

For the Week of: November 13th, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Gluten Free Pancakes + Applegate Sausage + Green Tea	Cinnamon Apple Sweet Potato Waffles ¹ + 2 boiled eggs	Cinnamon Apple Sweet Potato Waffles ¹ + 2 boiled eggs	Cinnamon Apple Sweet Potato Waffles ¹ + 2 boiled eggs	Cinnamon Apple Sweet Potato Waffles ¹ + 2 boiled eggs	Cinnamon Apple Sweet Potato Waffles ¹ + 2 boiled eggs	Gluten Free Pancakes + Applegate Sausage + Green Tea
Lunch	Out	Salad in a Jar	Salad in a Jar	Salad in a Jar	GF Sandwich w/ steamed veggies	GF Sandwich w/steamed veggies	GF Sandwich w/steamed veggies
Dinner	Leftovers	Italian Meatballs in Marinara Sauce ² and Wedge Salad ³	Leftovers – gluten free meatball sandwiches	Cod Piccata ⁴ and roasted sweet green peas	Leftovers	Chicken and Cauliflower Rice ⁵	Leftovers
Snacks & Recovery	Fruit & Power Protein Mix ⁵	Fruit & Power Protein Mix Cinnamon & Cherries Recovery Shake ⁶	Fruit & Power Protein Mix Cinnamon & Cherries Recovery Shake ⁶	Fruit & Power Protein Mix	Fruit & Power Protein Mix Cinnamon & Cherries Recovery Shake ⁶	Fruit & Power Protein Mix	Fruit & Power Protein Mix
Prep Needed	Make Waffle Batter & Salad				Prep chicken and cauliflower rice		

Recipe Links:

- 1 - <http://thatovenfeelin.com/cinnamon-apple-sweet-potato-waffles/>
- 2 - <http://www.noshtastic.com/oven-baked-italian-meatballs-with-marinara-sauce/>
- 3 - <http://www.nomingthrulife.com/little-gem-wedge-salad-herb-dressing/#more-1948>
- 4 - <http://paleogrubs.com/cod-recipe>
- 5 - <http://www.ibreatheimhungry.com/2015/05/low-carb-baked-chicken-and-cauliflower-rice.html>
- 6- from the Rock It Membership Page, "Top DIY Sports Food"

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Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk	Eggs Chicken Breast (2) Ground Beef Ground Pork Cod Filets Chicken Pieces	GF English Muffins Gluten Free Hoagie Buns	Butter Lettuce Kale Mix Lettuce Head Sweet Potato Apples Parsley Yellow Onion Red Onion Garlic Radishes Cherry Tomatoes Chives Basil Lemon Juice Veggies for roasting Raw Cauliflower	GF Pancake Mix Almond Butter Dried cranberries Crushed Tomatoes Just Mayo Dijon Mustard Tart Cherry Juice Capers Green Olives, Pitted	Applegate Sausage Steamer Veggies Green Peas	Green Tea Chocolate & Vanilla Protein Powder Honey Celtic Sea Salt Olive Oil & Vinegar Cinnamon Italian Seasoning Apple Cider Vinegar Almond Flour Chicken Stock Garlic Powder Onion Powder Paprika	