

MayMenu

THM, gluten-free, with dairy-free options

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>THM Granola (E)</p> <p>THM cookbook p. 255</p> <p>leftovers</p> <p>Meat Sauce w/ Noodles (S)</p>	<p>2</p> <p>turkey sausage w/ eggs (S)</p> <p>sweet potatoes w/ lean meat (E)</p> <p><u>Black Bean Chicken Salad (E)</u></p>	<p>3</p> <p>protein shake (S)</p> <p>turkey hot dogs, fruit, veggies (S)</p> <p>Cowboy Grub (E)</p> <p>THM Cookbook p. 59</p>	<p>4</p> <p><u>Blueberry Baked Oatmeal (E)</u></p> <p>Big Salad w/ meat (S)</p> <p>Balsamic Chicken (E)</p> <p>THM Cookbook p. 56</p>	<p>5</p> <p>boiled eggs and berries (S)</p> <p>baked chicken w/ rice (E)</p> <p><u>Grilled Cilantro-Lime</u></p> <p>Chicken w/ Salsa (S)</p>	<p>6</p> <p>protein shake (S)</p> <p>Asian Chicken Salad (S,E, or E)</p> <p><u>Sweet Potato Soup (E)</u></p>	<p>7</p> <p>scrambled eggs and bacon (S)</p> <p>baked chicken w/</p> <p>beans and salsa (E)</p> <p>Egg Roll in a Bowl (S)</p>
<p>8</p> <p>THM Granola (E)</p> <p>THM cookbook p. 255</p> <p>leftovers</p> <p>Chicken w/ Roasted Veggies (S)</p>	<p>9</p> <p>turkey sausage w/ eggs (S)</p> <p>sweet potatoes w/ lean meat (E)</p> <p><u>Taco Salad Crunch (E)</u></p>	<p>10</p> <p>protein shake (S)</p> <p>turkey hot dogs, fruit, veggies (S)</p> <p><u>Slow-Cooker Shredded Beef</u></p> <p>Tacos (S)</p>	<p>11</p> <p><u>Blueberry Baked Oatmeal (E)</u></p> <p>Big Salad w/ meat (S)</p> <p>Slim Sloppy Joes (S)</p> <p>THM Cookbook p. 63</p>	<p>12</p> <p>boiled eggs and berries (S)</p> <p>baked chicken w/ rice (E)</p> <p>baked salmon w/ asparagus</p> <p>& salad (S)</p>	<p>13</p> <p>protein shake (S)</p> <p>Asian Chicken Salad (S,E, or E)</p> <p><u>Crockpot White Bean Chili (E)</u></p>	<p>14</p> <p>scrambled eggs and bacon (S)</p> <p>baked chicken w/</p> <p>beans and salsa (E)</p> <p>Mexican Zucchini & Beef (S)</p>
<p>15</p> <p>THM Granola (E)</p> <p>THM cookbook p. 255</p> <p>leftovers</p> <p>Irish Chicken (S)</p>	<p>16</p> <p>turkey sausage w/ eggs (S)</p> <p>sweet potatoes w/ lean meat (E)</p> <p><u>Chicken Bacon Avocado Salad (S)</u></p>	<p>17</p> <p>protein shake (S)</p> <p>turkey hot dogs, fruit, veggies (S)</p> <p><u>Crockpot Carnitas (S)</u></p>	<p>18</p> <p><u>Blueberry Baked Oatmeal (E)</u></p> <p>Big Salad w/ meat (S)</p> <p>Papster Thighs (S)</p> <p>THM Cookbook p. 165</p>	<p>19</p> <p>boiled eggs and berries (S)</p> <p>baked chicken w/ rice (E)</p> <p>grilled Steak w/ Brussels (S)</p> <p>& salad (S)</p>	<p>20</p> <p>protein shake (S)</p> <p>Asian Chicken Salad (S,E, or E)</p> <p><u>Sweet Potato Quinoa Soup (E)</u></p>	<p>21</p> <p>scrambled eggs and bacon (S)</p> <p>baked chicken w/</p> <p>beans and salsa (E)</p> <p><u>Mediterranean Chicken (S)</u></p>
<p>22</p> <p>THM Granola (E)</p> <p>THM cookbook p. 255</p> <p>leftovers</p> <p>Cowboy Grub from frozen</p>	<p>23</p> <p>turkey sausage w/ eggs (S)</p> <p>sweet potatoes w/ lean meat (E)</p> <p><u>Italian Sub Salad (S)</u></p>	<p>24</p> <p>protein shake (S)</p> <p>turkey hot dogs, fruit, veggies (S)</p> <p>Lettuce-Wrapped Ground Beef</p> <p>Tacos (S)</p>	<p>25</p> <p><u>Blueberry Baked Oatmeal (E)</u></p> <p>Big Salad w/ meat (S)</p> <p>Cashew Chicken (S)</p> <p>THM Cookbook p. 65</p>	<p>26</p> <p>boiled eggs and berries (S)</p> <p>baked chicken w/ rice (E)</p> <p>baked white fish w/ salad</p> <p>and green beans (S)</p>	<p>27</p> <p>protein shake (S)</p> <p>Asian Chicken Salad (S,E, or E)</p> <p><u>Italian Chicken Soup (E)</u></p>	<p>28</p> <p>scrambled eggs and bacon (S)</p> <p>baked chicken w/</p> <p>beans and salsa (E)</p> <p><u>Skillet Chicken Fajitas (S)</u></p>
<p>29</p> <p>THM Granola (E)</p> <p>leftovers</p> <p>Whole roast chicken w/</p> <p>frozen veggies & cauli rice (S)</p>	<p>30</p> <p>turkey sausage w/ eggs (S)</p> <p>sweet potatoes w/ lean meat (E)</p> <p><u>Salad Bar (S or E)</u></p>	<p>31</p> <p>protein shake (S)</p> <p>turkey hot dogs, fruit, veggies (S)</p> <p><u>Paleo Chicken Taco Burgers (S)</u></p>				

Please visit workingathomeschool.com for printable shopping lists

and directions to make each recipe linked here THM-compliant!