

For the Week of: July 17<sup>th</sup>, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Gluten Free Pancakes + Applegate Sausage + Green Tea	Turmeric Breakfast Muffins <sup>6</sup> + 2 boiled eggs	Turmeric Breakfast Muffins+ 2 boiled eggs	Turmeric Breakfast Muffins <sup>5</sup> + 2 boiled eggs	Turmeric Breakfast Muffins+ 2 boiled eggs	Turmeric Breakfast Muffins+ 2 boiled eggs	Gluten Free Pancakes + Applegate Sausage + Green Tea
<b>Lunch</b>	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	GF Sandwich w/ steamed veggies	GF Sandwich w/steamed veggies	GF Sandwich w/steamed veggies
<b>Dinner</b>	Leftovers	Ginger Carrot Radish Salad <sup>1</sup> + Baked Salmon + Quinoa	Slow Cooker Steak Fajats <sup>2</sup>	Leftovers	Spicy shrimp, cauliflower mash & roasted kale (replace for bacon fat) <sup>3</sup>	Leftovers	Balela salad <sup>4</sup> & chicken breast
<b>Snacks &amp; Recovery</b>	Apples & Power Protein Mix <sup>5</sup>	Apples & Power Protein Mix  Sea Salted Caramel Cashew Shake <sup>5</sup>	Apples & Power Protein Mix  Sea Salted Caramel Cashew Shake <sup>5</sup>	Apples & Power Protein Mix	Apples & Power Protein Mix  Sea Salted Caramel Cashew Shake <sup>5</sup>	Apples & Power Protein Mix	Apples & Power Protein Mix
<b>Prep Needed</b>	Make Ginger Carrot Radish Salad Boil Eggs Make Muffins if needed	Prep dinner in slow cooker & refrigerate				Balela salad	

## Recipe Links:

- 1 - <http://www.healthyseasonalrecipes.com/ginger-carrot-radish-salad/>
- 2 - [http://fitslowcookerqueen.com/slow-cooker-steak-fajitas/?utm\\_content=buffer920c2&utm\\_medium=social&utm\\_source=pinterest.com&utm\\_campaign=buffer](http://fitslowcookerqueen.com/slow-cooker-steak-fajitas/?utm_content=buffer920c2&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer)
- 3 - <http://pinchofyum.com/spicy-shrimp-cauliflower-mash-roasted-kale>
- 4-<http://reluctantentertainer.com/balela-salad/>
- 5- from the Rock It Membership Page, "Top DIY Sports Food"
- 6 - <http://www.greenkitchenstories.com/turmeric-breakfast-muffins/>

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## Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk Cheddar Cheese	Eggs Chicken Breast Salmon Fajita Beef	GF English Muffins Shrimp	Apples Bananas Dates Blueberries Spring Mix Grape Tomatoes Ginger root Garlic Carrots Radishes Parsley Bell Peppers Onions Cauliflower White Beans Kale Onion Jalapeno Dill Lemons	GF Pancake Mix Almond Butter 1 c. nuts Rolled oats Tamari Quinoa Cashew Butter Salsa Chicken broth Cornmeal Chickpeas Black Beans Sundried tomatoes	Applegate Sausage Steamer Veggies	Green Tea Chocolate Protein Powder Honey Buckwheat flour Baking Powder Baking Soda Turmeric Cardamom Salt Pepper Coconut Oil Rice vinegar Olive oil Cumin Chili Powder Apple cider vinegar	