

For the Week of: July 24th, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Gluten Free Pancakes + Applegate Sausage + Green Tea	Pumpkin Breakfast Cookies ⁴ + 2 boiled eggs	Pumpkin Breakfast Cookies ⁴ + 2 boiled eggs	Pumpkin Breakfast Cookies ⁴ + 2 boiled eggs	Pumpkin Breakfast Cookies ⁴ + 2 boiled eggs	Pumpkin Breakfast Cookies ⁴ + 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/ steamed veggies	GF Sandwich w/steamed veggies	GF Sandwich w/steamed veggies
Dinner	Stuffed Green Chili Meatballs ¹ and roasted veggies	Leftovers	Slow cooker basil chicken in coconut curry sauce ²	Leftovers	Israeli salad ³ & baked salmon	Leftovers	Shrimp Ceviche ⁶ and non-gmo corn chips
Snacks & Recovery	Apples & Power Protein Mix ⁵	Apples & Power Protein Mix Cherries & Cinnamon Recovery Shake ⁵	Apples & Power Protein Mix Cherries & Cinnamon Recovery Shake ⁵	Apples & Power Protein Mix	Apples & Power Protein Mix Cherries & Cinnamon Recovery Shake ⁵	Apples & Power Protein Mix Cherries & Cinnamon Recovery Shake ⁵	Apples & Power Protein Mix
Prep Needed	-Make double meatballs and freeze -Breakfast Cookies -Boil Eggs	-Mix ingredients for slow cooker meal					

Recipe Links:

- 1-<http://keviniscooking.com/stuffed-green-chili-meatballs-tomatillo-sauce/>
- 2 - <http://thefoodcharlatan.com/2016/02/16/slow-cooker-basil-chicken-in-coconut-curry-sauce/>
- 3-<http://www.feastingathome.com/israeli-salad/>
- 4-<http://leelalicious.com/pumpkin-breakfast-cookies/>
- 5- from the Rock It Membership Page, "Top DIY Sports Food"
- 6- <http://www.eazypeazymealz.com/shrimp-ceviche/>

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Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk Cheddar Cheese Pepper Jack Cheese	Eggs Chicken Breast Ground Turkey Chicken Thighs	GF English Muffins Shrimp	Apples Veggies for Roasting Oregano Red onion (3) Garlic Jalapenos (3) Ginger Fresh Cilantro Tomatoes (4) Cucumber (2) Red Bell Pepper Yellow Bell Pepper Herb mix (parsley, cilantro, mint) Lemons Limes Green Onions Butter lettuce & spring mix for salad	GF Pancake Mix Almond Butter Dried Cranberries Pumpkin seeds Ground Flaxseed Pumpkin Puree Green Chili Salsa Coconut Milk Non-GMO corn chips Tart Terry Juice	Applegate Sausage Steamer Veggies	Green Tea Coconut Oil Honey Oats Pumpkin Pie Spice Garlic Powder Cumin Basil Curry Powder Chili Powder Olive Oil Nuts for salad Balsamic vinegar for salads Vanilla Protein Powder Chocolate Protein Powder	