

For the Week of: June 25th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cauliflower Hashbrowns ⁶ & Eggs	Easy Spinach & Tomato Frittata ¹ (vary ingredients as desired; add black beans or sweet potatoes for carbs if needed)	Easy Spinach & Tomato Frittata ¹ (vary ingredients as desired)	Easy Spinach & Tomato Frittata ¹ (vary ingredients as desired)	Easy Spinach & Tomato Frittata ¹ (vary ingredients as desired)	Easy Spinach & Tomato Frittata ¹ (vary ingredients as desired)	Cauliflower Hashbrowns ⁶ & 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	Pesto Salmon in Foil ² (serve with rice if need carbs)	Leftovers	Baked Chicken (or other protein on hand) and Cauliflower Broccoli Detox Salad ³ (add garbanzo beans to salad if need carbs)	Leftovers	AIP Beef Fajitas ⁴	Leftovers
Snacks & Recovery	Apples/Berries & Power Protein Mix ⁵ Hummus & Veggies	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Margarita-Ade Shake ⁵	Apples/Berries & Power Protein Mix Hummus & Veggies
Prep Needed	Salads Protein Mix Prepare Salmon Foil		Make Detox Salad	Salads		Dinner	

Recipe Links:

1. <https://www.averiecooks.com/2015/03/easy-spinach-and-tomato-frittata.html>
- 2 - <http://www.cookingclassy.com/pesto-salmon-and-italian-veggies-in-foil/>
- 3 - <http://www.chefdehome.com/Recipes/683/cauliflower-and-broccoli-detox-salad/>
- 4 - <https://www.pinterest.com/pin/341288477998619993/>
- 5 – From the Rock It Coaching membership Page
- 6 - <http://healthiersteps.com/recipe/gluten-free-vegan-cauliflower-hash-browns/>

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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 Cheese (optional)	Chicken Breast Salmon Beef		Cauliflower Onion Spinach Lettuce Tomatoes Mixed Greens Red Cabbage Green Beans Asparagus Lemons Limes Avocado Cilantro Ginger Mango Red Onion Squash Zucchini Apples Berries	Bob Red Mills GF All-Purpose Flour Quinoa Salad Dressing Raw Nuts Pesto Almond Butter Hummus		Coconut Oil Garlic Powder Olive Oil Dried Oregano Turmeric Coconut Oil Protein Powder (vanilla & chocolate) Sea Salt Honey	