

For the Week of: April 23rd, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Caramelized Apple & Sweet Potato Hash Browns ¹ w/ Chicken & Apple Sausage Patties ⁵	Caramelized Sweet Apple & Sweet Potato Hash Browns w/ Chicken & Apple Sausage Patties ³ (pull from freezer)	Carrot Cake Overnight Oats ² *add protein powder	Carrot Cake Overnight Oats ² *add protein powder	Blender Sweet Potato Waffles ⁶ w/ Chicken & Apple Sausage Patties	Blender Sweet Potato Waffles w/ Chicken & Apple Sausage Patties	Blender Sweet Potato Waffles w/ Chicken & Apple Sausage Patties
Lunch	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers	Out
Dinner	Leftovers	Slow Cooker Everything Chicken ³ , Beet Chips & Broccoli	Leftovers	Honey Turmeric Chicken w/ Asparagus ⁷	Leftovers	Tuscan Lentil Soup ⁴	Out
Snacks & Recovery	Coconut Almond Butter Cup Shake ⁸ Bananas, Broccoli, Avocado, Olives Bone Broth	Coconut Almond Butter Cup Shake Bananas, Broccoli, Avocado, Olives Bone Broth	Coconut Almond Butter Cup Shake Bananas, Broccoli, Avocado, Olives Bone Broth	Coconut Almond Butter Cup Shake Bananas, Broccoli, Avocado, Olives Bone Broth	Coconut Almond Butter Cup Shake Bananas, Broccoli, Avocado, Olives Bone Broth	Coconut Almond Butter Cup Shake Bananas, Broccoli, Avocado, Olives Bone Broth	Coconut Almond Butter Cup Shake Bananas, Broccoli, Avocado, Olives Bone Broth
Prep Needed	Hash Sausage Salads Slow Cooker Meal	Oats		Sweet Potato Waffles Salads	Soup		

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://skinnymys.com/slow-cooker-everything-chicken/>
- 4 - http://lifemadesimplebakes.com/2016/02/tuscan-lentil-soup/?utm_content=bufferc6028&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer
- 5 - <http://www.marthastewart.com/341050/chicken-and-apple-sausage-patties>
- 6 - <http://www.emilieeats.com/blender-sweet-potato-waffles-blueberry-sauce-vegan-gluten-free/>
- 7 - <http://blog.paleohacks.com/honey-turmeric-chicken/>
- 8 - coconut milk, almond butter, vanilla whey protein powder, cocoa powder

For the Week of: April 23rd, 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
	Ground Chicken Chicken Breast – 3# Chicken Thighs Italian Sausage		Sweet Potato -2 Apple Carrots Salad Greens Radishes Beets Asparagus Broccoli Garlic Onion Potatoes Cherry tomatoes Zucchini Spinach – 3 c. Bananas Avocado Olives	GF Oats Raisins Vanilla Almond milk Salad Dressing Quinoa Chicken Broth Green Lentils Coconut milk Almond butter Bone Broth	Blueberries	Coconut Oil Sea Salt Cinnamon Sage Allspice Chia Seeds Protein Powder Tapioca Starch Baking Powder Turmeric Honey Oregano Basil Red Pepper Flakes Paprika Bay leaf	