

For the Week of: July 30th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Apricot Basil Meatballs ¹ + Cauliflower Hashbrowns ²	Apricot Basil Meatballs ¹ + Cauliflower Hashbrowns ²	Apricot Basil Meatballs ¹ + Cauliflower Hashbrowns ²	Carrot Cake Overnight Oats ³ + 2 boiled eggs	Carrot Cake Overnight Oats ³ + 2 boiled eggs	Carrot Cake Overnight Oats ³ + 2 boiled eggs	Carrot Cake Overnight Oats ³ + 2 boiled eggs
Lunch	Out	Salad in a Jar (Strawberry Vinaigrette ⁷)	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers
Dinner	Leftovers	AIP Beef Fajita Bowl ⁴	Leftovers	Peach Balsamic Skillet ⁸ with Asparagus	Leftovers	Blender Kale Salsa Beef Tacos ⁶ w/ Cauliflower Spanish Rice ⁹	Leftovers
Snacks & Recovery	Apples/Berries & Power Protein Mix ⁵ Hummus & Veggies	Apples/Berries & Power Protein Mix Margarita-Ade Protein Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Protein Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Protein Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Protein Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Protein Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Protein Shake ⁵
Prep Needed	Apricot Basil Meatballs (make 2x and freeze), Cauliflower Hashbrown batter, Salads for 3 days, AIP Beef Fajita Bowls		Overnight oats for the rest of the week	Salds for the rest of the week, dinner		Dinner	

Recipe Links:

1. <http://therealfoodrds.com/apricot-basil-breakfast-meatballs/>
- 2 - <http://healthiersteps.com/recipe/gluten-free-vegan-cauliflower-hash-browns/>
- 3 - <http://fitfoodiefinds.com/2016/04/carrot-cake-overnight-oats/>
- 4 - <http://www.acleanplate.com/recipe/beef-fajitas-mango-salsa>
- 5 – See attached recipes
- 6 – <https://www.cearaskitchen.com/blender-kale-salsa/>
- 7- <https://www.thegraciouspantry.com/clean-eating-strawberry-vinaigrette/>
- 8 - <http://www.cookingclassy.com/balsamic-peach-chicken-skillet/>
- 9 - http://www.wholesomelicious.com/cauliflower-spanish-rice/?utm_content=buffer09620&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer

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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	Ground pork/turkey Beef Boneless Skinless Chicken Breast Ground Beef		Garlic Spinach Basil Cilantro Cauliflower (2 recipes) Yellow Onions Red Onion Carrots Fresh Greens (Kale/Arugula/Spinach) Red Cabbage Radish Zucchini/Yellow Squash Limes Lemons Mangoes Avocados Asparagus Peaches Tomatoes (2 recipes) Large Kale Leaves Jalapeno Berries Strawberries	Dried Apricots Bob Red Mills GF All-Purpose Flour GF Rolled Oats Chia Seeds Raisins Almond Milk Raw Nuts Taco Shells or Tortillas Tomato Paste Chicken Broth Almond Butter Hummus		Avocado oil Olive Oil Apple Cider Vinegar Garlic Powder Cinnamon Allspice Vanilla Dried Oregano Dried Ginger Ground Turmeric Balsamic vinegar Cumin Cayenne Protein Powder Honey Sea Salt	