

For the Week of: August 7th, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Gluten Free Pancakes + Applegate Sausage + Green Tea	Broccoli & Quinoa Breakfast Patties ⁶ + 2 boiled eggs	Broccoli & Quinoa Breakfast Patties ⁶ + 2 boiled eggs	Broccoli & Quinoa Breakfast Patties ⁶ + 2 boiled eggs	Broccoli & Quinoa Breakfast Patties ⁶ + 2 boiled eggs	Broccoli & Quinoa Breakfast Patties ⁶ + 2 boiled eggs	Gluten Free Pancakes + Applegate Sausage + Green Tea
Lunch	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	GF wrap w/ steamed veggies	GF wrap w/steamed veggies	GF wrap w/steamed veggies
Dinner	Spanish Baked Chicken ¹ (make 2x and freeze 1) & Garlic Mushrooms ²	Leftovers	Slow Cooker Chicken Chile Verde ³ & Rice	Leftovers	Baked salmon & ginger carrot radish salad ⁴	Leftovers	Grill: Herbed Lemon Garlic Chicken Skewers ⁷
Snacks & Recovery	Fruit & Power Protein Mix ⁵	Fruit & Power Protein Mix Perfect Bar	Fruit & Power Protein Mix Perfect Bar	Fruit & Power Protein Mix	Fruit & Power Protein Mix Perfect Bar	Fruit & Power Protein Mix Perfect Bar	Fruit & Power Protein Mix
Prep Needed	Salads in Jar Breakfast Patties	Slow Cooker Meal		Ginger Carrot Radish Salad			

Recipe Links:

- 1 - http://www.simplyrecipes.com/recipes/spanish_baked_chicken/print/
- 2 - <http://lovefoodies.com/champinones-al-ajillo-spanish-garlic-mushrooms.html>
- 3 - <http://www.ambitiouskitchen.com/2015/12/healthy-slow-cooker-chicken-chile-verde/>
- 4 - <http://www.healthyseasonalrecipes.com/ginger-carrot-radish-salad/>
- 5 - from the Rock It Membership Page, "Top DIY Sports Food"
- 6 - <http://neuroticmommy.com/2015/12/17/broccoli-and-quinoa-breakfast-patties/?platform=hootsuite>
- 7 - <http://therecipecritic.com/2015/07/herbed-lemon-garlic-chicken-skewers/>

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Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cheddar Cheese	Eggs Chicken Breast - 3 Chicken thighs - 3 Salmon	GF Wraps	Broccoli Carrots Garlic Parsley Grape tomatoes Butter lettuce Kale Avocados Mushrooms Lemons Limes Parsley Tomatillos Poblano peppers Jalapenos Cilantro Basil Rosemary Fruit Zucchini Red Bell Pepper Ginger Radishes	Vegetable broth Chicken broth GF Bread Crumbs Green onions Golden Raisins Green olives Diced green chilis Perfect Bars Tamari	Applegate Sausage Steamer Veggies	Cashew Milk GF Pancake Mix Green Tea Quinoa Garlic Powder Onion Powder Coconut Oil Olive oil Red Wine Vinegar Oregano Bay Leaves White Wine Paprika Chili Flakes Cumin Onion, yellow Onion, red Chocolate protein powder Honey Almond Butter	