

For the Week of: April 2nd, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Buckwheat Pancakes <sup>3</sup> & Preservative Free Ham	Rock It Breakfast In a Jar	Carrot Cake Overnight Oats <sup>2</sup> *add protein powder	Carrot Cake Overnight Oats <sup>2</sup> *add protein powder	Caramelized Apple & Sweet Potato Hash Browns <sup>1</sup> (make 2x and freeze ½) w/ Chicken & Apple Sausage Patties <sup>5</sup>	Caramelized Sweet Apple & Sweet Potato Hash Browns w/ Chicken & Apple Sausage Patties <sup>5</sup> (pull from freezer)	Buckwheat Pancakes <sup>3</sup> & Preservative Free Ham
<b>Lunch</b>	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers	GF Sandwich & Veggies
<b>Dinner</b>	Leftovers	AIP Beef Fajitas <sup>6</sup>	Leftovers	Honey Turmeric Chicken w/ Asparagus <sup>7</sup>	Leftovers	Italian Meatballs <sup>7</sup> (make 2x and freeze 1/2) with roasted veggies and GF pasta	Leftovers
<b>Snacks &amp; Recovery</b>	Coconut Almond Butter Cup Shake <sup>9</sup>	Coconut Almond Butter Cup Shake <sup>9</sup>	Coconut Almond Butter Cup Shake <sup>9</sup>	Coconut Almond Butter Cup Shake <sup>9</sup>	Coconut Almond Butter Cup Shake <sup>9</sup>	Coconut Almond Butter Cup Shake <sup>9</sup>	Coconut Almond Butter Cup Shake <sup>9</sup>
<b>Bed Time</b>	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives
<b>To Drink</b>	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth
<b>Prep Needed</b>							

## 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.pinterest.com/pin/341288477998619993/>
- 7- <https://www.noshtastic.com/oven-baked-italian-meatballs-with-marinara-sauce/>
- 9- coconut milk, almond butter, vanilla whey protein powder, cocoa powder

For the Week of: April 2nd, 2017

### 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	Ham, Preservative Free Chicken Breast – 3# Beef Fajita Meat Ground Pork – 2# Ground Beef – 2#		Carrots Sweet Potatoes Apples Butter Lettuce Red Cabbage Arugula/Kale Mix Garlic Red Onion Yellow Squash Zucchini Mushrooms Limes Avocados Mangoes Asparagus Marinara Sauce (to replace meatball sauce) Veggies for roasting Bananas	Buckwheat Pancakes Molasses Coconut Milk Almond Milk GF oats Chia Seeds Raisins Quinoa GF Pasta Almond Butter Cocoa Powder Olives	GF English Muffins Berries, organic	Sea Salt Baking Powder Cinnamon Allspice Vanilla extract Vanilla whey protein powder Coconut Oil Balsamic Vinegar Olive Oil Oregano Ginger Turmeric Honey Italian Seasoning	