

For the Week of: June 18th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cauliflower Hashbrowns ⁴ & Eggs	Breakfast Smoothie	Breakfast Smoothie	Breakfast Smoothie	Breakfast Smoothie	Breakfast Smoothie	Cauliflower Hashbrowns ⁴ & Eggs
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	Sheet Pan Flank Steak with Garlic Roasted Potatoes ¹ (use whatever meat you want)	Leftovers	Slow Cooker White Chicken Chili ²	Leftovers	Balsamic Peach Chicken Skillet ³ & Steamed Asparagus	Leftovers
Snacks & Recovery	Apples/Berries & Power Protein Mix ⁵ Hummus & Veggies	Apples/Berries & Power Protein Mix Salted Caramel Cashew Shake ⁵	Apples/Berries & Power Protein Mix Salted Caramel Cashew Shake ⁵	Apples/Berries & Power Protein Mix Hummus & Veggies	Apples/Berries & Power Protein Mix Salted Caramel Cashew Shake ⁵	Apples/Berries & Power Protein Mix Salted Caramel Cashew Shake ⁵	Apples/Berries & Power Protein Mix Hummus & Veggies
Prep Needed	Salads Protein Mix	Make Dinner	Prep Slow Cooker	Salads		Dinner	

Recipe Links:

1. http://www.mylatinatable.com/sheet-pan-flank-steak-garlic-roasted-potatoes/?utm_content=bufferae120&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer
- 2 - <http://therealfoodrds.com/slow-cooker-white-chicken-chili/>
- 3 - <http://www.cookingclassy.com/balsamic-peach-chicken-skillet/>
- 4 - <http://healthiersteps.com/recipe/gluten-free-vegan-cauliflower-hash-browns/>
- 5 – From the Rock It Coaching membership Page

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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

Smoothie Formulator:

6 oz fluid (coconut water, coconut milk, almond milk, hemp milk)

30 g protein powder

1-2 handfuls veggies

1-2 tsp fat (coconut oil, avocado, avocado oil, hemp oil, nut butter)

Optional: fruit (berries, banana, apple), ginger, cinnamon, spirulina, chlorella, lemon juice

Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
	Chicken Breast – 3# Flank Steak Chicken Thighs		Mixed Greens (Smoothies & Salads) Cucumber Carrots Apple Herbs Cilantro Basil Lemons Limes Ginger Cabbage (salads) Red Potatoes Broccoli Onion (3) Red Pepper (2) Garlic Jalapeno Peaches (2 c) Diced Tomatoes Cauliflower Berries	Coconut Milk (2) Quinoa Salad Dressing Nuts/seeds (salads) Chicken Broth Bob Red Mills Gluten Free All Purpose Flour Almond butter Hummus		Chia seeds Olive Oil Cumin Oregano Avocado Oil Chili Powder Balsamic Vinegar Honey Coconut Oil Garlic Powder Protein Powder	

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