

For the Week of: March 5th, 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Gluten Free Pancakes <sup>1</sup> + Applegate Sausage & Eggs	Banana Blender Muffins <sup>3</sup> + Kale Salad	Banana Blender Muffins <sup>3</sup> + Kale Salad	Banana Blender Muffins <sup>3</sup> + Kale Salad	Oatmeal + Boiled Eggs + Protein Power Mix <sup>2</sup> + Kale Salad	Oatmeal + Boiled Eggs + Protein Power Mix <sup>2</sup> + Kale Salad	Gluten Free Pancakes <sup>1</sup> + Applegate Sausage & Eggs
<b>Lunch</b>	Out	Rosemary Chicken Salad in a Jar	Rosemary Chicken Salad in a Jar	GF Sandwich & Roasted Broccoli	Cherry & Orange Salad in a Jar	Cherry & Orange Salad in a Jar	GF Sandwich & Roasted Broccoli
<b>Dinner</b>	Leftovers	Honey Turmeric Chicken and Asparagus <sup>4</sup>	Leftovers	Tahini Sweet Potatoes <sup>6</sup> and Baked Cod	Leftovers	Slow Cooker Aloo Gobi (add Turkey Breast) <sup>5</sup>	Leftovers
<b>Snacks &amp; Recovery</b>	Pretty Pink Smoothie (add protein) <sup>7</sup>	Pretty Pink Smoothie (add protein) <sup>7</sup>	Pretty Pink Smoothie (add protein) <sup>7</sup>	Pretty Pink Smoothie (add protein) <sup>7</sup>	Pretty Pink Smoothie (add protein) <sup>7</sup>	Pretty Pink Smoothie (add protein) <sup>7</sup>	Pretty Pink Smoothie (add protein) <sup>7</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>							

## Recipe Links:

- 1 - <http://littlebitsof.com/2016/05/breakfast-sweet-potat-oats/>
- 2 - From Rock It Membership Page Recipes
- 3 - <http://chocolatecoveredkatie.com/2016/04/04/flourless-blender-muffins-banana-vegan/>
- 4 - <http://blog.paleohacks.com/honey-turmeric-chicken/>
- 5 - <http://www.theperfectpantry.com/2013/04/recipe-for-slow-cooker-aloo-gobi-spiced-cauliflower-and-potatoes.html>
- 6 - <http://eatthegains.com/tahini-whipped-sweet-potatoes/>
- 7 - <http://peachypalate.com/2014/01/03/princess-smoothie/>

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### Rosemary Chicken & Mushroom Salad in a Jar

Mushroom Teaoli Olive Oil + Fig Teaoli Balsamic Vinegar  
 Chicken Breast seasoned with Rosemary  
 Quinoa  
 Dried Cherries  
 Nuts  
 Cabbage  
 Spinach/Kale

### Cherry & Orange Salad in a Jar

Cherry Teoli Balsamic Vinegar + Blood Orange Teaoli Olive Oil  
 Chicken Breast  
 Capers  
 Quinoa  
 Almonds  
 Sliced Radish  
 Cabbage / Spinach/Kale

## Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Eggs	Applegate Sausage Chicken Breast (2-3 #) Chicken Thighs Cod		Bananas Broccoli Avocado Raw Beet Apples Avocado Lemons Ginger Kale Mix Cabbage Radish Garlic Asparagus Sweet Potatoes Cauliflower Russet Potatoes Onion Tomato Jalapeno Cilantro	GF Pancake Mix Olives Bone Broth Quick Oats Chickpeas Almond Butter Almond Milk Quinoa Dried Cherries Nuts Capers GF Flour Tahini Oatmeal Garam Masala	Strawberries GF English Muffins	Baking Powder Sea Salt Baking Soda Honey Vanilla Cinnamon Vanilla Protein Powder Olive Oil Rosemary Turmeric Coconut Oil Cumin Cayenne	Teaoli – Mushroom Olive Oil, Balsamic Vinegar, Cherry Balsamic, Blood Orange Olive Oil