

For the Week of: August 21st, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Gluten Free Pancakes + Applegate Sausage + Green Tea	Turmeric Breakfast Muffins ² + 2 boiled eggs	Turmeric Breakfast Muffins+ 2 boiled eggs	Turmeric Breakfast Muffins+ 2 boiled eggs	Turmeric Breakfast Muffins+ 2 boiled eggs	Turmeric Breakfast Muffins+ 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 Sandwich w/ steamed veggies	GF Sandwich w/steamed veggies	GF Sandwich w/steamed veggies
Dinner	Leftovers	Blackened fish tacos ¹	Leftovers	Shrimp with Cauliflower Mash & Roasted Kale ³	Chiles Rellenos Meatballs & Roasted Veggies ⁴	Leftovers	Peach Balsamic Chicken ⁶ with watermelon, strawberry & tomatillo salad ⁷
Snacks & Recovery	Fruit & Power Protein Mix ⁵	Fruit & Power Protein Mix Salted Caramel Cashew Shake ⁵	Fruit & Power Protein Mix Salted Caramel Cashew Shake ⁵	Fruit & Power Protein Mix	Fruit & Power Protein Mix Salted Caramel Cashew Shake ⁵	Fruit & Power Protein Mix Salted Caramel Cashew Shake ⁵	Fruit & Power Protein Mix
Prep Needed	Salads Eggs						

Recipe Links:

- 1 - <http://hostthetoast.com/blackened-fish-tacos-avocado-cilantro-sauce/>
- 2- <http://www.greenkitchenstories.com/turmeric-breakfast-muffins/>
- 3- https://www.buzzfeed.com/lindsayhunt/dinners-to-make-this-week?utm_term=.wd1YWNkp1W#.ay4VK57P4K
- 4- <http://keviniscooking.com/stuffed-green-chili-meatballs-tomatillo-sauce/>
- 5- from the Rock It Membership Page, "Top DIY Sports Food"
- 6- <http://www.mynaturalfamily.com/recipes/paleo-recipes/paleo-chicken-recipe-peach-balsamic-rosemary-chicken-recipe/>
- 7- <http://www.pickledplum.com/watermelon-strawberry-and-tomatillo-salad/>

For the Week of: August 21st, 2016

Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk Cheddar Cheese Sour Cream Pepper Jack Cheese	Eggs Chicken Breast – 2 pkg Tilapia Ground Turkey Chicken Thighs Shrimp	GF English Muffins Corn Tortillas GF Wraps	Fruit Bananas Dates Blueberries Butter Lettuce Kale Mix Grape Tomatoes Avocados Red Cabbage Green Cabbage Onion - 2 Cilantro Lime Jalapeno Salsa Veggies for Roasting Rosemary Peaches Watermelon Strawberries Tomatillos Shallot Mint leaves Cauliflower	GF Pancake Mix 1 c. nuts Buckwheat Flour Pepitas Dried Cherries Green Chilies Almond Butter Cashew Butter Quinoa White Beans	Applegate Sausage Steamer Veggies	GF Pancake Mix Rolled Oats Baking Powder Baking Soda Turmeric Cardamom Salt Black Pepper Olive Oil Coconut Oil Honey Paprika Garlic Powder Oregano Onion Powder Cumin Cayenne Balsamic vinegar Chocolate protein powder Vanilla protein powder Garlic Chicken Breast Cornmeal	