WorkingatHomeschool

April Menu Week 4

*gluten-free; dairy-free; THM-compliant*

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| Sunday | [Cream of Asparagus Soup](http://www.deliciousobsessions.com/2013/02/cream-of-asparagus-celery-and-zucchini-soup-recipe-gluten-and-dairy-free/) w/ Grilled Chicken (S) – You could follow directions [HERE for chicken thighs](http://www.thekitchn.com/how-to-cook-boneless-skinless-chicken-thighs-in-the-oven-180140), or [HERE for chicken breasts](http://www.thekitchn.com/how-to-cook-the-best-chicken-breasts-in-the-oven-cooking-lessons-from-the-kitchn-211453), or just use a favorite recipe |
| Monday | [Artichoke Pesto Spaghetti Squash w/ Chicken](http://www.stayfitmom.com/paleo-artichoke-pesto-pasta-with-chicken/) (S)  |
| Tuesday | [Stuffed Bell Peppers (S)](http://darciesdishes.blogspot.com/2015/04/mexican-stuffed-peppers-e.html) If you are just following THM, this recipe is awesome as-is for an E recipe. **For Paleo and Whole30**, I omit the rice and beans entirely, or serve them to my kids, and just double-stuff the bell peppers with chicken and seasoning and add a sautéed zucchini. It tastes great this way! For these modifications: 1) double the chicken; 2) Sauté 1 diced zucchini in coconut oil until cooked through, then mix in with chicken before stuffing bell peppers. Without the rice and beans, this recipe changes from a THM “E” to a THM “S.”  |
| Wednesday | [Paleo Asian Chicken Soup (S)](https://onceamonthmeals.com/recipes/paleo-asian-chicken-soup/) – As written, this recipe serves 4, so I doubled it and added additional ingredients to the shopping list |
| Thursday | [Ginger Chicken Drumsticks](http://agirlworthsaving.net/2012/06/ginger-chicken-recipe.html) w/ crudites (S) As written, this recipe serves 4, so I doubled it and added additional ingredients to the shopping list – for crudites, I just make our favorite veggies and salad dressing or dip. If you want to go all out, you [could follow the directions here](http://www.foodnetwork.com/recipes/food-network-kitchens/crudite-platter-recipe.html) (except for the mango chutney, which isn’t approved on any of these eating plans), but you’ll need to add the ingredients listed on the link  |
| Friday | [Slow Cooker Paleo Thai Chicken (S)](https://onceamonthmeals.com/recipes/slow-cooker-paleo-thai-chicken/)  - As written, this recipe serves 4, so I doubled it and added additional ingredients to the shopping list. I omit the arrowroot entirely with this recipe and it’s still great. |
| Saturday | Burgers with Fried Eggs and Salad (S) – for the burgers, I use ground beef or turkey patties and cook as directed on the package (boring, I know), but then I fry an egg in butter or coconut oil and slide it on top (not boring! Delicious) and serve with a side salad |

Breakfasts – [Breakfast Hash (E)](http://www.stayfitmom.com/breakfast-hash/) (for THM, use sweet potatoes), bacon and eggs (S), hardboiled eggs with prosciutto or pancetta (S), baked sweet potatoes with scrambled egg whites (E), omelets (S), scrambled egg whites and veggies sautéed in 1 tsp coconut oil (FP), avocado egg cups (S) – one half is a THM S.

Lunches – leftovers, salad with grilled chicken, veggies, bacon, and ½ avocado and olive oil and vinegar dressing (S), [Southwest Chicken Salad (S),](http://www.primallyinspired.com/southwest-chicken-salad/) [turkey avocado wraps (S) (I only used about ¼ of the carrots in this recipe) with boiled eggs,](http://www.allthingsgd.com/2014/07/turkey-avocado-wraps-whole30-paleo/) [Taco Salad in a Jar (S)](http://freerangekaty.com/?p=149), [Healing Chicken Soup](http://stupideasypaleo.com/2014/08/17/healing-chicken-soup-paleo-whole30/) (S, possibly FP if your ingredients are low-fat), [Roast Beef Roll-ups with fruit (S),](http://nomnompaleo.com/post/30457067976/a-week-of-paleo-school-lunches-part-4-of-5)

Snacks – Sliced veggies, boiled eggs, nuts and seeds, fruit (pair with a protein source, like lean leftover chicken for THM)

