

November Menu

from workingathomeschool.com

Week 2 Shopping List - Days 8-14

Meat

1 large, 2" thick pot roast
1 lb ground beef
6-8 Italian sausages
10 chicken drumsticks (or enough for one dinner for your family)
16-20 oz salmon filets (or enough for one dinner for your family)
2 lbs boneless skinless chicken breasts for Salsa Verde Chicken
1/2 - 1 lb boneless skinless chicken breasts for lunch
1/2 lb diced ham
1 package bacon
1 package breakfast sausage
organic hot dogs
deli meat
smoked salmon for lunch salad (you can substitute another protein if you want)

Dairy/Refrigerated Section

optional cheese and sour cream for taco skillet
Parmesan cheese
14 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
6 cups of cheddar unsweetened almond or coconut milk
2 sticks of butter
4 oz. heavy cream
low-fat cottage cheese for protein shakes
deli-sliced cheese

Frozen

1 bag frozen veggies to serve as a side
frozen peaches for overnight oatmeal

Produce

green beans
tomatoes
your favorite salad ingredients (for two side salads and two lunch salads)
2 large onion
baby kale or greens for taco skillet
4 large bell peppers
4 cloves garlic

Staples

mineral salt
vanilla extract
cocoa powder
pepper
paprika
oregano
cinnamon
cayenne pepper (optional)
Italian seasoning
taco seasoning or ingredients to make your own
olive oil
ground cloves or nutmeg
parsley
chives
cumin
garlic powder
low-carb sweetener like Gentle Sweet, Sweet Blend, or Truvia
Montreal or steak seasoning blend
protein powder (or you could use extra low-fat cottage cheese to replace protein powder)
MCT or coconut oil
ingredients needed for protein shakes from DashingDish.com (just pick one and make sure you have what you need)

Pantry

1 can Rotel
2 cans diced tomatoes
mayonnaise (or make your own)
brown rice
16 oz roasted salsa verde
2 cups oats (make sure they are GF if you need it) + 1/2 cup per person for Overnight Oatmeal
golden flax
peanut butter
quinoa
salad dressing (or make your own)
favorite nuts (for lunch and snacks)
THM Baking Blend

**If you didn't make freezer meals in week one, you'll also need ingredients for "Wipe Your Mouth BBQ" from the THM Cookbook