

November Menu

from workingathomeschool.com

Weeks 4 & 5 Shopping List - Days 22-30

Meat

2 lbs ground beef
burger patties (enough for your family)
whole chicken
chicken breasts for alfredo (or leftovers from whole roasted chicken)
6-7 large chicken breasts (5 for dinner +1 or 2 for lunch)
diced ham for breakfast casserole
bacon
breakfast sausage (watch out for added sugar)
organic hot dogs for lunch
deli meat
smoked salmon for lunch (can use other favorite protein)

Dairy/Refrigerated Section

1 cup mozzarella cheese
2 dozen eggs + enough for two breakfasts for the family + boiled eggs for snacks
1 lb butter
8 cups grated cheddar cheese
sliced cheese for burgers and lunches
2 cups heavy cream
2 sticks butter
2 cups grated Parmesan
0% Greek yogurt (topping for Southwest chicken)
unsweetened almond or cashew milk

Pantry

sugar free tomato sauce
4 cans Rotel tomatoes
30 oz beef broth
1 can of corn
1 can of black beans
brown rice
salsa (optional, for Southwest Chicken)
1 1/2 cups oats for German pancake
1/2 cup old fashioned oats PER PERSON for overnight oatmeal
salad dressing
quinoa
peanut butter

Frozen

1 bag frozen veggies for side dish
frozen peaches

Produce

2 bell peppers
your favorite salad ingredients for 2 side salads with dinner + 2 salads for lunch
1 onion
2 cloves garlic
fresh green beans for side dish (or frozen)
1 spaghetti squash
fresh cilantro (or dried)
favorite veggies to slice for snacks and lunch
tomatoes for lunch

Staples

baking powder
apple cider vinegar
flax meal or flour
coconut flour
mineral salt
Italian seasoning
dried thyme
cocoa powder
chili powder
pepper
paprika
oregano
cinnamon
cayenne pepper (optional)
nutmeg (optional)
taco seasoning or ingredients to make your own
olive oil
cajun seasoning
onion powder
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 "Slim Sloppy Joes" "Cowboy Grub" and "Crispy Lickin' Chicken" from the THM Cookbook