

For the Week of: May 14th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Kashi GF Waffles + Boiled Eggs	Carrot Cake Pancakes <sup>1</sup> + Applegate Sausage	Carrot Cake Pancakes <sup>1</sup> + Applegate Sausage	Carrot Cake Pancakes <sup>1</sup> + Applegate Sausage	Cauliflower Hashbrowns <sup>2</sup> + Massaged Kale Salad + Applegate Sausage	Cauliflower Hashbrowns <sup>2</sup> + Massaged Kale Salad + Applegate Sausage	Kashi GF Waffles + Boiled Eggs
<b>Lunch</b>	Leftovers	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Out
<b>Dinner</b>	Stir-fry method	Lamb Burgers with Feta-Mint Sauce <sup>3</sup> + Asparagus	Leftovers	Slow Cooker Apricot Chicken <sup>4</sup>	Leftovers	Out	Leftovers
<b>Snacks &amp; Recovery</b>	Olives Bananas Almond Butter  Bone Broth	Cherries & Cinnamon Recovery Shake <sup>5</sup>  Olives Bananas Almond Butter  Bone Broth	Cherries & Cinnamon Recovery Shake <sup>5</sup>  Olives Bananas Almond Butter  Bone Broth	Cherries & Cinnamon Recovery Shake <sup>5</sup>  Olives Bananas Almond Butter  Bone Broth	Cherries & Cinnamon Recovery Shake <sup>5</sup>  Olives Bananas Almond Butter  Bone Broth	Cherries & Cinnamon Recovery Shake <sup>5</sup>  Olives Bananas Almond Butter  Bone Broth	<u>Race Day!</u>  Perfect Bar Red Ace Skratch Honey Stinger Organic Gu
<b>Prep Needed</b>	Pancake Batter Salads Feta-Mint Sauce		Salads Slow Cooker Meal	Hashbrown Batter			

## Recipe Links:

- 1- <http://lickthebowlgood.blogspot.com/2012/01/carrot-cake-pancakes-adapted-from-picky.html>
- 2- <http://healthiersteps.com/recipe/gluten-free-vegan-cauliflower-hash-browns/>
- 3- <http://www.myrecipes.com/recipe/lamb-burgers-feta-mint-spread/print>
- 4- <http://www.wholesomelicious.com/slow-cooker-apricot-curry-chicken/>
- 5- From the Rock It Membership Page

***Earn your own DIY Medal by preparing a recipe from this menu. Share a photo of your meal on Facebook, Twitter or Instagram with #RockItDIY and we will send you a social media medal!***



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### Salad in a Jar Technique

Layer in the following order:

1. Salad Dressing (or olive oil, then balsamic vinegar). I recommend *Teaoli* olive oil and vinegars and homemade dressing recipes from the Rock It Pinterest Boards.
2. Cooked chicken breast or fish.
3. Quinoa or other carb like sweet potatoes or berries.
4. Dried fruit, seeds and/or nuts
5. Other veggies (raw chopped bell peppers, tomatoes, cauliflower, broccoli, etc)
6. Raw chopped cabbage
7. Kale / Arugula / Spinach / Butter Lettuce

### Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Eggs Greek yogurt Feta Cheese	Chicken Breast (4-5#) Ground Lamb Ground Sirloin		Carrots Orange Pineapple Broccoli Onion - 2 Garlic Parsley Lemon Mint Asparagus Apricots Bananas	GF Flour Almond Milk Shredded coconut Raisins Pecans Quinoa Salad Greens Curry paste Curry spice Coconut milk Chicken stock Dried apricots Pistachios Almond Butter Olives Tart Cherry Juice	Kashi GF Waffles Applegate Sausage GF buns Bone Broth	Baking Powder Cinnamon Nutmeg Ginger Honey Vanilla Salad Dressing Cumin Apple cider vinegar Arrowroot powder Vanilla Protein Powder	