

For the Week of: March 26th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Turkey Apple Breakfast Hash ⁴ (make double and freeze half)	Turkey Apple Breakfast Hash ⁴	Carrot Cake Overnight Oats ² *add protein powder	Carrot Cake Overnight Oats ² *add protein powder	Blender Sweet Potato Waffles ⁵ & Chicken & Apple Sausage Patties ⁵ (make double and freeze half)	Blender Sweet Potato Waffles ⁶ & Chicken & Apple Sausage Patties ⁵	Turkey Apple Breakfast Hash from Freezer
Lunch	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	Salad in a Jar	Leftovers	GF Sandwich & Veggies
Dinner	Leftovers	Turmeric Chicken Broccoli Roll-Ups ⁷ (Make double and freeze half)	Leftovers	Tahini Whipped Sweet Potatoes ⁸ (make double and freeze half) & Oven Baked Steak ⁹	Leftovers	Slow Cooker Cauliflower Chicken Chili ¹⁰	Leftovers
Snacks & Recovery	Cherries & Cinnamon Recovery Shake ¹¹	Cherries & Cinnamon Recovery Shake ¹¹	Cherries & Cinnamon Recovery Shake ¹¹	Cherries & Cinnamon Recovery Shake ¹¹	Cherries & Cinnamon Recovery Shake ¹¹	Cherries & Cinnamon Recovery Shake ¹¹	Cherries & Cinnamon Recovery Shake ¹¹
Bed Time	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
To Drink	Bone Broth ¹²	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth	Bone Broth
Prep Needed	Breakfast Hash Salads Bone Broth Shake Sausage for Thursday-Friday (freeze)	Dinner Shake Oats (for 2 days)	Salads Shake	Dinner Shake Waffle Batter	Shake Slow Cooker Meal	Shake	Shake

Recipe Links:

- 1 - <http://therealfoodrds.com/slow-cooker-white-chicken-chili/>
- 2 - <http://fitfoodiefinds.com/2016/04/carrot-cake-overnight-oats/>
- 3 - From the Rock It Membership Page
- 4 - <http://fedandfulfilled.com/turkey-apple-breakfast-hash/>
- 5 - <http://www.marthastewart.com/341050/chicken-and-apple-sausage-patties>
- 6 - <http://www.emilieeats.com/blender-sweet-potato-waffles-blueberry-sauce-vegan-gluten-free/>
- 7 - <http://www.foodtohealourselves.com/turmeric-broccoli-chicken-roll-ups-aip-paleo/>
- 8 - <http://eatthegains.com/tahini-whipped-sweet-potatoes/>
- 9 - <http://www.sydneyeacock.com/cook-perfect-steak/#more-759>
- 10 - <http://cookeatpaleo.com/crock-pot-cauliflower-chicken-chili/>
- 11 - from the Rock It membership page
- 12 - http://www.bonappetit.com/recipe/toasted-garlic-beef-stock?intcid=inline_amp

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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
	Ground Turkey – 2# Ground Chicken – 2# Chicken Breast, boneless – 4# Steak Chicken Thighs – 1-2#		Onion – 5 Zucchini – 2 Carrots Sweet Potato – 13 Apples – 6 Arugula/Kale/Spinach - 2 Sage Leaves Cabbage Broccoli – 2 heads Garlic Mushrooms Bananas Avocado Celery Bay leaves Herb Stems Cauliflower Red Bell Pepper Poblano Pepper Lime Cilantro	GF Oats Chia Seeds Raisins Almond Milk Flax Meal Tapioca Starch/Flour Quinoa Coconut Milk Tahini Tart Cherry Juice Olives Tomato paste Tomato Puree Chicken Stock	Blueberries GF English Muffins	Dried Thyme Coconut Oil Cinnamon Sea Salt Ginger Garlic Powder Turmeric Allspice Vanilla Honey Vanilla Protein Powder Baking Powder Balsamic Vinegar Olive Oil Coriander Chili Powder	Beef bones (joints or knuckles preferred)