

November Menu

from workingathomeschool.com

Week 3 Shopping List – Days 15–21

Meat

6 lbs ground beef (2 for pizza casserole, 2 for tacos, 2 for Swedish meatballs)
4 lbs chicken breasts
1/2 - 1 lb boneless skinless chicken breasts for lunch
4-5 cups diced, cooked chicken (I just grab a rotisserie chicken, or buy extra chicken breasts to make at home)
1/2 lb diced ham
1 package bacon (reserve a piece or two for Buffalo Chicken Casserole)
1 package breakfast sausage
organic hot dogs
turkey pepperoni (optional, for pizza)
deli meat
smoked salmon for lunch salad (you can substitute another protein if you want)

Dairy/Refrigerated Section

1/3 less fat cream cheese
cheese and sour cream (optional, for tacos)
16 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
1 lb mozzarella
2 lbs cheddar cheese
unsweetened almond or cashew milk
sour cream
2 sticks of butter
4 oz. heavy cream
low-fat cottage cheese for protein shakes
deli-sliced cheese

Pantry

5 quarts chicken broth
1 lb bag Great Northern White Beans
2 cups oats (check menu instructions for oatmeal to see if you need to add more)
golden flaxseed
quinoa
THM Baking Blend or substitute
wild rice
hot sauce
sliced olives (optional, for pizza)
1 jar pizza sauce (sugar-free)
1 can of Rotel
salad dressing (or make your own)
favorite nuts (for lunch and snacks)

Frozen

2 16 oz bags frozen cauliflower
frozen seasoning blend (diced onion, celery, and peppers)
frozen peaches for overnight oatmeal

Produce

carrots
2 medium heads cauliflower
celery
1 handful cilantro
green onion
2 large onions
favorite taco toppings (lettuce, tomatoes, bell peppers)
your favorite salad ingredients (for two side salads and two lunch salads)
favorite veggies to slice for lunches
bell pepper (optional, for pizza)

Staples

mineral salt
dried thyme
cocoa powder
pepper
paprika
oregano
cinnamon
cayenne pepper (optional)
nutmeg (optional)
taco seasoning or ingredients to make your own
olive oil
cajun seasoning
parsley
chives
cumin
garlic powder
low-carb sweetener like Gentle Sweet, Sweet Blend, or Truvia
vanilla extract
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)

**If you didn't make freezer meals in week one, you'll also need ingredients for "Lemon Herb Drummies" from the THM Cookbook