


STAR SPANGLED EDITION!!! For the week of: July 2nd, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cauliflower Hashbrowns ⁶ & Vegetable/Egg Scramble	Cauliflower Hashbrowns ⁶ & Vegetable/Egg Scramble	Blueberry Walnut Protein Pancakes ¹ (add 10 grams of protein by adding extra nut butter on top of pancakes, a few hardboiled eggs or healthy sausage)	Blueberry Walnut Protein Pancakes + Protein	Blueberry Walnut Protein Pancakes + Protein	Blueberry Walnut Protein Pancakes + Protein	Omelet
Lunch	Out	Salad in a Jar: Strawberry Vinaigrette ² + Chicken + Quinoa + dried & fresh berries + walnuts + red cabbage + arugula/spinach	4th of July BBQ:  Cancer Preventing Citrus Marinade ³ on your grilled meat of choice / Paleo Double Berry Coconut Ice Cream ⁴ / Sweet Potato Salad ⁶	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers
Dinner	Leftovers	Slow Cooker Everything Chicken ⁷ + steamed veggies	Leftovers	Tacos w/ Slow Cooker Everything Chicken Leftovers + avocado + cilantro + salsa	Leftovers	Lettuce/Cabbage wrap w/meat on hand, hummus or avocado, cilantro and veggies on hand	Leftovers
Snacks & Recovery	Apples/Berries & Power Protein Mix ⁵ Hummus & Veggies	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Hummus & Veggies
Prep Needed	Hashbrown batter, chop veggies for scramble, make salads	AM – Slow Cooker Pancake Batter					

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Recipe Links:

1. <http://gethealthyu.com/recipe/blueberry-walnut-protein-pancakes/>
- 2 - <https://www.thegraciouspantry.com/clean-eating-strawberry-vinaigrette/>
- 3 - <http://www.aicr.org/enews/2013/may-2013/enews-marinades-make-grilling-healthier.html>
- 4 - <http://www.pureandsimplenourishment.com/blog/2016/05/paleo-double-berry-coconut-ice-cream.html>
- 5 - Rock It Recipes attached
- 6 - <http://www.wellplated.com/sweet-potato-salad-recipe/>
- 7 - <http://skinnynms.com/slow-cooker-everything-chicken/>

Shopping List:

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Eggs	Breakfast Protein (i.e. healthy sausage) Protein for Grilling Chicken Breast Chicken Thighs		Veggies for Egg Scramble Bananas Blueberries Strawberries Red Cabbage Arugula/Spinach Oranges Lemons Limes Garlic Avocado Cilantro Salsa Hummus Apples Cauliflower Onion	GF Oats Walnuts Apple Cider Vinegar Olive Oil Quinoa Dried (or fresh berries) Tortillas Almond Butter Chicken Stock	Veggies for steaming	Baking Powder Cinnamon Protein Powder Sea Salt Coriander Lemon Pepper seasoning Coconut Oil BRM All Purpose GF Flour Garlic Powder	