

For the Week of: August 28<sup>th</sup>, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Gluten Free Pancakes + Applegate Sausage + Green Tea	Carrot Cake Baked Oatmeal Bars <sup>4</sup> + 2 boiled eggs	Carrot Cake Baked Oatmeal Bars+ 2 boiled eggs	Carrot Cake Baked Oatmeal Bars+ 2 boiled eggs	Carrot Cake Baked Oatmeal Bars+ 2 boiled eggs	Carrot Cake Baked Oatmeal Bars+ 2 boiled eggs	Gluten Free Pancakes + Applegate Sausage + Green Tea
<b>Lunch</b>	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	GF Sandwich w/ steamed veggies	GF Sandwich w/steamed veggies	GF Sandwich w/steamed veggies
<b>Dinner</b>	Leftovers	Foil Pack Chicken & Artichoke Dinner <sup>1</sup>	Leftovers	Slow Cooker Everything Chicken <sup>2</sup> & Roasted veggies	GF wraps with leftover chicken	Chipotle Lime Salmon <sup>3</sup>	Leftovers
<b>Snacks &amp; Recovery</b>	Fruit & Power Protein Mix <sup>5</sup>	Fruit & Power Protein Mix  Turmeric Colada Shake <sup>5</sup>	Fruit & Power Protein Mix  Turmeric Colada Shake <sup>5</sup>	Fruit & Power Protein Mix	Fruit & Power Protein Mix  Turmeric Colada Shake <sup>5</sup>	Fruit & Power Protein Mix	Fruit & Power Protein Mix
<b>Prep Needed</b>	Make Oatmeal Bars		Prep slow cooker meal				

## Recipe Links:

- 1 - [http://www.kraftrecipes.com/recipes/foil-pack-chicken-artichoke-dinner-75459.aspx?cm\\_mmc=Social\\_-\\_Pinterest\\_-\\_CPC\\_-\\_FoilPackChickenArtichoke&pp=1](http://www.kraftrecipes.com/recipes/foil-pack-chicken-artichoke-dinner-75459.aspx?cm_mmc=Social_-_Pinterest_-_CPC_-_FoilPackChickenArtichoke&pp=1)
- 2 - [http://skinnymys.com/slow-cooker-everything-chicken/fajitas/?utm\\_content=buffer920c2&utm\\_medium=social&utm\\_source=pinterest.com&utm\\_campaign=buffer](http://skinnymys.com/slow-cooker-everything-chicken/fajitas/?utm_content=buffer920c2&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer)
- 3 - <http://www.closetcooking.com/2015/04/chipotle-lime-salmon.html>
- 4 - <http://www.sweetashoney.co/carrot-cake-baked-oatmeal-bars-healthy-on-the-go-breakfast/>
- 5- from the Rock It Membership Page, "Top DIY Sports Food"

## Shopping List

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Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk Cheddar Cheese	Eggs Chicken Breast(3) Salmon fillets	GF English Muffins	Apples Bananas Carrots Ginger Bananas Blueberries Kale Mix Butter Lettuce Mix Radishes Grape Tomatoes Vine Ripe Tomatoes Garlic Veggies for Roasting Lime	GF Pancake Mix Almond Butter Shredded coconut Raw Almonds Ground Flaxseed Raisins Pepitas Rice Artichoke hearts Dressing Basil Pesto Sauce Chicken Broth GF Wraps Chipotle in adobo Coconut Milk Pineapple Juice	Applegate Sausage Steamer Veggies	Green Tea Chocolate Protein Powder Vanilla Protein Powder Honey Old fashioned oats Cinnamon Coconut Oil Quinoa Olive Oil Balsamic Vinegar Cumin Turmeric	