

UNDER \$100 ON THM

SHOPPING LIST

PRODUCE

3 tomatoes	\$.68
1 head of cabbage	\$3.00
2 onions	\$1.34
2 lemons	\$1.00
1 garlic bulb	\$.50
3 heads of lettuce	\$3.00
2 cucumbers	\$2.00
1 zucchini	\$1.23
1 bunch of celery	\$2.38

FROZEN

2.5 lbs chicken wings	\$6.99
12 oz mixed vegetables	\$1.29
10 oz. chopped spinach	\$1.00
16 oz. mixed berries	\$4.49
16 oz. sliced peaches	\$3.99

DAIRY

cheddar cheese	\$2.50
heavy whipping cream	\$2.39
low-fat cottage cheese	\$2.99
4 dozen eggs	\$6.67
butter	\$3.69
0% non-fat Greek yogurt	\$2.89
unsweetened vanilla almond milk	\$1.79

CANNED GOODS/PANTRY

2 cans of blackbeans	
1 can garbanzo beans	\$1.69
1 quart chicken stock	\$.89
2 lbs. brown rice	\$2.00
12 oz. canned tuna	\$2.00
hot sauce	\$2.59
mayonnaise (no sugar)	\$.49
Ken's ranch dressing	\$2.49
light vinaigrette	\$2.99
old fashioned oats (GF if needed)	\$1.50
	\$3.69

MEAT

6-8 chicken thighs	\$6.99
whole cut-up chicken	\$4.90
1 lb. bacon	\$3.99
1 lb. on-plan sausage like Aidell's	\$5.49
deli lunch meat	\$2.99

STAPLES

olive oil	cracked black peppercorns
mustard	bay leaf
oregano	ginger
thyme	rice wine vinegar
salt	sesame oil
pepper	pepper flakes
cayenne pepper	cocoa powder
cinnamon	protein powder
nutmeg	peppermint extract
soy sauce	stevia
	garlic powder

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MENU

BREAKFASTS

Peppermint Patty protein shake (S or FP)
Fat Stripping Frappa (FP)
eggs (fried, scrambled, any way you prefer) (S)
Peach Spice overnight oatmeal (E)

LUNCHES

Salad with tuna and light vinaigrette (S or FP)
Brown rice with leftover chicken (E)
Mexican Cottage Cheese salad (FP)
BLT Salad (S)
Nicey Ricey Salad (E)
Salad with boiled eggs and ranch (S)
Leftovers

DINNER

Iron-Man Frittata (S)
Pan roasted lemon chicken w/ frozen veggies (S)
Spicy Chicken Wings w/ celery and ranch (S)
Burrito Bowls (E)
Crockpot Pulled Chicken with Salad (S)
Stir-Fry (S)
Sausage and frozen veggies (S)

SNACKS

Roasted crispy garbanzos (E)
boiled eggs (S)
Greek yogurt (FP)
Fat Stripping Frappa (FP)
Cottage Berry Whip (FP)

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MENU INSTRUCTIONS

BREAKFASTS

Peppermint Patty protein shake from DashingDish.com - add coconut oil to add healthy fats and make this an (S) instead of (FP)

Fat Stripping Frappa (FP) (THM page 240)

eggs (fried, scrambled, any way you prefer) (S)

Peach Spice overnight oatmeal from Briana-Thomas.com (E)

Other favorite oatmeal recipes - you can do a lot with oats! I just search Pinterest for yummy E options.

LUNCHES

Salad with tuna and vinaigrette (S) - lettuce, tomato, cucumber, cheese, tuna, & dressing

Brown rice with leftover chicken (E) - 3/4 cup brown rice with leftover white chicken

Mexican Cottage Cheese salad (FP) (THM page 302)

BLT Salad (S) (THM page 306)

Nicey Ricey Salad (E) (THM page 304)

Salad with boiled eggs and ranch (S)

Leftovers

DINNER

Iron-Man Frittata (S) from allrecipes.com - sub heavy cream for milk

Pan roasted lemon chicken w/ frozen veggies cooked in butter (S)

Spicy Chicken Wings (THM page 323) w/ celery and ranch (S)

Burrito Bowls (E) - Season cooked rice and canned black beans as desired, then top with salsa and Greek yogurt.

Crockpot Pulled Chicken with Salad (S)

Stir-Fry (S) - use recipe linked at workingathomeschool.com

Sausage and frozen veggies (S) - cook both according to package directions

SNACKS

Roasted crispy garbanzos (THM page 397)

boiled eggs

Greek yogurt

Fat Stripping Frappa (THM page 240)

Cottage Berry Whip (THM page 379)