

For the Week of: September 4th, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Gluten Free Pancakes + Applegate Sausage + Green Tea	Carrot Cake Baked Oatmeal Bars ⁴ + 2 boiled eggs	Carrot Cake Baked Oatmeal Bars+ 2 boiled eggs	Carrot Cake Baked Oatmeal Bars+ 2 boiled eggs	Carrot Cake Baked Oatmeal Bars+ 2 boiled eggs	Carrot Cake Baked Oatmeal Bars+ 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	Herbed Lemon Garlic Chicken Skewers ¹	Leftovers	Simple Cod Piccata ² and roasted veggies	Leftovers	Slow Cooker Enchilada Quinoa Bake ³	Leftovers
Snacks & Recovery	Fruit & Power Protein Mix ⁵	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
Prep Needed	Make Oatmeal Bars if needed		Prep slow cooker meal		Prep slow cooker meal Make beans		

Recipe Links:

- 1 - <http://therecipecritic.com/2015/07/herbed-lemon-garlic-chicken-skewers/>
- 2 - <http://paleogrubs.com/cod-recipe3> - <http://www.closetcooking.com/2015/04/chipotle-lime-salmon.html>
- 3 - <http://www.cookingclassy.com/2014/12/slow-cooker-enchilada-quinoa-bake/>
- 4 - <http://www.sweetashoney.co/carrot-cake-baked-oatmeal-bars-healthy-on-the-go-breakfast/>

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Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other
Cashew Milk Cheddar Cheese	Eggs Chicken Breast- 2 Salmon	GF English Muffins	Apples Carrots Ginger Bananas Blueberries Kale Mix Butter Lettuce Radishes Grape Tomatoes Veggies for Roasting Yellow onion 2-Red Bell Pepper Garlic Avocados Cilantro Limes Green onions Lemons Zucchini Red onion	GF Pancake Mix Almond Butter Shredded coconut Raw Almonds Ground Flaxseed Raisins Pepitas Chicken Broth Perfect Bars Can tomatoes w/green chilies Tomato sauce Black beans Pinto beans Capers	Applegate Sausage Steamer Veggies corn	Green Tea Chocolate Protein Powder Quinoa Olive Oil Balsamic Vinegar Oats Cinnamon Ginger Coconut oil Honey Chili powder cumin	