

For the Week of: July 10th, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Gluten Free Pancakes + Applegate Sausage + Green Tea	Turmeric Breakfast Muffins ⁵ + 2 boiled eggs	Turmeric Breakfast Muffins ⁵ + 2 boiled eggs	Turmeric Breakfast Muffins ⁵ + 2 boiled eggs	Turmeric Breakfast Muffins ⁵ + 2 boiled eggs	Turmeric Breakfast Muffins ⁵ + 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/ leftover slaw	GF Sandwich w/steamed veggies	GF Sandwich w/steamed veggies
Dinner	Peach Balsamic Chicken ¹ + Watermelon, Strawberry, Tomatillo Salad ²	Blender Kale Salsa ³ w/Tacos (shells & beef; brown enough beef for Friday)	Leftovers	Country Apple Slaw ⁴ w/ baked chicken breast & quinoa	Leftovers	Homemade pizza on corn tortillas	Leftovers
Snacks & Recovery	Apples & Power Protein Mix ⁵	Apples & Power Protein Mix Cinnamon & Cherries Recovery Shake ⁶	Apples & Power Protein Mix Perfect Bar	Apples & Power Protein Mix	Apples & Power Protein Mix Cinnamon & Cherries Recovery Shake ⁶	Apples & Power Protein Mix Perfect Bar	Apples & Power Protein Mix
Prep Needed	Make muffins & freeze Make Salads Make Eggs		Make Country Apple Slaw	Make Eggs			

Pinterest Recipe Links:

- 1-<http://www.mynaturalfamily.com/recipes/paleo-recipes/paleo-chicken-recipe-peach-balsamic-rosemary-chicken-recipe/>
- 2 – <http://www.pickledplum.com/watermelon-strawberry-and-tomatillo-salad/>
- 3 - (<https://www.pinterest.com/pin/341288477994288575/>)
- 4-<http://www.myrecipes.com/recipe/country-apple-slaw>
- 5- <http://www.greenkitchenstories.com/turmeric-breakfast-muffins/>
- 6-Recipes on member only DIY Food webpage

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Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk Cheddar Cheese	Ground Beef Chicken Thighs, 10 Eggs Chicken Breast, 2 pkg	Corn Tortillas	Tomatoes, 5 Kale leaves Fresh cilantro Jalapeno, 1 Garlic, 1 clove Limes, 1 Lemon, 1 Sweet Onion Rosemary Peaches, 3 Watermelon Strawberries Tomatillos, 5 Shallot Mint leaves Apples Bananas Dates Salad Mix Green Cabbage Red Cabbage Cucumber, 1 Avocado Mushrooms	Taco shells Pancake Mix Almond Butter 1 c. nuts Rolled oats Bob Red Mills All Purpose GF Flour Dried Cherries Tart Cherry Juice Perfect Bars Pepitos Quinoa Pizza sauce	Applegate Sausage Blueberries GF Glutino English Muffins Veggies for steaming	Salt Ground cumin Cayenne Green Tea Avocado oil Honey Balsamic Vinegar EVOO Chocolate protein powder Vanilla protein powder Baking Powder Baking Soda Turmeric Cardamom Butter Coconut Oil Cinnamon Apple Cider Vinegar	