

For the Week of: April 9th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Blender Sweet Potato Waffles ¹ w/ Chicken & Apple Sausage Patties ⁵	Blender Sweet Potato Waffles ¹ w/ Chicken & Apple Sausage Patties ⁵	Blender Sweet Potato Waffles ¹ w/ Chicken & Apple Sausage Patties ⁵	Turkey Apple Breakfast Hash ³	Turkey Apple Breakfast Hash ³	Turkey Apple Breakfast Hash ³	Buckwheat Pancakes ⁴ & Applegate Sausage
Lunch	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers	GF Sandwich & Veggies
Dinner	Leftovers	Steaks & Tahini Mashed Sweet Potatoes ⁶	Leftovers	Broccoli Turmeric Chicken ⁷	Leftovers	Gluten Free Mexican Wraps	Leftovers
Snacks & Recovery	Cherries & Cinnamon Recovery Shake ⁹	Cherries & Cinnamon Recovery Shake ⁹	Cherries & Cinnamon Recovery Shake ⁹	Cherries & Cinnamon Recovery Shake ⁹	Cherries & Cinnamon Recovery Shake ⁹	Cherries & Cinnamon Recovery Shake ⁹	Cherries & Cinnamon Recovery Shake ⁹
Bed Time	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
To Drink	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth
Prep Needed	Pull Steaks to thaw in freezer						

Recipe Links:

- 1 - <http://www.emilieeats.com/blender-sweet-potato-waffles-blueberry-sauce-vegan-gluten-free/>
- 2 - <http://fitfoodiefinds.com/2016/04/carrot-cake-overnight-oats/>
- 3 - <http://fedandfulfilled.com/turkey-apple-breakfast-hash/>
- 4 - <http://www.bobsredmill.com/recipes/how-to-make/downhome-buckwheat-pancakes/>
- 5 - <http://www.marthastewart.com/341050/chicken-and-apple-sausage-patties>
- 6 - <http://eatthegains.com/tahini-whipped-sweet-potatoes/>
- 7 - <http://www.foodtohealourselves.com/turmeric-broccoli-chicken-roll-ups-aip-paleo/>
- 9 - From Rock It Membership Page

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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