

For the Week of: August 6th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Easy Blender Sweet Potato Waffles <sup>1</sup> & Chicken Apple & Sage Sausage <sup>2</sup>	Easy Blender Sweet Potato Waffles <sup>1</sup> & Chicken Apple & Sage Sausage <sup>2</sup>	Easy Blender Sweet Potato Waffles <sup>1</sup> & Chicken Apple & Sage Sausage <sup>2</sup>	Easy Blender Sweet Potato Waffles <sup>1</sup> & Chicken Apple & Sage Sausage <sup>2</sup>	Turmeric Breakfast Muffins <sup>3</sup> + Eggs	Turmeric Breakfast Muffins <sup>3</sup> + Eggs	Turmeric Breakfast Muffins <sup>3</sup> + Eggs
<b>Lunch</b>	Out	Salad in a Jar (Balsamic Blueberry vinaigrette <sup>9</sup> )	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers
<b>Dinner</b>	Leftovers	Greek Chicken Rice Bowls <sup>4</sup>	Leftovers	Paleo Enchiladas <sup>6</sup> & Spicy Mexican Cauliflower Rice <sup>8</sup>	Leftovers	One Pot Spanish Chicken and Potatoes <sup>7</sup>	Leftovers
<b>Snacks &amp; Recovery</b>	Apples/Berries & Power Protein Mix <sup>5</sup>  Hummus & Veggies	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Recovery Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Recovery Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Recovery Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Recovery Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Recovery Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Recovery Shake <sup>5</sup>
<b>Prep Needed</b>	Blender Waffles, Sausage (make double and freeze), Salads in a Jar, Greek Chicken Rice Bowls.		Paleo Enchiladas & Rice.	Salads in a Jar.	One Pot Spanish Chicken and Potatoes.		

## Recipe Links:

- 1 - <http://www.emilieeats.com/blender-sweet-potato-waffles-blueberry-sauce-vegan-gluten-free/>
- 2 - <http://www.marthastewart.com/341050/chicken-and-apple-sausage-patties>
- 3 - <http://www.greenkitchenstories.com/turmeric-breakfast-muffins/>
- 4 - <http://www.thechunkychef.com/20-minute-greek-chicken-rice-bowl/>
- 5 - See attached recipes
- 6 - <http://blog.paleohacks.com/paleo-enchiladas/#>
- 7 - <http://pinchofyum.com/one-pot-spanish-chicken-potatoes>
- 8 - <http://paleogrubs.com/mexican-rice-recipe>
- 9 - <http://www.liveeatlearn.com/blueberry-balsamic-vinaigrette/>

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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 Feta Cheese (optional)	Ground Chicken Chicken Breast Chicken Thighs Ground Beef		Sweet Potato Blueberries Sage Bananas Lemons Limes Greens (Kale, Spinach) Red Cabbage Apples Garlic Cucumbers Tomatoes Red Onion Yellow Onions Jalapeno Avocado Cilantro Cauliflower Eggplant Russet potato Berries	GF Oats Almond milk Tapioca Starch Walnuts Dates Honey Quinoa Kalamata Olives Hummus Rice Chicken Stock Coconut Flour Arrowroot powder Tomato Sauce Almond Butter Tart cherry juice		Baking Powder Baking Soda Vanilla Cinnamon Salt Olive Oil Turmeric Cardamom Balsamic Vinegar Red Wine Vinegar Oregano Coconut Oil Chili Powder Cumin Chili Pepper Garlic Powder Parsley Protein Powder (choc & vanilla)	