



## WBW Week 1

Created by Whole Body Wellness



# WBW Week 1

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						Breakfast Biscuits
Snack 1						Grain Free Pumpkin Bars
Dinner	Kale and Steak Salad	Sausage & Pesto Cauli Rice	Cobb Salad	Egg Roll in a Bowl	Savory Mushroom Stew	

# WBW Week 1

50 items

## Fruits

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- 1/4 cup Lemon Juice

## Breakfast

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- 1/2 cup Almond Butter

## Seeds, Nuts & Spices

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- 1 tsp Dried Thyme
- 1/2 tsp Italian Seasoning
- 1 3/4 tsps Sea Salt
- 1 tbsp Sesame Seeds
- 1 oz Sliced Almonds

## Vegetables

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- 5 Carrot
- 2 cups Cauliflower Rice
- 20 Cremini Mushrooms
- 1 Cucumber
- 5 Garlic
- 4 cups Green Cabbage
- 4 stalks Green Onion
- 2 cups Kale Leaves
- 8 ozs Portobello Mushroom Caps
- 2 Red Bell Pepper
- 16 leaves Romaine
- 1 Sweet Onion
- 1 tsp Thyme
- 2 Yellow Onion
- 2 Zucchini

## Boxed & Canned

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- 2 cups Vegetable Broth

## Baking

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- 2 1/4 cups Almond Flour
- 2 tsps Arrowroot Powder
- 2 tsps Baking Powder
- 1/2 tsp Baking Soda
- 2 tsps Pumpkin Pie Spice
- 1/2 cup Pureed Pumpkin
- 1/3 cup Raw Honey

## Bread, Fish, Meat & Cheese

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- 4 slices Bacon
- 6 ozs Cheddar Cheese
- 14 ozs Chicken Breast, Cooked
- 1 1/2 lbs Flank Steak
- 1 lb Italian Sausage Links
- 1 lb Lean Ground Pork
- 3 ozs Parmigiano Reggiano
- 1 lb Pork Sausage

## Condiments & Oils

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- 1 tbsp Apple Cider Vinegar
- 2 1/2 tsps Avocado Oil
- 2 1/2 tsps Balsamic Vinegar
- 1/4 cup Coconut Aminos
- 1 tsp Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 4 ozs Pesto
- 1 tbsp Sesame Oil
- 2 ozs Sun Dried Tomatoes

## Cold

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- 2 ozs Cream Cheese, Regular
- 13 Egg

## Other

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- 1/4 cup Water

# Breakfast Biscuits

9 ingredients · 20 minutes · 12 servings



## Directions

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1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a skillet over medium heat, add the sausage, peppers and onions. Cook until the sausage is browned and the peppers/onions are softened. Turn off the heat and set aside to cool.
3. In a large bowl, add the almond flour, baking powder, thyme and salt. Whisk to combine.
4. In a small bowl, add the eggs and whisk. Then add half of the cheese and stir to combine. Add the wet ingredients into the dry and then add the cooled sausage and peppers. Stir to combine until a sticky dough has formed.
5. Place roughly 3 tbsp of the mix onto the parchment-lined paper and press down gently to flatten. The mixture will be a little sticky. Repeat until the dough is used up. Top each biscuit with the remaining cheese.
6. Bake for 9 to 10 minutes or until the biscuits are cooked through and slightly browned on the bottom. Serve and enjoy!

## Ingredients

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- 1 lb Pork Sausage (casings removed)
- 2 Red Bell Pepper (chopped)
- 1 Sweet Onion
- 2 1/4 cups Almond Flour
- 2 tsps Baking Powder
- 1 tsp Dried Thyme
- 1 1/2 tsps Sea Salt
- 6 Egg
- 6 ozs Cheddar Cheese (shredded, divided)

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

### Serving Size

One serving is two biscuit.

### Nut-Free

Use gluten-free flour or brown rice flour instead of almond flour.

### More Flavor

Add chili flakes or minced garlic.

# Grain Free Pumpkin Bars

7 ingredients · 45 minutes · 9 servings



## Directions

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1. Preheat oven to 350°F. In a large bowl, combine the pumpkin, almond butter, honey, eggs, pumpkin pie spice, salt, and baking soda, and stir until very smooth.
2. Pour into a greased 8-inch baking dish or dish lined with parchment paper.
3. Bake at 350°F for about 35 minutes.

## Notes

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### Pumpkin Puree

If you are using a pumpkin pie pumpkin to make the puree, cut in half, scoop out the seeds, add some salt and roast for approximately 45 minutes.

## Ingredients

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- 1/2 cup Pureed Pumpkin
- 1/2 cup Almond Butter
- 1/3 cup Raw Honey
- 2 Egg
- 2 tsps Pumpkin Pie Spice
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Soda



# Kale and Steak Salad

9 ingredients · 30 minutes · 4 servings



## Directions

1. Prep: Roughly chop kale leaves into bite-size pieces. Chop sun-dried tomatoes. Halve or quarter mushrooms, depending on size. Dice yellow onion into about 1/4 inch each.
2. Place kale in a medium bowl. Drizzle with about 1 tablespoons of the balsamic and 1 tablespoon oil. Lightly season with salt. Massage until leaves soften. Add tomatoes to bowl. Sprinkle with about half of the Parmesan cheese. Toss to combine. Season with salt and pepper to taste.
3. Season both sides of steak with salt and pepper. Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add steak to hot pan. Sear 3-6 minutes on each side. Transfer steaks to a cutting board. Let rest at least 3 minutes.
4. In the pan used for steak, heat about 1 1/2 tablespoons cooking oil. Add mushrooms and onion to hot pan. Cook 4-5 minutes stirring occasionally.
5. Add remaining balsamic and oil. Cook 3-5 minutes, or until sauce has thickened, stirring occasionally.
6. Slice steak against the grain.
7. Divide steak between plates. Top with balsamic mushrooms and onion. Serve kale salad on side. Sprinkle almonds and remaining Parmesan cheese over salad. Enjoy!

