

For the Week of: February 26th, 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	Tropical Salad in a Jar	Tropical Salad in a Jar	GF Sandwich & Roasted Broccoli	Green Apples and Chicken Salad in a Jar	Green Apples and Chicken Salad in a Jar	GF Sandwich & Roasted Broccoli
Dinner	Leftovers	Apple Cider Potato Salad ³ + GF Panko Crusted Chicken	Leftovers	Blackened Fish Tacos with Cilantro Sauce ⁴	Leftovers	Sweet Potato Shepherd Pie ⁵	Leftovers
Snacks & Recovery	Goombay Smashed It Recovery Smoothie ²	Goombay Smashed It Recovery Smoothie ²	Goombay Smashed It Recovery Smoothie ²	Goombay Smashed It Recovery Smoothie ²	Goombay Smashed It Recovery Smoothie ²	Goombay Smashed It Recovery Smoothie ²	Goombay Smashed It Recovery Smoothie 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.eatliverun.com/apple-cider-potato-salad-giveaway/>
- 4 - <http://hostthetoast.com/blackened-fish-tacos-avocado-cilantro-sauce/>
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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
Eggs Sour Cream	Applegate Sausage Halibut Chicken Breast(3#) Tilapia Ground Beef		Sweet Potato (3) Bananas Broccoli Avocado Cabbage Leeks Kale/Spinach (3-4) Green Apples Small Potatoes Garlic Green Onions Chopped Basil Lemon Yellow Onion (2) Cilantro Lime Jalapeno Carrots Green Pepper	Oatmeal Almond Butter Coconut Milk Apricot Nectar Pineapple Juice OJ Almonds Olives Bone Broth Capers Macadamia Nuts Sesame Seeds GF Panko Corn Tortillas Tomato Paste		Protein Powder Honey Sea Salt Cinnamon Quinoa Cayenne Apple Cider Vinegar Paprika Coarse Mustard Garlic Powder Cumin Rosemary Coconut Oil	Teaoli: -Coconut Balsamic Vinegar -Blood Orange Olive Oil -Fig Balsamic Vinegar -Tuscan Olive Oil