

For the Week of: April 16th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Buckwheat Pancakes ³ & Preservative Free Ham	Rock It Breakfast In a Jar ⁴	Carrot Cake Overnight Oats ² *add protein powder	Carrot Cake Overnight Oats ² *add protein powder	Caramelized Apple & Sweet Potato Hash Browns ¹ w/ Chicken & Apple Sausage Patties ⁵ <i>(make 2x and freeze ½)</i>	Caramelized Sweet Apple & Sweet Potato Hash Browns w/ Chicken & Apple Sausage Patties ⁵ (pull from freezer)	Buckwheat Pancakes ³ & Preservative Free Ham
Lunch	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers	GF Sandwich & Veggies
Dinner	Leftovers	The Stir Fry Method ⁶	Leftovers	Balela Salad ⁷ & Baked Chicken Breast	Leftovers	Sweet Potato Slow Cooker Chili ⁸	Leftovers
Snacks & Recovery	Pink Princess Smoothie (Add protein, omit dates) ⁹ Bananas, Broccoli, Avocado, Olives Bone Broth	Pink Princess Smoothie (Add protein, omit dates) ⁹ Bananas, Broccoli, Avocado, Olives Bone Broth	Pink Princess Smoothie (Add protein, omit dates) ⁹ Bananas, Broccoli, Avocado, Olives Bone Broth	Pink Princess Smoothie (Add protein, omit dates) ⁹ Bananas, Broccoli, Avocado, Olives Bone Broth	Pink Princess Smoothie (Add protein, omit dates) ⁹ Bananas, Broccoli, Avocado, Olives Bone Broth	Pink Princess Smoothie (Add protein, omit dates) ⁹ Bananas, Broccoli, Avocado, Olives Bone Broth	Pink Princess Smoothie (Add protein, omit dates) ⁹ Bananas, Broccoli, Avocado, Olives Bone Broth
Prep Needed	Stir-Fry Salads Smoothie Breakfast in a Jar Chicken Sausage Patties	Smoothie Stir-Fry Overnight Oats	Balela Salad Smoothie	Salads Smoothie Hashbrowns	Slow cooker Meal Smoothie	Smoothie	

Recipe Links:

- 1 - <http://www.paleorunningmomma.com/caramelized-sweet-potato-apple-hash-browns/>
- 2 - <http://fitfoodiefinds.com/2016/04/carrot-cake-overnight-oats/>
- 3 - <http://www.bobsredmill.com/recipes/how-to-make/downhome-buckwheat-pancakes/>
- 4 - recipe attached
- 5 - <http://www.marthastewart.com/341050/chicken-and-apple-sausage-patties>
- 6 - <https://www.popsugar.com/food/How-Do-You-Make-Stir-Fry-39905726?crlt.pid=camp.n5dijwU4PbEd>
- 7 - <http://reluctantentertainer.com/balela-salad/>
- 8 - <http://www.cottercrunch.com/crock-pot-sweet-potato-chipotle-chili-paleo/>
- 9 - <http://peachypalate.com/2014/01/03/princess-smoothie/>
- 10 - <http://thedailydish.us/marinades/asian-inspired-low-sodium-marinade/>

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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

Stir-Fry:

Protein – Pork tenderloin

Aromatics – garlic, green onions & ginger

Veggies - mushrooms, broccoli, bell pepper, cabbage

Black Pepper Sauce – faux soy sauce¹⁰, rice vinegar, honey, black pepper, tapioca starch

Avocado oil (cooking oil), lemon/lime

Overnight Oats

Rather than rising early to prepare your oatmeal (I know you don't really, but play along), prepare your oats before you go to bed and grab them in the morning as you run out the door. Try the recipe below, which is high in protein and has enough superfood nutrition to make it a complete meal.

The Rock It Breakfast in a Jar: Apple & Almond Overnight Oats

Ingredients

1 apple cored, peeled, and diced
 1 TBS honey
 1/2 cup oats
 dash salt
 1/4 tsp ground ginger
 1/4 tsp ground cinnamon
 1/2 cup almond milk
 3 TBS almond butter
 Protein powder, enough to provide
 10 grams of protein (usually 1/2-1 scoop)
 1 TBS chia or flax seeds
 1/2 cup fresh or frozen berries (optional)



Directions

Place apple, honey, and 1 TBS water in a small sauce pan on stovetop and cook on medium heat stirring frequently for five minutes. Meanwhile, mix oats, salt, ginger, cinnamon, and milk in one small bowl, and almond butter, protein powder, and chia seeds in another. When apples are tender, put them in a glass jar or bowl first, then layer on the oat mixture, berries, and finally the almond butter mixture. Leave in fridge overnight. Grab your oats and spoon in the the morning and you're set!

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Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Eggs	Preservative Free Ham Ground chicken (2 #) Chicken Breasts (3-4#) Pork Tenderloin Ground Beef		Apples Carrots Sweet Potato (4) Onion (3) Red Onion Sage Leaves Arugula/Spinach Red Cabbage Radish Garlic Green Onions Ginger Mushrooms Broccoli Bell Pepper Lemon/Lime Jalapeno Dill Basil Parsley Tomatoes Cauliflower Beets – 4 Avocado – 2 Bananas	Buckwheat Flour Molasses Almond Milk GF Oats Almond Butter Chia Seeds Raisins Quinoa Salad Dressing Rice Wine Vinegar Bouillon Granules Chickpeas Black Beans Sun Dried Tomatoes Broth Chipotles in adobo Olives	Organic Berries GF English Muffins Strawberries – 4 c.	Sea Salt Baking powder Avocado Oil Honey Ground Ginger Ground Cinnamon Protein Powder Allspice Vanilla Coconut Oil Black Pepper Tapioca Starch Olive Oil Apple Cider Vinegar Cumin Paprika	