

For the Week of: July 31th, 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	Leftovers	Blackened fish tacos ¹	Leftovers	Cauliflower & Broccoli Detox Salad ² w/baked chicken	Cilantro-Lime Honey Garlic Salmon ³ w/ leftover salad	Leftovers	Southwest Hummus Wraps on GF Tortilla ⁶
Snacks & Recovery	Fruit & Power Protein Mix ⁵	Fruit & Power Protein Mix Brownie Protein Bars ⁵	Fruit & Power Protein Mix Brownie Protein Bars ⁵	Fruit & Power Protein Mix	Fruit & Power Protein Mix Brownie Protein Bars ⁵	Fruit & Power Protein Mix Brownie Protein Bars ⁵	Fruit & Power Protein Mix
Prep Needed	Salads Eggs		Make Detox Salad				

Recipe Links:

- 1 - <http://hostthetoast.com/blackened-fish-tacos-avocado-cilantro-sauce/>
- 2-<http://www.chefdehome.com/Recipes/683/cauliflower-and-broccoli-detox-salad>
- 3-<http://juliassalbum.com/2015/08/cilantro-lime-honey-garlic-salmon/>
- 4-<http://leelalicious.com/pumpkin-breakfast-cookies/>
- 5- from the Rock It Membership Page, "Top DIY Sports Food"

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Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk Cheddar Cheese Sour Cream	Eggs Chicken Breast 2 Tilapia Salmon	GF English Muffins Corn Tortillas GF Wraps	Fruit Red Cabbage Green Cabbage Red Onion Cilantro Limes Lemons Avocado Jalapeno Cauliflower Kale Parsley Carrots Broccoli Ginger Garlic Corn Tomato Lettuce	GF Pancake Mix Almond Butter Dried Cranberries Almonds Poppy seeds Dried Cranberries Southwestern hummus Black beans Dark Chocolate Chips	Applegate Sausage Steamer Veggies	GF Pancake Mix Green Tea Paprika Garlic Powder Dried Oregano Onion Powder Cumin Salt Avocado Oil Olive oil Honey Chocolate protein powder Coconut oil Coffee Beans Cocoa Powder Baking Powder	