

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	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
<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	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
<b>Snacks &amp; Recovery</b>	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
<b>Prep Needed</b>	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://skinnymys.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!**



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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
Eggs	Ground 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/>