



WBW Week 4

Created by Whole Body Wellness



WBW Week 4

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						Veggie Baked Eggs with Pesto
Snack 1						No Bake Maple Pecan Bars
Dinner	Grilled Bruschetta Chicken	Slow Cooker Orange Pulled Pork	15 Minute Grilled Steak with Mint Pesto	Cauliflower, Kale & Sausage Bowl	Curried Shrimp Soup	

WBW Week 4

49 items

Fruits

- 2 Avocado
- 1 Lemon
- 2 tbsps Lime Juice

Breakfast

- 1/4 cup Cashew Butter
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1 cup Almonds
- 2 tsps Cinnamon
- 2 tsps Cumin
- 3/4 cup Pecans
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds

Vegetables

- 1/4 cup Basil Leaves
- 2 cups Broccoli
- 2 cups Cauliflower
- 1 head Cauliflower
- 1 1/4 cups Cilantro
- 2 tsps Garlic
- 11 Garlic
- 2 tsps Ginger
- 6 cups Kale Leaves
- 3/4 cup Mint Leaves
- 1/2 cup Parsley
- 3 Red Bell Pepper
- 2 1/2 cups Red Onion
- 3 Tomato
- 3 Yellow Bell Pepper
- 1/2 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 2 cans Canned Coconut Milk
- 1 1/2 cups Chicken Broth

Baking

- 1 1/2 cups Oats
- 2 cups Pitted Dates
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 1 lb Chicken Sausage
- 1 lb Ny Striploin Steak
- 4 lbs Pork Shoulder, Boneless
- 1 lb Shrimp

Condiments & Oils

- 1/4 cup Avocado Oil
- 2 tbsps Balsamic Vinegar
- 3 tbsps Coconut Oil
- 1 cup Extra Virgin Olive Oil
- 1 tbsps Fish Sauce
- 1/2 cup Pesto
- 1/4 cup Thai Red Curry Paste

Cold

- 12 Egg
- 3/4 cup Orange Juice

Other

- 2 tbsps Water

Veggie Baked Eggs with Pesto

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C).
2. Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the zucchini, bell pepper and red onion and cook for five to six minutes or until the vegetables are just tender. Add the garlic, season with salt and pepper and continue to cook for another minute.
3. Remove the skillet from the heat 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.
4. Remove the from oven and top with the pesto. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add red pepper flakes or other dried herbs and spices.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 2 Zucchini (medium, seeds scooped out and chopped)
- 2 Red Bell Pepper (chopped)
- 1 **cup** Red Onion (chopped)
- 2 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 8 Egg
- 1/2 **cup** Pesto (or more to taste)

No Bake Maple Pecan Bars

11 ingredients · 2 hours 10 minutes · 12 servings



Directions

1. Line a baking pan with parchment paper.
2. In a food processor, combine the oats, almonds, maple syrup, cinnamon, oil, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
3. Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
4. Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, cashew butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
5. Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
6. Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy!

Ingredients

- 1 1/2 cups Oats
- 1 cup Almonds
- 1/3 cup Maple Syrup
- 2 tsps Cinnamon
- 1 tbsp Coconut Oil
- 1/2 tsp Sea Salt (divided)
- 2 cups Pitted Dates
- 2 tsps Water
- 1 tsp Vanilla Extract
- 1/4 cup Cashew Butter
- 3/4 cup Pecans (roughly chopped)

Notes

Leftovers

Store leftover slices in the fridge for up to one week, or freeze for longer.

Serving Size

One serving is one square.

Baking Pan

This recipe was tested in an 8 by 8-inch baking dish.

Gluten-Free

Use gluten-free oats.

No Cashew Butter

Use almond butter instead.

Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With

Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover

Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill

Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.

Ingredients

- 1 lb Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 3 Tomato (medium, diced)
- 1/2 cup Red Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1/4 cup Basil Leaves (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar

Slow Cooker Orange Pulled Pork

9 ingredients · 6 hours · 10 servings



Directions

1. Add the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt and pepper to a food processor and blend until well combined.
2. Place the pork into the slow cooker and cover in the marinade. Cook on low for six to eight hours, or high for four hours, or until the pork is tender and falls apart easily.
3. Use two forks to pull apart the pork. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately six ounces of pulled pork.

More Flavor

Add fresh oregano and orange zest to the marinade. Sear the pork on all sides before adding to the slow cooker.

Additional Toppings

Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.

Ingredients

- 1/2 cup Extra Virgin Olive Oil
- 3/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1 cup Cilantro
- 1/4 cup Mint Leaves
- 6 Garlic (cloves)
- 2 tps Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 4 lbs Pork Shoulder, Boneless

15 Minute Grilled Steak with Mint Pesto

11 ingredients · 15 minutes · 4 servings



Directions

1. In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
2. Preheat grill to medium heat.
3. Rub steaks generously with sea salt. Place yellow peppers, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
4. Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!

Notes

Add Carbs

Serve with quinoa, brown rice or sweet potato.

Time Saver

Blend up the pesto in advance and chop the veggies. Grill the veggies and steak at time of meal.

Leftovers

Store in an airtight container in the fridge for up to three days.

Ingredients

- 1/4 cup Slivered Almonds
- 1 Garlic (clove)
- 1/2 cup Mint Leaves (fresh)
- 1/2 cup Parsley
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 lb NY Striploin Steak
- 2 tsps Sea Salt
- 3 Yellow Bell Pepper (de-seeded and sliced into 1/4's)
- 1 cup Red Onion (sliced into 1/8's)
- 1 tbsp Balsamic Vinegar

Cauliflower, Kale & Sausage Bowl

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
3. While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
4. Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
5. To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

Notes

Plant-Based

Use chickpeas or tempeh instead of sausage, and skip the egg.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 1/4 cup Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 6 cups Kale Leaves (chopped)
- 1 lb Chicken Sausage
- 4 Egg
- 2 Avocado

Curried Shrimp Soup

13 ingredients · 40 minutes · 4 servings



Directions

1. Combine the coconut milk, broth, and fish sauce, in a small bowl. Set aside.
2. Heat a large pot with 1 Tbsp coconut oil. Add the shrimp, then cook for about 1-2 minutes on each side. Remove the shrimp from the pan and set aside.
3. In the pan used for shrimp, heat the second Tbsp coconut oil. Add in the onions, ginger and garlic. Sauté for about 5 minutes until the onions start to become translucent. Keep an eye on these.
4. If you prefer softer veggies, Steam Broccoli and Cauliflower in a microwave safe dish with 1/4 cup water.
5. Stir in the curry paste into the onion mixture for about 30 seconds, then whisk in the mixture of coconut milk, broth, fish sauce, until well combined. Turn the heat to medium low and cook for about 5 minutes.
6. Add in the red peppers, broccoli and cauliflower and turn the heat down to a simmer. Cook an additional 5 minutes.
7. Add in shrimp. Use salt and pepper to taste. Garnish with cilantro.

Ingredients

- 1 lb Shrimp
- 2 tbsps Coconut Oil (divided)
- 1/2 Yellow Onion (diced)
- 2 cups Broccoli
- 2 cups Cauliflower
- 2 tsps Garlic (minced)
- 2 tsps Ginger (minced)
- 1/4 cup Thai Red Curry Paste (or more for flavor)
- 1 1/2 cups Chicken Broth
- 2 cans Canned Coconut Milk (full fat)
- 1 tbsp Fish Sauce
- 1 Red Bell Pepper (sliced or chopped)
- 1/4 cup Cilantro