, finely chopped)
- 2 Garlic (clove, minced)
- 2 Orange Bell Pepper (stem and seeds removed, quartered)
- 1 **tsp** Avocado Oil
- 8 **leaves** Romaine
- 2 Avocado (small, mashed)

# Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings



## Directions

---

1. Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

## Notes

---

### No Tapioca Flour

Use arrowroot powder, brown rice starch or cornstarch instead.

### Spice it Up

Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

### Crispy Fries

For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

### Serve Them With

Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

### Leftovers

Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

## Ingredients

---

- 3 tbsps** Coconut Oil (melted)
- 2** Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps** Tapioca Flour

# Mediterranean Sheet Pan Dinner

17 ingredients · 45 minutes · 4 servings



## Directions

---

1. Preheat oven to 425 degrees
2. Chop up all veggies
3. Mix the herbs with 1 T avocado oil
4. Rub half the marinade on the chicken. Toss the other half with the veggies.
5. Place veggies and garlic on sheet pan. Place chicken on top. Bake for 25-30 minutes.
6. Separate veggies and chicken in bowls. Top with Tzatziki and olives. Enjoy.

## Ingredients

---

- 1 1/2 lbs Chicken Thighs
- 1 head Cauliflower (small)
- 2 Zucchini (small)
- 1 Red Onion
- 1 Yellow Bell Pepper
- 1 cup Cherry Tomatoes (halved)
- 3 Garlic (minced)
- 2 tsps Oregano
- 1 tsp Dried Basil
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 tbsps Avocado Oil
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Feta Cheese
- 1/4 cup Tzatziki (or more for taste)

# Smoked Salmon Salad

6 ingredients · 15 minutes · 4 servings



## Directions

---

1. Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
2. Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

## Notes

---

### Extra Topping Suggestions

Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

### No Smoked Salmon

Replace with the protein of your choice.

### No Avocado Oil

Use Extra Virgin Olive Oil instead.

## Ingredients

---

- 4 Egg
- 6 cups Mixed Greens
- 8 ozs Smoked Salmon (sliced)
- 1 Avocado (sliced)
- 1/4 cup Avocado Oil
- Sea Salt & Black Pepper (to taste)

# Spaghetti Squash Brat Boats

5 ingredients · 40 minutes · 4 servings



## Directions

---

1. Preheat oven to 400.
2. Cut squash horizontally, remove seeds and coat with oil. Place cut side down on cookie sheet.
3. Slice brats and arrange on a second cookie sheet. roasted everything for 30 minutes or until you can pierce hold in squash with fork. (squash middle rack, brats bottom rack).
4. Carefully flip over squash suing tongs. Use fork to shred squash and place in bowl along with brat slices and pesto.
5. Mix together and return to squash boats. Roast for another 5-10 minutes prior to serving.

## Ingredients

---

- 2 Spaghetti Squash (small, about 4lb each)
- 2 tbsps Avocado Oil (or olive oil)
- 15 ozs Pork Sausage (5 fully cooked brats or smoked sausage links)
- 1/2 cup Pesto
- 1 tsp Sea Salt