For the Week of: April 30<sup>th</sup>, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Out	Caramelized Apple & Sweet Potato Hash Browns <sup>1</sup> w/ Chicken & Apple Sausage Patties <sup>5</sup>	Caramelized Sweet Apple & Sweet Potato Hash Browns w/ Chicken & Apple Sausage Patties <sup>5</sup>	Banana Peanut Butter Oats <sup>1</sup> (leave out sweetener)	Banana Peanut Butter Oats <sup>1</sup>	Cauliflower Hashbrowns <sup>2</sup> w/ Chicken & Apple Sausage Patties	Cauliflower Hashbrowns <sup>2</sup> w/ Chicken & Apple Sausage Patties
Lunch	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers	GF Sandwich & Veggies
Dinner	Leftovers	Crock Pot Sweet Potato Chipotle Chili <sup>3</sup> (Pull From Freezer)	Leftovers	Paleo Enchiladas <sup>4</sup> (make 2 times and freeze ½)	Leftovers	Slow Cooker Everything Chicken <sup>7</sup> & Roasted Radishes & Carrots with Turmeric <sup>6</sup>	Leftovers
Snacks & Recovery	Rock It Sea Salted Cashew Caramel Shake <sup>9</sup> Bananas, Broccoli, Avocado, Olives Bone Broth	Rock It Sea Salted Cashew Caramel Shake <sup>9</sup> Bananas, Broccoli, Avocado, Olives  Bone Broth	Rock It Sea Salted Cashew Caramel Shake <sup>9</sup> Bananas, Broccoli, Avocado, Olives Bone Broth	Rock It Sea Salted Cashew Caramel Shake <sup>9</sup> Bananas, Broccoli, Avocado, Olives Bone Broth	Rock It Sea Salted Cashew Caramel Shake <sup>9</sup> Bananas, Broccoli, Avocado, Olives Bone Broth	Rock It Sea Salted Cashew Caramel Shake <sup>9</sup> Bananas, Broccoli, Avocado, Olives Bone Broth	Rock It Sea Salted Cashew Caramel Shake <sup>9</sup> Bananas, Broccoli, Avocado, Olives Bone Broth
Prep Needed	Hashbrowns Sausage Crock Pot Meal Salads Shake	Shake	Shake Enchiladas	Shake Salads	Shake Slow Cooker Meal		

## **Recipe Links:**

- 1 https://www.toneitup.com/recipe/tiu-challenge-recipe-banana-peanut-butter-overnight-oats/?crlt.pid=camp.kOm0ak5NQiQp
- 2 http://healthiersteps.com/recipe/gluten-free-vegan-cauliflower-hash-browns/
- 3 http://www.cottercrunch.com/crock-pot-sweet-potato-chipotle-chili-paleo/
- 4 http://blog.paleohacks.com/paleo-enchiladas/
- 5- http://www.marthastewart.com/341050/chicken-and-apple-sausage-patties
- 6- http://www.thankyourbody.com/recipe-roasted-radishes-carrots-with-tumeric/
- 7- http://skinnyms.com/slow-cooker-everything-chicken/
- 9 Recipe on member's only "DIY Sports Products" 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!



For the Week of: April 30<sup>th</sup>, 2017

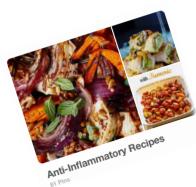
## Salad in a Jar Technique

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	Gound Chicken – 1# Chicken Breast – 5# Ground Beef – 2#		Sweet Potato Apples Yellow Onion -4 Cauliflower Arugula/Spinach Red Cabbage Broccoli Garlic Jalapeno -2 Avocado – 2 Cilantro Radishes Baby Carrots Lemon Bananas	GF Oats PB Chia Seeds Almond Milk Chickpea flower Arrowroot starch Quinoa Raw Nuts (salads) Tomato Sauce (4 c) Chicken Broth (5 c) Cashew Milk Cashew Butter Dates Olives Bone Broth	GF English Muffins	Coconut Oil Sea Salt Cinnamon Olive Oil Sage Pepper Vanilla Protein Powder Garlic Powder Coconut Flour Chili Powder Cumin Oregano Parsley Turmeric	Salad Dressing



The "Anti-Inflammatory Recipes" Rock It Pinterest Board is my favorite. It truly is all about using food as medicine! https://www.pinterest.com/rockitcoaching/anti-inflammatory-recipes/

