

WHOLESOME FEAST



MEALS

INSTA @WHOLESOME.FEAST

Wholesome Feast Sample Menu

Sample Menu:

Week 1

Garlic Herb Salmon

Garlic herb salmon, mashed potatoes, asparagus

Honey Glazed Shrimp

honey soy glazed shrimp, jasmine rice, green beans

Teriyaki Chicken

teriyaki chicken breast, jasmine rice, broccoli, green onion

Thai Basil Ground Turkey

ground turkey, sweet peppers, thai basil, thai chili, rice

Tri Tip and potatoes

oven roasted tri-tip, grilled asparagus, red roasted potatoes

Week 2

Beef Pot Roast

tender slow cooked beef, carrots, rice

Honey Garlic Shrimp

sticky honey garlic shrimp, rice, green beans

Chicken Pesto Pasta

chicken cherry tomatoes, arugula, pesto vinaigrette, penne pasta

Steak Plate

perfectly grilled steak, mashed potatoes, steamed broccoli

Garlic Lemon Salmon

salmon grilled, asparagus, mashed potatoes

Week 3

Asian Sesame Chicken

asian sesame chicken pasta, red cabbage, carrots, green onion

Chicken Tinga

spicy shredded chicken, onions, white rice cilantro lime

Beefy Pasta

lean ground beef, hearty marinara sauce, penne pasta, zucchini, parsley

Garlic Herb Chicken

garlic herb chicken breast, green beans, roasted red potatoes

Hibachi Steak

hibachi steak, grilled zucchini onion jasmine rice green onion

Week 4

Spicy Meatballs

spicy meatballs, mashed potatoes, steamed broccoli

Thai Beef

thai beef steak, coconut white rice, cucumbers white rice

Caribbean Chicken

shredded caribbean jerk chicken, cilantro white rice, black beans lime

Argentinian Steak

argentinian steak, chimichurri sauce, green beans, garlic mashed potatoes

Sweet Chili Chicken

sweet chili chicken, green beans red peppers white rice sesame seeds

Week 5

Mango Grilled Shrimp
mango bbq shrimp, cilantro lime rice, shredded cabbage

Balsamic Glazed Chicken
balsamic chicken, spinach and red potatoes

Chipotle Barbacoa
chipotle shredded beef, cilantro lime rice, black beans

Chicken Pesto Pasta
herb grilled chicken, pesto pasta, cherry tomatoes

Sweet Chile Chicken
sweet chili chicken, red onion, red pepper, white rice

Week 6

Chili Lime Salmon
chili lime salmon, cilantro lime rice, shredded red cabbage

Honey Sriracha Meatballs
honey spicy meatballs, shredded carrots, rice

Chicken Pesto Pasta Salad
chicken pesto cherry tomatoes, arugula, pasta, pesto vinaigrette

Lemon Pepper Chicken
lemon pepper chicken, mashed potatoes, broccoli, lemon wedge

Rosemary Steak
grilled rosemary steak, oven roasted potatoes, and green beans

Week 7

Teriyaki Salmon
teriyaki glazed salmon, green beans and jasmine rice

Sweet Chili Steak
teriyaki glazed salmon, green beans, jasmine rice

Tuscan Shrimp Pasta
grilled shrimp, spinach, penne pasta, creamy tuscan sauce

Mongolian Ground Beef

ground beef, sweet peppers, jasmine rice, green onion

Orange Chicken

orange chicken breast, green beans, jasmine rice

Week 8

Thai Beef

thai beef steak, coconut white rice, cucumbers, satay sauce

Steak and Potatoes

new york steak, roasted garlic potatoes, oven roasted asparagus

Bulgogi Beef

korean bulgogi beef, shredded carrots and cabbage, steamed rice

Hawaiian BBQ Chicken

hawaiian bbq chicken, red cabbage, steamed rice

Chicken and Brussels

grilled chicken breast, roasted potatoes, balsamic glazed brussel sprouts