## WorkingatHomeschool

## April Menu Week 5

gluten-free; dairy-free; THM-compliant

Sunday	Creamy Crockpot Chicken and Tomato Soup (S) — this recipe calls for 8 frozen chicken breasts, but when I made it that way, it made WAY too much for us (family of 7). So I reduced it to 4 big frozen chicken breasts, and that was perfect. If you want a big meal, or have big eaters, you could go ahead and add the extra chicken to the shopping list and try it the way the recipe recommends.
Monday	Baked Bone-in Chicken Thighs w/ Salad and Frozen Veggies (S) - I use a method similar to this one to bake the chicken thighs and I cook the frozen veggies according to package directions.
Tuesday	Crockpot Thai Green Curry (S) (you can make cauliflower rice for a side dish if desired)
Wednesday	Slow Cooker Texas Chili (S) — The printable monthly calendar originally had a different recipe, but the author of that recipe took
	down their website, so this is an excellent substitute! Sorry for the inconvenience!
Thursday	Big Dinner Salad Bar (S) - Time to get all of the extra veggies and put them to work!
Friday	Mexican Chicken Lime Soup (S)
Saturday	Crockpot Green Chile (S) (I subbed chicken for pork)

All of the dinners this week are "S" dinners (if you're a Trim Healthy Mama, you know what that means!) so I made an extra effort to have "E" snacks when I could.

Breakfasts - <u>Breakfast Hash (E)</u> (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>
•	1 medium onion +4 large onions
	(Sunday, Wednesday, Friday,
	Saturday)
•	2 heads of garlic (lunch, Sunday
	dinner, Friday)
•	1 bell pepper
	4 sweet potatoes
<u> </u>	2 heads of broccoli
•	2 fleads of bloccott
•	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
	three dinner side salads for the
	family) + Romaine Leaves for Paleo
	Taco Wraps (Monday)
•	Favorite salad veggies
•	2 bunches of green onions (great in
	omelets if you have any leftovers at
	the end of the week!)
•	Carrots (or pre-shredded) (wraps
	and chicken soup)
•	1 bunch of carrots (2 for Tuesday, 2
	for Wednesday)
•	Spinach (taco salad)
•	Tomatoes (taco salad)
•	Fresh ginger (chicken soup)
•	2 pkgs Mushrooms (chicken soup
	+Wednesday dinner)
•	Favorite veggies for roll-ups
	(cucumbers, bell peppers,
	tomatoes)
•	Fresh berries
	1

•	Favorite fruits and veggies for
	snacks
•	Green cabbage (Tuesday)
•	3 cups cremini mushrooms
	(Tuesday)
•	1 large bunch Cilantro (Tuesday,
	reserve 1/3 cup for Friday)
•	1 green bell pepper (Wednesday)
•	1 red bell pepper (Wednesday)
•	2 jalapenos (optional, Wednesday, Friday)
•	6 limes (Friday, Saturday)
<del>-</del>	Fresh parsley (Wednesday)
·	rresii parsiey (wedilesday)
	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)
	4 frozen boneless skinless chicken
•	breasts (Sunday)
•	8-12 bone-in chicken thighs
	(enough for the whole family)
	(Monday)
•	2 ½ lbs chicken breasts (Tuesday,
	reserve 1 lb for Friday)
•	1 lb ground beef (Wednesday)
•	Sliced turkey lunch meat
	1 lb lean ground beef (to serve taco
	salad to 6 if needed); +
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	•	Roast beef (for roll-ups); either a
		whole piece to slice or pre-sliced
1		lunch meat
4	•	2 lbs. pork sirloin or chicken
		breasts (Saturday)
4		` ,
4		Frozen
4		
	•	Favorite frozen veggies (Monday)
1		
		Refrigerated Section
1		
1	•	Enough eggs to hardboil for snacks
		Frank and for the confine
1	•	Enough eggs for three family breakfasts
		Dreakfasts
	•	
1	-	2 cartons of egg whites (or extra
	-	fresh eggs)
1	-	11 (311 (553)
1	•	Butter or Ghee (optional if you're
		not DF, I just use coconut oil
		instead)
		Pantry
1		
	•	coconut oil
1		
ı	•	Salt
		Berner
1	•	Pepper
	•	Olive oil
1	•	Apple Cider Vinegar
	•	White distilled vinegar
1	•	Chili powder
1		

•	Ground Cumin Seed
•	Garlic powder
•	Oregano (recipe calls for Mexican, but I used regular)
•	Cayenne pepper
•	Garlic powder
•	Onion Powder
•	Cinnamon
•	Basil
•	Italian Seasoning (Sunday)
•	Marjoram
•	Dried parsley
•	Thyme
•	Approved mayonnaise (or make
	your own
•	Approved salad dressing (or make
	your own)
•	Taco seasoning (or make your own)
•	Black olives (taco salad)
•	2 quarts chicken broth (chicken soup, Friday)
•	Turmeric (chicken soup)
•	Fish sauce (gluten-free, for chicken soup)
•	Nuts and seeds for snacks
•	Coconut oil
•	Creole seasoning
•	3 14 oz cans full-fat coconut milk
	(Sunday, Tuesday)
•	2 14 oz cans diced tomatoes
	(Sunday)
•	1 small can tomato paste
	(Sunday)
•	1 jar approved spaghetti sauce (Sunday)

•	Fish sauce (Tuesday)
•	Thai green curry paste (Tuesday)
•	Coconut aminos (optional,
	Tuesday, but I recommend
	getting it)
•	1 large can diced or chopped
	tomatoes (Wednesday)
•	Worcestershire sauce
	(Wednesday)
•	Chili powder (Wednesday)
•	Paprika (Wednesday)
•	2 cans mild Ro-tel (Saturday)
•	1 4 oz. can diced green Anaheim
	chiles