

WorkingatHomeschool

April Menu Week 4

gluten-free; dairy-free; THM-compliant

Sunday	Cream of Asparagus Soup w/ Grilled Chicken (S) – You could follow directions HERE for chicken thighs , or HERE for chicken breasts , or just use a favorite recipe
Monday	Artichoke Pesto Spaghetti Squash w/ Chicken (S)
Tuesday	Stuffed Bell Peppers (S) 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) - As written, this recipe serves 4, so I doubled it and added additional ingredients to the shopping list
Thursday	Ginger Chicken Drumsticks 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 (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) - 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) (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), [turkey avocado wraps](#) (S) (I only used about ¼ of the carrots in this recipe) with boiled eggs, [Taco Salad in a Jar](#) (S), [Healing Chicken Soup](#) (S, possibly FP if your ingredients are low-fat), [Roast Beef Roll-ups with fruit](#) (S),

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

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