

January Menu

from workingathomeschool.com

Week 3 Shopping List Days 17-23

Meat

4 oz sausage or chorizo for each omelet (make sure there's no added sugars or carbs)
2 lbs bacon or turkey bacon
3 large chicken breasts +
1 lb. chicken breasts
deli meat for lunches
2 lbs ground turkey
large beef roast
bone-in chicken thighs (enough for 1 dinner for the whole family, but I like to make a few extras for lunch the next day)

Produce

baby spinach leaves (for omelet and salads) +
extra 8 oz for Quiche
avocado (for omelet)
1 head of romaine lettuce
blueberries x 2 (could substitute frozen)
favorite fresh vegetables for lunches and snacks
- I like cucumbers, grape tomatoes, and mini bell peppers
1 red onion
2 yellow onions
tomatoes for Greek salad
cucumbers for Greek salad
favorite salad ingredients
1 head of garlic
1 lemon
fresh green beans (can sub canned or frozen)
baby carrots
celery
mushrooms

Dairy/Refrigerated Section

goat cheese (optional, for omelet)
8 eggs + enough for 1 egg breakfast for your family and snacks
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
feta cheese
parmesan
4 oz mozzarella
4 oz cheddar
heavy cream
half and half
butter

Frozen

frozen berries (if you didn't buy fresh)
frozen diced onion/pepper mix
frozen veggies for steaming

Staples

salt
pepper
protein powder
Truvia or THM Super Sweet Blend
stevia
MCT oil or coconut oil
olive oil
oregano
chili powder
dried parsley
garlic powder
dill (for salad dressing, or you could use fresh)
cocoa powder
cinnamon
cumin
cayenne pepper (optional)
vanilla extract
baking powder
check DashingDish.com for ingredients needed for favorite shake recipe
glucomannan

Pantry

16 oz. salsa verde
quinoa
1 small can 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
2-3 lbs brown rice (for lunches, sides, and Cowboy Grub)
salad dressing (or you could make your own)
kalamata olives
2 14 oz. cans diced tomatoes or 3 cans mild Rotel
15 oz can pinto beans
1 can whole corn kernels (or sub frozen corn)