

For the Week of: February 19th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Sweet Potato "Oats" ¹ + Applegate Sausage & Eggs	Oatmeal + Boiled Eggs + Protein Power Mix ² + Kale Salad	Oatmeal + Boiled Eggs + Protein Power Mix ² + Kale Salad	Oatmeal + Boiled Eggs + Protein Power Mix ² + Kale Salad	Oatmeal + Boiled Eggs + Protein Power Mix ² + Kale Salad	Oatmeal + Boiled Eggs + Protein Power Mix ² + Kale Salad	Sweet Potato "Oats" ¹ + Applegate Sausage & Eggs
Lunch	Out	Rosemary Chicken & Mushroom Salad in a Jar	Rosemary Chicken & Mushroom Salad in a Jar	GF Sandwich & Roasted Broccoli	Cherry & Orange Chicken Salad in a Jar	Cherry & Orange Chicken Salad in a Jar	GF Sandwich & Roasted Broccoli
Dinner	Leftovers	Creamy Kale & Broccoli Soup ³ + Baked Fish (Salmon, Cod, Halibut) + Lentils	Leftovers	Roasted radish & Brussels salad ⁴ + Turkey	Leftovers	Slow Cooker Chicken Chili Verde ⁵	Leftovers
Snacks & Recovery	Turmeric Ginger Colada Recovery Shake ²	Turmeric Ginger Colada Recovery Shake ²	Turmeric Ginger Colada Recovery Shake ²	Turmeric Ginger Colada Recovery Shake ²	Turmeric Ginger Colada Recovery Shake ²	Turmeric Ginger Colada Recovery Shake ²	Turmeric Ginger Colada Recovery Shake ²
Bed Time	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives
To Drink	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth
Prep Needed							

Recipe Links:

- 1 - <http://littlebitsof.com/2016/05/breakfast-sweet-potat-oats/>
- 2 - From Rock It Membership Page Recipes
- 3 - <http://www.fortheloveoffoodblog.com/creamy-broccoli-kale-soup/>
- 4 - <https://www.veggieinspired.com/roasted-radish-brussels-sprouts-salad/>
- 5 - <http://www.ambitiouskitchen.com/2015/12/healthy-slow-cooker-chicken-chile-verde/>

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Rosemary Chicken & Mushroom Salad in a Jar

Mushroom Teaoli Olive Oil + Fig Teaoli Balsamic Vinegar
 Chicken Breast seasoned with Rosemary
 Quinoa
 Dried Cherries
 Nuts
 Cabbage
 Spinach/Kale

Cherry & Orange Salad in a Jar

Cherry Teoli Balsamic Vinegar + Blood Orange Teaoli Olive Oil
 Chicken Breast
 Capers
 Quinoa
 Almonds
 Sliced Radish
 Cabbage / Spinach/Kale

Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Eggs	Chicken Breast Chicken Thighs Salmon/Cod/Halibut Turkey		Sweet Potatoes Ginger Bananas Kale/Spinach Cabbage Yellow Onion (2) Garlic Lemon Brussels Sprouts Radishes Tomatillos (2#) Anaheim or Poblano peppers (4) Cilantro Lime	Pineapple Juice Coconut Milk Almond Milk Broccoli Avocado Olives Bone Broth Oatmeal Quinoa Dried Cherries Nuts Almonds Vegetable Stock Chicken broth Tahini Capers Almond Butter Diced green chiles	Applegate Sausage GF English Muffins	Ground Turmeric Whey Protein Powder Rosemary Olive Oil Thyme Cinnamon Cumin Oregano	Teaoli: Mushroom Olive Oil, Fig Balsamic, Cherry Balsamic, Blood Orange Olive Oil