

November Menu

from workingathomeschool.com

Week 1 Shopping List - Days 1-7

Meat

2 lbs beef stew meat
9 lbs boneless, skinless chicken breasts
(for freezer cooking session)
2 chicken breasts for soup
2 chicken breasts for lunches
20 lbs chicken wings or drumsticks
6 lbs ground beef
6-8 lbs chicken thighs with bones and skin
6 lbs ground turkey
24 lbs frozen chicken leg quarters
2 packages bacon or turkey bacon
diced ham (1/2 pound)
breakfast sausage (watch out for added
sugar, and make sure you get enough for
the whole family for one breakfast)
organic hot dogs
deli meat (enough for three lunches: one
salad, one snack, and meat and cheese roll
ups)
smoked salmon or other protein for lunch
salad

Dairy/Refrigerated Section

5 oz part skim mozzarella
sliced cheese for lunches
fat free cottage cheese for protein shakes
1 large carton of egg whites
16 oz mozzarella or monterey jack (for
topping pizza)
1 lb. butter (plus extra if your family needs
it)
24 oz heavy whipping cream
8 oz sour cream
10 cups cheddar cheese (this came to
about 2 1/2 pounds for me, but you could
buy less and just go easy on the cheese if
you need to)
2 dozen eggs + enough for two breakfasts
(I buy 1 egg per child for each breakfast
and 2 or 3 per adult) + enough to boil eggs
for snacking
unsweetened almond or cashew milk

Other

freezer gallon bags
freezer snack or sandwich bags

Frozen

frozen diced okra
frozen peaches
10 oz package frozen broccoli

Produce

2 whole shallots or 1 yellow onion
2 medium onions (I like yellow)
4-6 large mixed color bell peppers
1 head of garlic
8 oz cremini or white button mushrooms
7 lemons
1 spaghetti squash
2 bunches fresh cilantro
3 limes
lettuce (enough for two dinner side salads
and two lunch main dish salads)
favorite veggies for salads (I like
cucumbers and tomatoes)
favorite veggies to dip in ranch dressing for
lunch (I like cucumbers, grape tomatoes,
and bell peppers)
tomatoes (to slice for lunch)
1 lb. green beans (you could buy frozen if
fresh are not available)

Pantry

3 14 1/2 oz cans diced tomatoes
peanut butter
Parmesan cheese
4 cans tomato paste
24 ounces tomato sauce
2 1/2 lbs rice
6 cans diced tomatoes OR
9 cans Rotel if you like spicier meals
3 cans pineapple chunks
1 bag Great Northern white beans
56 ounces chicken broth
3 cans pinto beans
1 can of Rotel
3 cans of corn kernels
mayonnaise
2 cups oats (make sure they are GF if you
need it) + 1/2 cup per person for Overnight
Oatmeal
salad dressing (I buy ranch and Italian,
under 2 carbs each)
quinoa
nuts (for lunch and snacking)
Parmesan Cheese (green can)
sugar-free pizza sauce (or make your own)
pepperoni and other favorite pizza toppings
8 oz. beef consommé or broth

Staples

mineral salt
ingredients needed for protein shakes from
DashingDish.com (just pick one and make
sure you have what you need)
MCT oil or coconut oil
cocoa powder
protein powder (you could also substitute
extra cottage cheese for protein shakes)
vanilla extract
onion powder
Italian seasoning mix
olive oil
water
yellow mustard (you'll need 9 tablespoons)
apple cider vinegar
paprika
cinnamon
ground cloves
cayenne pepper
mineral salt
black pepper
liquid smoke
blackstrap molasses
Super Sweet Blend or
Pure Stevia Extract
onion powder
garlic powder
dried rosemary
dried parsley
chili powder
cajun spice
chives
ground cumin
creole seasoning
nutritional yeast
nutmeg (optional)
hot sauce
THM Baking Blend
golden flaxseed flour