

For the Week of: October 16<sup>th</sup>, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Gluten Free Pancakes + Applegate Sausage + Green Tea	Pumpkin Breakfast Cookies <sup>1</sup> + 2 boiled eggs	Pumpkin Breakfast Cookies <sup>1</sup> + 2 boiled eggs	Pumpkin Breakfast Cookies <sup>1</sup> + 2 boiled eggs	Pumpkin Breakfast Cookies <sup>1</sup> + 2 boiled eggs	Pumpkin Breakfast Cookies <sup>1</sup> + 2 boiled eggs	Gluten Free Pancakes + Applegate Sausage + Green Tea
<b>Lunch</b>	Out	Autumn Salad in a Jar <sup>6</sup>	Autumn Salad in a Jar	Autumn Salad in a Jar	GF Sandwich w/ steamed veggies	GF Sandwich w/steamed veggies	GF Sandwich w/steamed veggies
<b>Dinner</b>	Leftovers	Sheet Pan Chicken w/Apples, Sweet Potatoes & Brussels Sprouts <sup>2</sup>	Leftovers	Superfood Taco Bowls <sup>3</sup>	Leftovers	Crock Pot Mojo Pork w/ Cuban-Style Black Beans <sup>4</sup>	Leftovers
<b>Snacks &amp; Recovery</b>	Fruit & Power Protein Mix <sup>5</sup>	Fruit & Power Protein Mix  Perfect Bar	Fruit & Power Protein Mix  Perfect Bar	Fruit & Power Protein Mix	Fruit & Power Protein Mix  Perfect Bar	Fruit & Power Protein Mix	Fruit & Power Protein Mix
<b>Prep Needed</b>	Make Pumpkin Cookies & Salad		Prep slow cooker meal		Prep slow cooker meal		

## Recipe Links:

- 1 - <http://leelalicious.com/pumpkin-breakfast-cookies/>
- 2 - <http://www.wellplated.com/sheet-pan-chicken-sweet-potatoes-apples-brussels-sprouts/>
- 3 - <http://fitfoodiefinds.com/2015/08/superfood-taco-bowls/>
- 4 - <http://iowagirleats.com/2015/06/08/crock-pot-mojo-pork-with-cuban-style-black-beans/>
- 5- from the Rock It Membership Page, "Top DIY Sports Food"

### 6 - Autumn Salad in a Jar:

Teaoli Wild Sage & Mushroom Olive Oil and Fig Balsamic Vinegar (check out our dressing board on pinterest for dressing recipes)  
 Quinoa  
 Turkey Breast  
 Fresh or Dried Cranberries  
 Walnuts or Pecans  
 Pumpkin Seeds  
 Greens of choice – Butter Lettuce, Kale Mix, Etc

For the Week of: October 16<sup>th</sup>, 2016

## Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk	Eggs Turkey Breast Chicken Breast (2) Grass fed Beef Pork	GF English Muffins	Butter Lettuce Kale Mix Avocado Garlic Rosemary Brussels Sprouts Sweet Potato Red Onion Yellow Onion (2) Apples Sprouts Tomatoes Lime Juice Lemon Juice Jalapeno Green Pepper	GF Pancake Mix Almond Butter Dried cranberries Pumpkin Seeds Ground Flaxseed Pumpkin Puree Pecans Rice Hummus Salsa Chicken broth Orange Juice Black Beans Perfect Bars	Applegate Sausage Steamer Veggies	Green Tea Chocolate Protein Powder Coconut Oil Honey GF Oats Pumpkin Pie Spice Celtic Sea Salt Olive Oil & Vinegar Quinoa Cinnamon Apple Cider Vinegar Garlic Powder Chili Powder Cumin Paprika Oregano Bay Leaves	