

# December Menu

from [workingathomeschool.com](http://workingathomeschool.com)

## Week 1 Shopping List Days 1-5

### Meat

bacon  
8 oz diced ham  
roast beef or other favorite deli meat for lunch  
1-2 chicken breasts for lunch  
4 lbs chicken breasts for dinners  
4 lbs lean ground turkey  
whole chicken  
1-2 lbs ground beef for spaghetti sauce

### Produce

1 large banana  
green onions  
3 bell peppers (green, yellow, and orange or red)  
fresh chives (optional)  
sliced veggies for lunch (we usually have cucumbers, mini peppers, and tomatoes)  
zucchini  
spinach  
fresh basil (optional, you could substitute dried)  
1 lemon  
brussels sprouts or other favorite side-dish  
veggie  
spaghetti squash  
1 onion  
6 oz. mushrooms  
fresh garlic  
fresh cilantro (optional)

### Pantry

quinoa  
5 cups unsweetened lowfat coconut milk in a carton  
1 can full-fat coconut milk  
peanut butter  
2 cups rolled oats  
low-carb salad dressing  
kalamata olives  
hot sauce  
3 cups cooked beans or 3 cans  
2 lbs brown rice  
7 cans diced tomatoes (can sub a few cans of Rotel if desired)  
diced green chiles (optional)  
2 quarts chicken broth  
tomato paste  
1 can of tuna  
1 can of garbanzo beans  
2 cans of pinto beans  
2 cans of corn kernal  
1 can of pumpkin  
no-sugar-added spaghetti sauce

### Dairy/Refrigerated Section

egg whites for scramble  
2 dozen eggs + enough for 2 breakfasts for your family  
unsweetened almond or cashew milk  
butter (or ghee, if you tolerate that better, or omit butter if needed)

### Frozen

diced okra  
frozen berries  
6 cups frozen diced onion/celery/pepper blend

### Staples

Whole-husk psyllium flakes  
gelatin  
vanilla extract  
butter extract  
probiotics for coconut milk  
unsweetened protein powder (I use egg white protein powder from Jay Robb)  
Gentle Sweet (can substitute other sweeteners, but please check THM's conversion chart)  
Super Sweet (can substitute other sweeteners, but please check THM's conversion chart)  
MCT oil (can sub coconut oil to save money)  
coconut oil  
cocoa powder  
salt  
pepper  
Italian seasoning  
coconut oil cooking spray  
baking soda  
baking powder  
unsweetened applesauce  
nutritional yeast (optional)  
seasoned salt  
Greek seasoning  
cumin  
taco seasoning  
garlic salt  
garlic powder  
onion powder  
ground cloves\*  
nutmeg\*  
ginger\*  
allspice\*  
cinnamon\*  
nuts (optional)  
sugar-free chocolate chips (optional)  
sunflower lecithin (I've omitted this with no problems)  
glucomannan (I'm allergic to it so I skip this all the time and don't miss it)  
collagen  
Trim Healthy Mama Baking Blend  
\*can substitute pumpkin pie spice for above ingredients