

For the Week of: March 12th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Turkey Apple Breakfast Hash <sup>4</sup>	Turkey Apple Breakfast Hash <sup>4</sup>	Overnight Oats <sup>5</sup>	Overnight Oats <sup>5</sup>	Oatmeal + 2 Boiled Eggs + Kale Salad	Oatmeal + 2 Boiled Eggs + Kale Salad	Oatmeal + 2 Boiled Eggs + Kale Salad
<b>Lunch</b>	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers	GF Sandwich & Veggies
<b>Dinner</b>	Leftovers	Slow Cooker White Chicken Chili <sup>1</sup> <i>(make double and freeze half)</i>	Leftovers	Orange Rosemary Glazed Salmon <sup>2</sup> and Roasted Asparagus	Leftovers	One Pan Roasted Shrimp & Veggies <sup>3</sup>	Leftovers
<b>Snacks &amp; Recovery</b>	Cherries & Cinnamon Recover Shake <sup>3</sup>	Cherries & Cinnamon Recover Shake <sup>3</sup>	Cherries & Cinnamon Recover Shake <sup>3</sup>	Cherries & Cinnamon Recover Shake <sup>3</sup>	Cherries & Cinnamon Recover Shake <sup>3</sup>	Cherries & Cinnamon Recover Shake <sup>3</sup>	Cherries & Cinnamon Recover Shake <sup>3</sup>
<b>Bed Time</b>	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives	Bananas, Broccoli, Avocado, Olives
<b>To Drink</b>	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth
<b>Prep Needed</b>	Shake Chili Salads	Shake Overnight Oats	Shake	Make Dinner Shake Eggs	Shake	Dinner Shake	

## Recipe Links:

- 1 - <http://therealfoodrds.com/slow-cooker-white-chicken-chili/>
- 2 - <http://www.cookingclassy.com/orange-rosemary-glazed-salmon/>
- 3 - From the Rock It Membership Page
- 4 - <http://fedandfulfilled.com/turkey-apple-breakfast-hash/>
- 5- Recipe attached

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### Salad in a Jar

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	Ground Turkey Chicken Breast – 3# Salmon Fillets Shrimp		Onion, yellow-3 Zucchini (3) Carrots Butternut squash/Sweet Potato Apple Kale/Arugula -2 Bananas Broccoli Avocado Cabbage Bell Pepper Jalapeno Garlic Lime Lemons Cilantro Apple Rosemary Orange Bell Pepper	Tart Cherry Juice Olives Bone Broth Quinoa Seeds & Nuts Coconut Milk Almond Milk Almond Butter Flax Seeds	Berries GF English Muffins	Coconut Oil Dried Thyme Cinnamon Sea Salt Ginger Garlic Powder Turmeric Vanilla Protein Powder Avocado oil Cumin Oregano Chili Powder Black Pepper Honey GF Oats Olive Oil Chicken Broth Italian Seasoning Paprika	Teaoli Tuscan Olive Oil & Fig Balsamic Vinegar