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|  | ***Produce*** |
|  | **1 medium onion** |
|  | **5 heads of garlic (lunch, Sunday dinner)** |
|  | **1 bell pepper** |
|  | **4 sweet potatoes** |
|  | **2 heads of broccoli** |
|  | **Your favorite veggies for omelets (or use leftover vegetables)** |
|  | **Avocados (1/2 per person for breakfast) + 2-3 extra for lunch salads**  |
|  | **Lettuce (enough for the whole family for two lunch salads and one dinner side salad for the family) + Romaine Leaves for Paleo Taco Wraps (Monday)** |
|  | **Favorite salad veggies** |
|  | **2 bunches of green onions for lunches, reserve 1 stalk for Thursday (great in omelets if you have any leftovers at the end of the week!)** |
|  | **Carrots (or pre-shredded) (wraps and chicken soup),( + 1 extra for Tuesday)** |
|  | **2 carrots** |
|  | **Spinach (taco salad)** |
|  | **Tomatoes (taco salad)** |
|  | **1 large piece fresh ginger (chicken soup, + Wednesday dinner, Thursday dinner)** |
|  | **2 pkgs Mushrooms (chicken soup +Wednesday dinner)** |
|  | **Favorite veggies for roll-ups (cucumbers, bell peppers, tomatoes)** |
|  | **Fresh berries** |
|  | **Favorite fruits and veggies for snacks** |
|  | **3 large sweet onions (Sunday, Tuesday, Thursday)** |
|  | **1 small red onion (Thursday)** |
|  | **1 small head of celery (Sunday)** |
|  | **1 bunch of asparagus (Sunday)** |
|  | **6 small to medium zucchini (Sunday) +2 extras if converting Tuesday’s recipe to Paleo/Whole 30 \*see Tuesday notes above** |
|  | **1 bunch fresh parsley (Sunday, reserve ½ bunch for Monday)** |
|  | **1 large spaghetti squash (Monday)** |
|  | **Fresh basil (about a handful or small bunch) (Monday)** |
|  | **1 lemon (Monday)** |
|  | **4 limes (Wednesday, Friday)** |
|  | **1 bunch fresh or baby spinach (Monday)** |
|  | **1 med. Green pepper (Tuesday)** |
|  | **12-14 large bell peppers (Tuesday, reserve one for Friday)** |
|  | **1 large head cabbage (Wednesday)** |
|  | **Bok Choy (Wednesday)** |
|  | **Favorite veggies for crudites (Thursday)** |
|  | ***Meat and Fish*** |
|  |  **3 lbs. bacon** |
|  | **Pancetta or prosciutto (optional, for breakfast)** |
|  | **7 chicken breasts for lunches (or 1-2** **pre-cooked rotisserie chickens to shred)** |
|  | **+ enough boneless skinless chicken breast halves or thighs for the family for two dinners (Sunday, Friday))** |
|  | **2 lbs chicken breasts or tenders (Monday, Tuesday + extra if converting to Paleo/Whole 30 \*see Tuesday notes above)** |
|  | **4 cups cooked and shredded chicken breasts, or an additional rotisserie chicken(Wednesday)**  |
|  | **4 lbs chicken drumsticks (Thursday)** |
|  | **Sliced turkey lunch meat** |
|  | **1 lb lean ground beef (to serve taco salad to 6 if needed); +burger patties or enough ground beef to form in to patties for family dinner (Friday)** |
|  | **Roast beef (for roll-ups); either a whole piece to slice or pre-sliced lunch meat** |
|  | ***Refrigerated Section*** |
|  | **Enough eggs to hardboil for snacks** |
|  | **Enough eggs for three family breakfasts**  |
|  | **Enough eggs for one fried egg per person (Friday)** |
|  | **2 cartons of egg whites (or extra fresh eggs)** |
|  | **Shredded cheese (optional if you’re not dairy-free, for Tuesday, I just skipped it)** |
|  | **Butter or Ghee (optional if you’re not DF, I just use coconut oil instead)** |
|  | **Coconut milk (1carton from the dairy section; can substitute 2 cups heavy cream if your diet allows it)** |
|  | ***Pantry*** |
|  | **Salt** |
|  | **Pepper** |
|  | **Olive oil** |
|  | **Apple Cider Vinegar** |
|  | **White distilled vinegar** |
|  | **Chili powder** |
|  | **Ground Cumin Seed**  |
|  | **Garlic powder** |
|  | **Oregano**  |
|  | **Cayenne pepper** |
|  | **Garlic powder** |
|  | **Onion Powder** |
|  | **Cinnamon**  |
|  | **Basil**  |
|  | **Bay leaves** |
|  | **Marjoram** |
|  | **Dried parsley** |
|  | **Thyme (or lemon thyme, for Sunday)** |
|  | **Coconut oil** |
|  | **Approved mayonnaise (or make your own** |
|  | **Approved salad dressing (or make your own)** |
|  | **Taco seasoning (or make your own)** |
|  | **Black olives (taco salad)** |
|  | **9-10 quarts chicken broth (chicken soup+Sunday, Monday, Tuesday, Wednesday, Friday)** |
|  | **Turmeric (chicken soup)** |
|  | **Fish sauce (gluten-free, for chicken soup)** |
|  | **Nuts and seeds for snacks** |
|  | **Creole seasoning** |
|  | **1 33 oz can whole artichokes in water, cut in half (Monday)** |
|  | **1/3 cup raw cashews (Monday)** |
|  | **Brown rice (for kids or THMs, not for Whole 30 or Paleo ) (Tuesday)** |
|  | **4 oz Diced green chiles (Tuesday)** |
|  | **8 oz approved salsa (or make your own) (Tuesday)** |
|  | **15 oz can black beans (for kids or THMs, not for Whole 30 or Paleo) (Tuesday)** |
|  | **8 oz approved enchilada sauce (or make your own) (Tuesday)** |
|  | **Coconut aminos (Wednesday, Friday) (you can omit this, but I love the extra flavor, so I don’t recommend it)** |
|  | **Favorite approved dressing or dip (Thursday)** |
|  | **1 jar Almond butter (Friday)** |