

For the Week of: July 16<sup>th</sup>, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Apricot Basil Meatballs <sup>1</sup> + Cauliflower Hashbrowns <sup>2</sup>	Apricot Basil Meatballs <sup>1</sup> + Cauliflower Hashbrowns <sup>2</sup>	Apricot Basil Meatballs <sup>1</sup> + Cauliflower Hashbrowns <sup>2</sup>	Jalapeno, Sweet Potato Omelette*	Jalapeno, Sweet Potato Omelette	Jalapeno, Sweet Potato Omelette	Jalapeno, Sweet Potato Omelette
<b>Lunch</b>	Out	Salad in a Jar (Strawberry Vinaigrette <sup>7</sup> )	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers
<b>Dinner</b>	Leftovers	Creamy Sun-Dried Tomato Baked Chicken <sup>3</sup> + oven roasted or steamed broccoli	Leftovers	Egg Roll in a Bowl <sup>4</sup> + Rice	Leftovers	Slow Cooker Buffalo Chicken Sweet Potatoes <sup>6</sup>	Leftovers
<b>Snacks &amp; Recovery</b>	Apples/Berries & Power Protein Mix <sup>5</sup>  Hummus & Veggies	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Protein Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Protein Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Protein Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Protein Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Protein Shake <sup>5</sup>	Apples/Berries & Power Protein Mix  Cherries & Cinnamon Protein Shake <sup>5</sup>
<b>Prep Needed</b>	Meatballs (make double and freeze ½), Cauliflower Hashbrown batter for 3 days, Sun-Dried Tomato Chicken, Egg Roll Bowl (Freeze), Slow Cooker Buffalo Chicken (Freeze), homemade ranch in buffalo chicken recipe if desired Salads			Make Rice (make a day before or in crockpot if needed)		Make sweet potatoes in crockpot	

## Recipe Links:

1. <http://therealfoodrds.com/apricot-basil-breakfast-meatballs/>
- 2 - <http://healthiersteps.com/recipe/gluten-free-vegan-cauliflower-hash-browns/>
- 3 - <https://www.mynaturalfamily.com/recipes/clean-eating-recipes/clean-eating-chicken-recipe/>
- 4 - [http://www.jaysbakingmecrazy.com/2016/06/05/paleo-egg-roll-in-a-bowl/?utm\\_content=bufferd3829&utm\\_medium=social&utm\\_source=pinterest.com&utm\\_campaign=buffer](http://www.jaysbakingmecrazy.com/2016/06/05/paleo-egg-roll-in-a-bowl/?utm_content=bufferd3829&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer)
- 5 – See attached recipes
- 6 – <https://therealfoodrds.com/slow-cooker-buffalo-chicken/>
- 7- <https://www.thegraciouspantry.com/clean-eating-strawberry-vinaigrette/>

\*Omelette: use whatever veggies you want: chopped sweet potato, jalapeno, garlic, white or green onion, 3 beaten eggs. Other options: mushroom, sundried tomatoes, salsa, fresh greens (spinach/arugula/kale), olives, bell pepper. Season with salt and pepper.

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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 Ghee or Butter	Chicken Breast Chicken Thighs Ground pork Ground turkey Ground chicken		Garlic Spinach/arugula/kale Basil Cauliflower Onions, yellow Jalapeno Sweet Potatoes Mushrooms Strawberries Red Cabbage Green Cabbage Carrots Ginger Sweet Potatoes Apples/Berries Celery and other veggies for Hummus	Dried Apricots BRM All Purpose GF Flour Olives Sun dried tomatoes Quinoa Raw Nuts/Seeds Tapioca Starch Chicken Stock Rice Coconut aminos Hot sauce (optional) Mayo Full Fat Coconut Milk Almond Butter Tart Cherry Juice Hummus	Broccoli	Garlic Powder Coconut Oil Sesame Oil Apple Cider Vinegar Olive Oil Italian Seasoning Red Pepper Flakes Cayenne Parsley Dill Onion Powder Chives Protein Powder Cinnamon	