## Ingredients

- 2 cups Kale Leaves
- 1 oz Sun Dried Tomatoes
- 8 ozs Portobello Mushroom Caps
- 1 Yellow Onion
- 1 oz Sliced Almonds
- 2 1/2 tbsps Balsamic Vinegar
- 2 1/2 tbsps Avocado Oil
- 1 oz Parmigiano Reggiano
- 1 1/2 lbs Flank Steak

# Sausage & Pesto Cauli Rice

9 ingredients · 25 minutes · 4 servings



## Directions

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1. Prep: Preheat oven to 400 degrees, chop sun-dried tomatoes, Mince Garlic, Slice zucchini/squash into 1/4 inch moons
2. Add cooking oil to large pan and sear sausages then transfer to a baking sheet and roast 6-8 minutes.
3. Heat about 1 tablespoon butter in pan used for sausages over medium-high heat. Add cauliflower "rice," garlic, and squash to hot pan. Season with Italian seasoning, about 1/4 teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
4. Add sun-dried tomatoes to pan with veggies. Cook 3-4 minutes, or until tender, stirring occasionally.
5. Remove pan from heat. Add Parmesan cheese, cream cheese, stir to combine.
6. Cut sausages at an angle into slices. Divide creamy cauliflower "rice" and veggies between plates. Top with roasted sausages. Drizzle with pesto.

## Ingredients

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- 1 oz Sun Dried Tomatoes (in oil)
- 2 Garlic (minced)
- 2 Zucchini (or yellow squash)
- 1 lb Italian Sausage Links (Italian)
- 2 cups Cauliflower Rice
- 1/2 tsp Italian Seasoning
- 2 ozs Parmigiano Reggiano
- 2 ozs Cream Cheese, Regular
- 4 ozs Pesto

# Cobb Salad

9 ingredients · 25 minutes · 4 servings



## Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
2. Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
3. To a jar add the oil, lemon juice, and mustard. Shake to combine.
4. To serve, divide the romaine between plates and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add honey or maple syrup, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

### Additional Toppings

Cheese, olives, tomatoes, and/or avocado.

### No Romaine

Use baby spinach or another salad green instead.

## Ingredients

- 4 Egg
- 4 slices Bacon
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- 1 tsp Dijon Mustard
- 16 leaves Romaine (chopped)
- 14 ozs Chicken Breast, Cooked (chopped)
- 1 Cucumber (sliced)
- 4 stalks Green Onion (chopped, greens parts only)



# Egg Roll in a Bowl

8 ingredients · 15 minutes · 4 servings



## Directions

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1. In a large skillet, brown the pork until no longer pink. Drain the meat if it's really wet.
2. Add the garlic and sautee for 30 seconds. Add the cabbage/coleslaw, coconut aminos, ginger (optional), and sautee until desired tenderness. You can add a little water if you need more liquid to sautee the coleslaw down.
3. Make a well in the center of the skillet and add the egg. Scramble until done over low heat.
4. Stir in sriracha (optional). Drizzle with sesame oil and sprinkle with green onions. Sprinkle with sesame seeds.

## Notes

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### Optional

sriracha ground ginger

### Sub

Substitute Ground beef for ground pork

## Ingredients

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- 1 lb Lean Ground Pork
- 4 cups Green Cabbage (chopped)
- 1/4 cup Coconut Aminos
- 1 tbsp Sesame Oil
- 1 Garlic (clove minced)
- 3 Carrot ( shredded or ribboned)
- 1 tbsp Sesame Seeds
- 1 Egg

# Savory Mushroom Stew

9 ingredients · 35 minutes · 4 servings



## Directions

1. In a large pot, heat a large splash of vegetable broth over medium heat. Cook the onion, carrot, and garlic for about five to seven minutes, or until the onions are soft. Add additional broth if it begins to stick to the bottom of the pot.
2. Stir in the mushrooms and thyme. Cook for another five minutes, stirring occasionally.
3. Meanwhile, whisk together the arrowroot powder and water in a small bowl to create a slurry. Add the slurry to the pot and stir until the vegetables are well coated.
4. Add the remaining broth and apple cider vinegar. Lower the heat to a simmer, close the lid and cook for 15 minutes. If needed, add salt to taste or more arrowroot powder for a thicker stew. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Freeze if longer.

### Serving Size

One serving equals approximately 1 1/2 cups.

### More Flavor

Sauté the vegetables in oil instead of broth. Add more spices of your choice.

### Additional Toppings

Add lentils, chickpeas, or already cooked meat for more protein. Serve with brown rice, mashed potatoes, mashed cauliflower, quinoa, or barley. Garnish with cilantro or chives.

### No Arrowroot Powder

Use tapioca flour or cornstarch instead.

### Soup Lover

Turn this stew into a soup by adding more broth and adjusting the seasoning to taste. Puree with a hand blender, if preferred.

## Ingredients

- 2 cups Vegetable Broth
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, diced)
- 2 Garlic (cloves, minced)
- 20 Cremini Mushrooms (sliced)
- 1 tsp Thyme
- 2 tbsps Arrowroot Powder
- 1/4 cup Water
- 1 tbsp Apple Cider Vinegar