

For the Week of: May 7th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	AIP Cassava Pancakes ⁶ with Pea Protein, topped with berries	AIP Cassava Pancakes ⁶ with Pea Protein, topped with berries	AIP Cassava Pancakes ⁶ with Pea Protein, topped with berries	AIP Cassava Pancakes ⁶ with Pea Protein, topped with berries	AIP Cassava Pancakes ⁶ with Pea Protein, topped with berries	AIP Cassava Pancakes ⁶ with Pea Protein, topped with berries	AIP Cassava Pancakes ⁶ with Pea Protein, topped with berries
Lunch	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers	GF Sandwich & Veggies
Dinner	Leftovers	Tacos with Radish Slaw ¹	Leftovers	Paleo Enchiladas ⁴ Pull from freezer	Leftovers	Cilantro Mojo Sauce ² + Oven Baked Steaks + Red Lentil Turmeric Dahl ³ (make 2 x and freeze)	Leftovers
Snacks & Recovery	Pretty Princess Smoothie + w/pea Protein ⁵ Celery/ grapes/apples w/sunflower seeds or pumpkin seeds	Pretty Princess Smoothie +Protein ⁵ Celery/ grapes/apples w/sunflower seeds or pumpkin seeds	Pretty Princess Smoothie +Protein ⁵ Celery/ grapes/apples w/sunflower seeds or pumpkin seeds	Pretty Princess Smoothie +Protein ⁵ Celery/ grapes/apples w/sunflower seeds or pumpkin seeds	Pretty Princess Smoothie +Protein ⁵ Celery/ grapes/apples w/sunflower seeds or pumpkin seeds	Pretty Princess Smoothie +Protein ⁵ Celery/ grapes/apples w/sunflower seeds or pumpkin seeds	Pretty Princess Smoothie +Protein ⁵ Celery/ grapes/apples w/sunflower seeds or pumpkin seeds
Prep Needed	Pancakes Smoothie Salads	Cook chicken for tacos in crockpot Smoothie	Smoothie Salads	Smoothie	Smoothie	Dinner Smoothie	

Recipe Links:

- 1 - <http://www.sweetphi.com/slow-roasted-chicken-tacos-radish-slaw/>
- 2 - <http://mommyshomecooking.com/cilantro-mojo-sauce/>
- 3 - <http://helloglow.co/healing-turmeric-and-red-lentil-dhal/>
- 4 - <http://blog.paleohacks.com/paleo-enchiladas/>
- 5 - <http://peachypalate.com/2014/01/03/princess-smoothie/>
- 6 - <https://adventuresinpartaking.blogspot.ae/2015/08/aip-cassava-pancakes.html>

***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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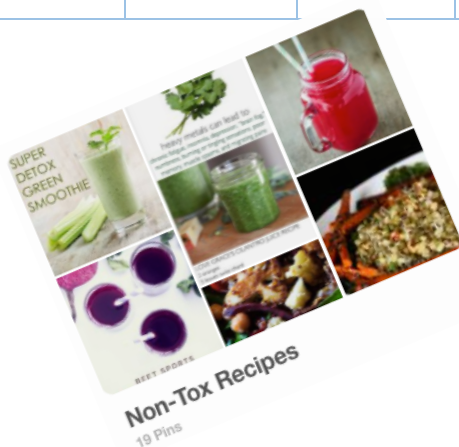
Salad in a Jar Technique

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
	Salmon/Chicken Breast for Salads – 2# Chicken Breasts – 1# Salmon or Steak		Greens for salad Yellow Onion -2 Garlic Tomatoes Lime Cilantro – 2 bunches Radishes Avocados Oranges Ginger Beets Apples Celery Grapes	Cassava Flour Gelatin (or other egg replacer) Coconut Milk Pea Protein Chicken Stock Diced Green Chilies Red Lentils Garam Masala Sunflower Seeds/Pumpkin Seeds (raw preferred)	Organic Berries GF English Muffins	Baking soda Sea Salt Honey Apple Cider Vinegar Coconut Oil Salad Dressing Olive Oil Avocado Oil Cumin Paprika Oregano Cayenne Turmeric Cinnamon	



The “Non-Tox Recipes” Rock It Pinterest Board is full of recipes that encourage Phase I and Phase II Detox. Sprinkle these recipes into your diet to assure your body is receiving the nutrients it needs to do its job!