

For the Week of: October 23rd, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Gluten Free Pancakes + Applegate Sausage + Green Tea	Sweet Potato & Kale Hash <sup>1</sup> + 2 boiled eggs	Sweet Potato & Kale Hash <sup>1</sup> + 2 boiled eggs	Sweet Potato & Kale Hash <sup>1</sup> + 2 boiled eggs	Sweet Potato & Kale Hash <sup>1</sup> + 2 boiled eggs	Sweet Potato & Kale Hash <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	Crockpot Cauliflower Chicken Chili <sup>2</sup>	Leftovers	Chickpea Pumpkin Coconut Curry <sup>3</sup> + Pork Chops	Leftovers	Stuffed Salmon <sup>4</sup>	Leftovers
<b>Snacks &amp; Recovery</b>	Fruit & Power Protein Mix <sup>5</sup>	Fruit & Power Protein Mix  Turmeric Colada Recovery Shake <sup>5</sup>	Fruit & Power Protein Mix  Turmeric Colada Recovery Shake	Fruit & Power Protein Mix	Fruit & Power Protein Mix  Turmeric Colada Recovery Shake	Fruit & Power Protein Mix	Fruit & Power Protein Mix
<b>Prep Needed</b>	Make Salads Prep Crockpot Meal				Prep Salmon & Refrigerate for cooking next day		

## Recipe Links:

- 1 - <http://sharedappetite.com/breakfast/sweet-potato-and-kale-hash/>
- 2 - <http://cookeatpaleo.com/crock-pot-cauliflower-chicken-chili/>
- 3 - <http://www.emilieeats.com/chickpea-pumpkin-coconut-curry-vegan/>
- 4 - <https://www.pinterest.com/pin/341288477994291382/>
- 5- from the Rock It Membership Page, "Top DIY Sports Food"

### 6 - Autumn Salad in a Jar:

Teali 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

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## Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk Feta	Eggs Turkey Breast Chicken Breast Boneless, Skinless Chicken Thighs Pork Chops Salmon	GF English Muffins	Butter Lettuce Kale Mix Sweet Potatoes Shallots Red Bell Pepper (2) Avocado Cauliflower Onion (2) Poblano Pepper Garlic Carrots Tomatoes Baby spinach Basil Fresh ginger Banana	GF Pancake Mix Almond Butter Dried cranberries Pumpkin Seeds Pecans Rice Chicken broth Tomato Puree Pumpkin Puree Chickpeas Coconut Milk Sundried tomatoes Rice Pineapple juice	Applegate Sausage Steamer Veggies Kale	Green Tea Chocolate Protein Powder Vanilla Protein Powder Coconut Oil Honey Olive Oil & Vinegar Quinoa Cumin Paprika Grass-fed Butter Chili Powder Curry Powder Ground Ginger Turmeric Cinnamon	