## MayMenu

## Shopping List for Week 1 from workingathomeschool.com

Produce
2 cups blueberries
berries (for breakfast)
favorite veggies for lunches and snacks
favorite salad ingredients (enough for 1 lunch salad)
fruit (for snacks and 1 lunch)
sweet potatoes (enough for 1 lunch + 4 more for Friday)
4 bags coleslaw mix (lunch, Saturday)
6 medium onions (Wednesday, Friday, Saturday) + 1 red onion
2 heads garlic (Wednesday, Friday)
2 bunches green onions (Asian salad lunch + Monday, Saturday)
1 cucumber
1 orange (optional, for Asian salad)
spaghetti squash or zucchini for zoodles (Sunday)
2 bunches cilantro (Monday, Thursday)
3 medium avocados (Thursday)
2 medium roma tomatoes (Thursday)
5 limes (Monday, Wednesday, Thursday)
fresh kale (Friday)
Meat
turkey sausage or pork sausage (breakfast)
bacon or turkey bacon (breakfast)
lean deli meat or rotisserie chicken (enough for 2 lunches)
chicken breasts (6 large for 3 lunches)
2 cups cooked chicken or 4 chicken breasts (Monday)
14 boneless skinless chicken breasts (Wednesday, Thursday, Friday)
hot dogs (I buy turkey)
3 lbs ground beef or turkey (Sunday, Saturday)
4 lbs ground turkey (Tuesday, you'll make 2 and freeze 1)

Week 1 from workingathomeschool.com		
Pantry		
2 lbs old fashioned rolled oats		
unsweetened cocoa powder		
peanut flour (optional)		
unsweetened applesauce		
Chia seeds		
3 lbs. brown rice (lunch + Tues. & Wed)		
4 cans black beans (lunch, Monday)		
2 cans pinto beans (Tuesday)		
2 cans corn (Tuesday)		
salsa (lunch)		
nuts (snacks)		
plan-approved spaghetti sauce (Sunday)		
Dreamfields pasta (NOT GF) (Sun)		
2 cans diced tomatoes (Wednesday)		
3 quarts chicken broth (Wednesday, Fri)		
Freezer		
2 bags frozen peppers and onions (Tuesday)		
Cold Section		
2 1/2 gallon cartons unsweetened nut milk		
eggs (enough for three breakfasts for the family)		
Greek yogurt (or coconut yogurt if DF)		
1 carton egg whites		

THM Super Sweet Blend
Mineral Salt
vanilla extract
<u>Protein Powder</u>
**protein shake ingredients**
baking powder
cinnamon
ground cloves
brown sugar sub (optional)
rice wine vinegar
liquid aminos or soy sauce (Saturday)
coconut oil
sesame oil (lunch + Saturday)
olive oil
pepper
red wine vinegar (Monday)
chili powder (Tuesday)
garlic powder (Tuesday, Wednesday)
cumin (Tuesday)
cayenne pepper (Tuesday)
crushed red pepper flakes (Tues, Sat)
jalapeno pepper (optional, Tuesday)
Italian Seasoning (Wednesday)
onion powder (Wednesday)
Pure Stevia Extract Powder (Wednesday)
balsamic vinegar (Wednesday)
ground ginger (Saturday)
dried basil (Monday)