

For the Week of: February 12th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Baked Spinach & Eggs ¹ with Sweet Potato Waffles ²	Oatmeal, Kale Salad & 2 boiled eggs	Oatmeal, Kale Salad & 2 boiled eggs	Oatmeal, Kale Salad & 2 boiled eggs	Oatmeal, Kale Salad & 2 boiled eggs	Oatmeal, Kale Salad & 2 boiled eggs	Baked Spinach & Eggs ¹ with Sweet Potato Waffles ²
Lunch	Out	Tropical Salad in a Jar	Tropical Salad in a Jar	Green Apple & Chicken Salad in a Jar	Green Apple & Chicken Salad in a Jar	Green Apple & Chicken Salad in a Jar	Leftovers
Dinner	Leftovers	Cauliflower Chicken Chili ³	Cauliflower Chicken Chili ³	Meatballs, roasted asparagus & radish chips ⁴	Meatballs, roasted asparagus & radish chips ⁴	Carrot Tahini Soup ⁵ with Fish or Chicken	Carrot Tahini Soup ⁵ with Fish or Chicken
Snacks & Recovery	Smoothie: Almond Butter + Berries + Protein + Almond Milk Bananas, Broccoli, Avocado, Olives,	REPEAT	REPEAT	REPEAT	REPEAT	REPEAT	REPEAT
Bed Time	Bone Broth						
To Drink	Green Tea, Turmeric Tea, Milk Thistle Tea						
Prep Needed							

Recipe Links:

- 1 - <http://www.manilaspoon.com/2012/12/baked-spinach-and-eggs.html>
- 2 - <http://www.emilieeats.com/blender-sweet-potato-waffles-blueberry-sauce-vegan-gluten-free/>
- 3 - <http://cookeatpaleo.com/crock-pot-cauliflower-chicken-chili/>
- 4 - <http://www.sugarfreemom.com/recipes/roasted-salt-pepper-radish-chips/>
- 5 - <https://www.tastemade.com/videos/carrot-tahini-soup>

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Tropical Salad in a Jar

Coconut Balsamic Vinegar + Blood Orange Olive Oil
(Teaoli; or sub a blood orange salad dressing from Rock It Dressing Pinterest Board & Coconut Flakes)
 Halibut & Capers
 Macadamia Nuts
 Roasted Sweet Potatoes & Caramelized Bananas
 Cabbage
 Leeks
 Kale

Green Apples & Chicken Salad in a Jar

Fig Balsamic Vinegar & Tuscan Olive Oil
(Teaoli; or sub salad dressing recipe from Rock It Pinterest Board or good quality store bought dressing)
 Chicken Breast
 Quinoa & Sesame Seeds
 Sliced Green Apples sprinkled with cinnamon
 Kale/Spinach/Cabbage

Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Feta Eggs	Ground Beef		Spinach Kale/Spinach Mix Sweet Potatoes Bananas Avocado Cabbage Leeks Cauliflower Onion (2) Red Bell Pepper Poblano Pepper Garlic Avocado Lime Cilantro Green Apples Asparagus Radish Carrots	Almond Milk Almond Butter Olives Bone Broth Oatmeal Macadamia Nuts Tomato Puree (28 oz) Chicken Stock Sesame Seeds Tahini Vegetable Broth Coconut Milk	Broccoli Halibut Skinless Chicken Thighs Chicken Breast	Green Tea Milk Thistle Tea Chili Powder Chipotle Chili Flakes Sea Salt Pepper Quinoa Cinnamon Thyme Parsley Coriander Powder Cumin Powder EVOO	