## MayMenu

Shopping List for Week 1 from workingathomeschool.com

| Produce | Pantry | Staples |
| :---: | :---: | :---: |
| 2 cups blueberries | 2 lbs old fashioned rolled oats | THM Super Sweet Blend |
| berries (for breakfast) | unsweetened cocoa powder | Mineral Salt |
| favorite veggies for lunches and snacks | peanut flour (optional) | vanilla extract |
| favorite salad ingredients (enough for 1 lunch salad) | unsweetened applesauce | Protein Powder |
| fruit (for snacks and 1 lunch) | Chia seeds | **protein shake ingredients** |
| sweet potatoes (enough for 1 lunch +4 more for Friday) | $3 \mathrm{lbs}$. brown rice (lunch + Tues. \& Wed) | baking powder |
| 4 bags coleslaw mix (lunch, Saturday) | 4 cans black beans (lunch, Monday) | cinnamon |
| 6 medium onions (Wednesday, Friday, Saturday) +1 red onion | 2 cans pinto beans (Tuesday) | ground cloves |
| 2 heads garlic (Wednesday, Friday) | 2 cans corn (Tuesday) | brown sugar sub (optional) |
| 2 bunches green onions (Asian salad lunch + Monday, Saturday) | salsa (lunch) | rice wine vinegar |
| 1 cucumber | nuts (snacks) | liquid aminos or soy sauce (Saturday) |
| 1 orange (optional, for Asian salad) | plan-approved spaghetti sauce (Sunday) | coconut oil |
| spaghetti squash or zucchini for zoodles (Sunday) | Dreamfields pasta (NOT GF) (Sun) | sesame oil (lunch + Saturday) |
| 2 bunches cilantro (Monday, Thursday) | 2 cans diced tomatoes (Wednesday) | olive oil |
| 3 medium avocados (Thursday) | 3 quarts chicken broth (Wednesday, Fri) | pepper |
| 2 medium roma tomatoes (Thursday) | Freezer | red wine vinegar (Monday) |
| 5 limes (Monday, Wednesday, Thursday) | 2 bags frozen peppers and onions (Tuesday) | chili powder (Tuesday) |
| fresh kale (Friday) | Cold Section | garlic powder (Tuesday, Wednesday) |
| Meat | $21 / 2$ gallon cartons unsweetened nut milk | cumin (Tuesday) |
| turkey sausage or pork sausage (breakfast) | eggs (enough for three breakfasts for the family) | cayenne pepper (Tuesday) |
| bacon or turkey bacon (breakfast) | Greek yogurt (or coconut yogurt if DF) | crushed red pepper flakes (Tues, Sat) |
| lean deli meat or rotisserie chicken (enough for 2 lunches) | 1 carton egg whites | jalapeno pepper (optional, Tuesday) |
| chicken breasts (6 large for 3 lunches) |  | Italian Seasoning (Wednesday) |
| 2 cups cooked chicken or 4 chicken breasts (Monday) |  | onion powder (Wednesday) |
| 14 boneless skinless chicken breasts (Wednesday, Thursday, Friday) |  | Pure Stevia Extract Powder (Wednesday) |
| hot dogs (I buy turkey) |  | balsamic vinegar (Wednesday) |
| 3 lbs ground beef or turkey (Sunday, Saturday) |  | ground ginger (Saturday) |
| 4 lbs ground turkey (Tuesday, you'll make 2 and freeze 1) |  | dried basil (Monday) |

