

For the Week of: June 11th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Paleo Dutch Baby Pancake ⁶ + Sausage (Freeze Leftovers)	Green Smoothie (Add Protein Powder) ⁴	Green Smoothie (Add Protein Powder) ⁴	Green Smoothie (Add Protein Powder) ⁴	Green Smoothie (Add Protein Powder) ⁴	Green Smoothie (Add Protein Powder) ⁴	Paleo Dutch Baby Pancake ⁶ + Sausage
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	Slow Cooker Everything Chicken ¹ & Crispy roasted garlic radishes & Mashed Cauliflower	Leftovers	Chicken Tacos (use leftover chicken, avocado, red cabbage, cilantro, drizzle of EVOO, lime, etc.)	Leftovers	Slow Cooker Meatballs ³ & Oven Roasted Broccoli	Leftovers
Snacks & Recovery	Apples/Berries & Power Protein Mix ⁵	Apples/Berries & Power Protein Mix Cherries & Cinnamon Recovery Shake ⁵	Apples/Berries & Power Protein Mix Cherries & Cinnamon Recovery Shake ⁵	Apples/Berries & Power Protein Mix	Apples/Berries & Power Protein Mix Cherries & Cinnamon Recovery Shake ⁵	Apples/Berries & Power Protein Mix Cherries & Cinnamon Recovery Shake ⁵	Apples/Berries & Power Protein Mix
Prep Needed	Salad in Jars Prep Smoothie Veggies Prep Slow Cooker Mix Power Protein Mix			Salad in Jars	Slow Cooker Meatballs		

Recipe Links:

- 1-<http://skinnymys.com/slow-cooker-everything-chicken/>
- 2 - <https://www.taketwotapas.com/crispy-roasted-garlic-radishes/>
- 3 - <http://www.paleorunningmomma.com/paleo-slow-cooker-meatballs-whole30/#comment-44275>
- 4 - <https://www.gimmesomeoven.com/post-workout-green-smoothie/print/>
- 5 – From the Rock It Coaching membership Page
- 6 - <https://www.asaucykitchen.com/blackberry-apple-paleo-dutch-baby/>

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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	Sausage Chicken Breasts Chicken breast/thighs Ground Beef		Apples Banana Ginger Spinach Greens (salads) Pineapple Red Cabbage Garlic Radishes Lemon & Lime Cilantro Broccoli Onion Berries	Coconut Milk Almond Milk Coconut Sugar Almond Flour Tapioca Flour Coconut Water Chia Seeds Quinoa Raw Nuts & Seeds (for salads) Salad Dressing Chicken Broth Taco Shells Tomato Sauce Almond Butter Tart Cherry Juice	Blackberries Mashed Cauliflower	Vanilla Extract Cinnamon Coconut Oil Protein Powder Olive Oil Red Pepper Onion Powder Garlic Powder Italian seasoning Oregano Bay leaves	