

For the Week of: November 27<sup>th</sup>, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Gluten Free Pancakes + Applegate Sausage + Green Tea	Gluten Free Oatmeal+ 2 boiled eggs	Gluten Free Oatmeal+ 2 boiled eggs	Gluten Free Oatmeal+ 2 boiled eggs	Gluten Free Oatmeal+ 2 boiled eggs	Gluten Free Oatmeal+ 2 boiled eggs	Gluten Free Pancakes + Applegate Sausage + Green Tea
<b>Lunch</b>	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
<b>Dinner</b>	Leftovers	Cranberry Pecan Quinoa Salad w/ Chicken or Turkey <sup>1</sup>	Leftovers	Pan Seared Cod <sup>2</sup>	Leftovers	Stuffed Green Chili Meatballs <sup>3</sup> and Baked Broccoli Crisps <sup>4</sup>	Leftovers
<b>Snacks &amp; Recovery</b>	Fruit & Power Protein Mix <sup>5</sup>	Fruit & Power Protein Mix  Salted Caramel Cashew Shake <sup>5</sup>	Fruit & Power Protein Mix  Salted Caramel Cashew Shake <sup>5</sup>	Fruit & Power Protein Mix	Fruit & Power Protein Mix  Salted Caramel Cashew Shake <sup>5</sup>	Fruit & Power Protein Mix	Fruit & Power Protein Mix
<b>Prep Needed</b>							

## Recipe Links:

- 1 - <http://www.ambitiouskitchen.com/2014/05/cranberry-pecan-quinoa-salad-with-honey-orange-dressing/>
- 2 - [https://www.pinterest.com/pin/AZWMUOpT-NF7wExwtzn03k9UKIQ4xtL1qnztYRTbISfB\\_HfPftNZNV0/](https://www.pinterest.com/pin/AZWMUOpT-NF7wExwtzn03k9UKIQ4xtL1qnztYRTbISfB_HfPftNZNV0/)
- 3 - <http://keviniscooking.com/stuffed-green-chili-meatballs-tomatillo-sauce/>
- 4 - <http://www.foodforyourgood.com/appetizers-and-salads/baked-broccoli-crisps.html>
- 5- 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 Pepper Jack Parmesan	Eggs Chicken Breast Turkey Breast Cod Ground Turkey	GF English Muffins	Butter Lettuce Kale Mix Lettuce Head Apples Veggies for roasting Avocado Orange Lemon Cherry Tomatoes Garlic Broccoli Carrots	GF Pancake Mix Almond Butter GF oats Chicken Stock Quinoa Cranberries, dried Green Chilies Tomatillo Sauce Cashew Butter Dates	Applegate Sausage Steamer Veggies	Green Tea Chocolate & Vanilla Protein Powder Honey Celtic Sea Salt Olive Oil & Vinegar Apple Cider Vinegar Turmeric Dried Thyme Basil Red Pepper Flakes White Wine Oregano Garlic Powder Cumin Bob Red Mills All Purpose GF Baking Flour	