

January Menu

from workingathomeschool.com

Week 1 Shopping List Days 1-9

Meat

4 oz sausage or chorizo for each omelet (make sure there's no added sugars or carbs)
bacon
16 large chicken breasts (don't panic - some of these will be frozen to use later in the month)
deli meat for lunches
steak (enough for one dinner - this was a special occasion meal for us. If you want to save some money, you could try roast instead)
1 whole chicken for roasting
ham on the bone - you'll want to dice 2 cups of ham, then use the bone to make a broth for soup
2 lbs ground beef

Dairy/Refrigerated Section

goat cheese (optional, for omelet)
3 dozen eggs + enough for 1 egg breakfasts for your family
unsweetened almond or cashew milk
butter (or ghee, if you tolerate that better, or omit butter if needed)
8 oz. pepper jack cheese
0% Greek yogurt
sliced cheese for meat roll-ups (optional)
cottage cheese
2 cups grated cheese + extra for tacos (optional)
sour cream (optional)

Produce

baby spinach leaves (for omelet and salads)
avocado (for omelet)
blueberries x 2 (could substitute frozen)
favorite fresh vegetables for lunches - I like cucumbers, grape tomatoes, and mini bell peppers
favorite salad ingredients
Brussels sprouts
fresh green beans
3 onions
3 large bell peppers
1 head of garlic
2 lbs mushrooms
4 cups broccoli (1-2 large heads, or just get frozen)
jalapeno (optional)
spaghetti squash (I buy 2 to feed my family of 7)
fresh tomatoes, lettuce, or other preferred taco toppings

Pantry

16 oz. salsa verde
quinoa
12 oz. mild roasted green chiles
roasted red peppers for egg muffins (1 big jar should last the month, so you may want to cross this off of future shopping lists, but you can also just substitute diced tomatoes if you want to).
peanut butter
old-fashioned oats
3 lbs brown rice (I usually get an extra pound for the kids' lunches)
salad dressing (or you could make your own)
32 oz chicken broth or chicken stock
5 cans Great Northern Beans
28 oz can diced tomatoes
15 oz can diced tomatoes
2 cups dried black beans
2 cups dried pinto beans
20 oz. canned pineapple rings
6 oz can tomato sauce
olives or other favorite taco toppings
nuts for snacking

Staples

gallon freezer bags
salt
pepper
olive oil
protein powder
Truvia or THM Super Sweet Blend
stevia
MCT oil or coconut oil
cocoa powder
cinnamon
vanilla extract
baking powder
garlic powder
cumin
cayenne pepper
paprika
Spike seasoning or other favorite all-purpose seasoning
bay leaves
dill weed
basil
parsley
coconut aminos
Just Like Brown Sugar (or THM brown sugar substitute from Pinterest)
taco seasoning (or make your own)

Frozen

frozen berries (if you didn't buy fresh)
frozen broccoli (if you didn't buy fresh)