









# August 2018



# Jackson

Training Topic	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Non-Verbal Communication</b> 	<b>Healthy Snack</b> <b>Banana Dog Bites</b> 	<b>Crock Pot Meal</b> <b>Shredded BBQ Chicken</b> 	<b>1 Book Club</b> <b>SARTA Proline Training 1pm</b> Sarta to Dunkin for Job Training	<b>2 Candy Route Pm</b> <b>Planet Fitness</b> North Canton Library	<b>3 Candy Route AM</b> Sarta to Canes for lunch or pick up Taco Bell or Mall lunch and walk (Your choice)
<b>Balancing Workplace Friendships and Professionalism</b> 	<b>6 Sarta Training riding to Canton</b> <b>Candy Delivery to Alliance</b>	<b>7 Quality Control</b> <b>Planet Fitness</b> <b>Candy Supply Shopping</b> Van Maint/Clean vans	<b>8 Book Club</b> <b>Healthy Snack \$3.00</b> Sarta to Dunkin for Job Training	<b>9 Candy Route Pm</b> <b>Planet Fitness</b> North Canton Library	<b>10 Candy Route AM</b> Sarta to Canes for lunch or pick up Taco Bell or Mall lunch and walk (Your choice)
<b>Grocery Shopping How to Budget</b> 	<b>13 Sarta Training riding to Canton</b> <b>Candy Delivery to Alliance</b>	<b>14 Quality Control</b> <b>Planet Fitness</b> <b>Candy Supply Shopping</b> Van Maint/Clean vans	<b>15 Book Club</b> <b>Volunteer Canton Calvary</b> Sarta to Dunkin for Job Training	<b>16 Shop for Crock Pot Meal supplies</b>  <b>\$15-\$20 depending on what you order</b> <b>Planet Fitness</b> North Canton Library	<b>17 Candy Route AM/PM</b> Sarta to Canes for lunch or pick up Taco Bell or Mall lunch and walk (Your choice) <b>Crock Pot meal \$10-15</b>
<b>Social Media</b> 	<b>20 Sarta Training riding to Canton</b> <b>Candy Delivery to Alliance</b>	<b>21 Quality Control</b> <b>Planet Fitness</b> <b>Candy Supply Shopping</b> Van Maint/Clean vans <b>Bible Study</b>	<b>22 Book Club</b> <b>Sarta to Dunkin for Job Training</b>	<b>23 Candy Route Pm</b> <b>Planet Fitness</b> North Canton Library	<b>24 Candy Route AM</b> Sarta to Canes for lunch or pick up Taco Bell or Mall lunch and walk (Your choice)
<b>Customer Service</b> 	<b>27 Sarta Training riding to Canton</b> <b>Candy Delivery to Alliance</b>	<b>28 Quality Control</b> <b>Planet Fitness</b> <b>Candy Supply Shopping</b> Van Maint/Clean vans	<b>29 Book Club</b> <b>Sarta to Dunkin for Job Training</b>	<b>30 Candy Route Pm</b> <b>Planet Fitness</b> North Canton Library	<b>31</b> <b>CLOSED</b> <b>In service</b>

# weelicious

## Banana Dog Bites (Serves 4)

Prep Time: 0 mins    Cook Time: 0 mins



### Ingredients

- 2 Bananas, peeled
- 1/4 Cup peanut butter, divided (you could also use almond or sunflower butter)
- 2 Tortillas

### Preparation

1. Place one tortilla on a flat surface and spread 2 tbsp of peanut butter on the tortilla to evenly coat.
2. Place one banana near the edge of the tortilla and roll it up.
3. Slice into 1/2 inch rounds and serve.

\*If your tortilla bread is stiff, you can put it in the microwave in between two pieces of moist paper towel and heat for 15-20 seconds or until softened.



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## Crockpot Pulled Chicken

**Prep time**

5 mins

**Total time**

5 mins



### Ingredients

- 5-6 frozen boneless chicken breasts (no need to thaw)
- 1½ cups BBQ Sauce (any kind will work)
- ½ cup of Italian Dressing (you can substitute with apple cider vinegar for variations)
- 1 onion -chopped or slices (I do chopped to help "hide" them from the kids)
- Garlic Salt and pepper-sprinkled in

### Instructions

1. Cook on low for 6-8 hours.
2. Take 2 forks and shred the chicken in the crock pot. Then mix in with the sauce.
3. I like to top Monterrey jack cheese on the buns.
4. These are also good without buns, and I have even thought about putting them on tortillas!
5. \*Note: This makes a lot. This normally makes enough for 2 meals, so I freeze the left overs in a freezer bag for an easy meal.

Recipe by Eating on a Dime at <https://www.eatingonadime.com/crockpot-pulled-chicken-recipe/>