

For the Week of: July 9th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Easy Blender Sweet Potato Waffles & Sausage (i.e. Applegate) ¹	Jar 1 Omelette- Sweet Potato, Mushroom & Jalapeno	Jar 1 Omelette- Sweet Potato, Mushroom & Jalapeno	Jar 1 Omelette- Sweet Potato, Mushroom & Jalapeno	Jar 2 Omelette – tomato, Greek olive & garlic	Jar 2 Omelette – tomato, Greek olive & garlic	Easy Blender Sweet Potato Waffles & Sausage (i.e. Applegate) ¹
Lunch	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers
Dinner	Leftovers	Blender Kale Salsa Beef Tacos ²	Leftovers	Pesto Salmon & Veggies in Foil Wraps ³	Leftovers	Slow Cooker Meatballs, Marinara ⁴ & Zucchini Noodles ⁵	Leftovers
Snacks & Recovery	Apples/Berries & Power Protein Mix ⁵ Hummus & Veggies	Apples/Berries & Power Protein Mix Rockin' Red (Princess Smoothie, minus dates + protein powder) ⁷	Apples/Berries & Power Protein Mix Rockin' Red (Princess Smoothie, minus dates + protein powder) ⁷	Apples/Berries & Power Protein Mix Rockin' Red (Princess Smoothie, minus dates + protein powder) ⁷	Apples/Berries & Power Protein Mix Rockin' Red (Princess Smoothie, minus dates + protein powder) ⁷	Apples/Berries & Power Protein Mix Rockin' Red (Princess Smoothie, minus dates + protein powder) ⁷	Apples/Berries & Power Protein Mix Hummus & Veggies
Prep Needed	Omelet Jars for Mon-Wed Salad Jars from Mon-Wed Blender Salsa Shake		Pesto Salmon Wraps	Omelet Jars for Thurs & Sat	Slow Cooker Meatballs		

Recipe Links:

1. <http://www.emilieeats.com/blender-sweet-potato-waffles-blueberry-sauce-vegan-gluten-free/>
- 2 - <https://www.cearaskitchen.com/blender-kale-salsa/>
- 3 - <http://www.cookingclassy.com/pesto-salmon-and-italian-veggies-in-foil/>
- 4 - <http://www.paleorunningmomma.com/paleo-slow-cooker-meatballs-whole30/#comment-44275>
- 5 – From the Rock It Coaching Membership Page
- 6 - <https://downshiftology.com/how-to-make-and-cook-zucchini-noodles-the-most-popular-methods/>
- 7 - <http://peachypalate.com/2014/01/03/princess-smoothie/>

Omelette Jar #1: chop sweet potato, mushroom, jalapeno and other veggies as desired (green onion, garlic, arugula, spinach, tomatoes, bell pepper) and store in jar or container.

Omelette Jar 2: chop sun dried tomatoes, Greek Olives, garlic and other veggies as desired (onion, arugula, spinach, sun dried tomatoes, basil) and store in jar or container.

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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	Chicken Breast Ground Beef (for 2 recipes) Salmon		Sweet Potatoes Mushrooms Jalapenos Green onion Garlic Greens (Arugula/Spinach/Kale) Red Cabbage Tomatoes Cilantro White Onion Limes Lemons Green Beans Asparagus Zucchini Oregano Bay leaves Apples Beets Avocado Ginger	GF Oats Almond Milk BRM All Purpose GF Flour Sun dried tomatoes Greek Olives Vinaigrette of Choice Quinoa Chicken Broth Raw Nuts/Seeds Taco Shells Pesto Crushed Tomatoes Diced Tomatoes Tomato Paste Almond Butter	Blueberries Applegate Sausage Strawberries	Baking Powder Vanilla Cinnamon Salt Cumin Cayenne Olive Oil Onion Powder Garlic Powder Italian Seasoning Red Pepper Protein Powder	