

# MayMenu

Shopping List for Week 2 from workingathomeschool.com

Produce	Pantry	Frozen	Staples (cont'd)
2 cups blueberries	2 lbs old fashioned rolled oats	1 bag frozen onion & peppers	baking powder
berries (for breakfast)	unsweetened cocoa powder		cinnamon
favorite veggies for lunches and snacks	peanut flour (optional)		ground cloves
favorite salad ingredients (1 lunch salad, 1 side salad)	unsweetened applesauce		<u>brown sugar sub (optional)</u>
fruit (for snacks and 1 lunch)	Chia seeds	Meat	rice wine vinegar
sweet potatoes (enough for 1 lunch )	3 lbs. brown rice (lunch)	4 lbs ground beef (Wed, Sat)	liquid aminos or soy sauce (lunch)
3 bags coleslaw mix (lunch, Wed)	salsa (lunch)	turkey sausage or pork sausage	coconut oil
2 bunches green onions (Asian salad lunch)	nuts (snacks)	bacon or turkey bacon (breakfast)	sesame oil (lunch + Saturday)
1 cucumber	1 can black beans (Monday)	lean deli meat or rotisserie chicken	olive oil
1 orange (optional, for Asian salad)	1 can pinto beans (Monday)	chicken breasts (6 large for 3 lunches)	pepper
1 bunch asparagus (Sunday)	1 lb dried navy beans (Fri)	1 lbs chicken breasts (Friday)	cooking spray (Sunday)
2 red bell peppers (Sunday)	1 can corn (Monday)	14-16 boneless chicken thighs (Sun)	balsamic vinegar (Sunday)
2 red onions (Sunday, Monday)	baked blue corn chips (optional, Monday)	2 lbs lean turkey (Monday)	rosemary (Sunday)
1 bunch carrots (Sunday, Wednesday)	2 cans tomato paste (Wednesday)	3 tomatoes (Monday)	oregano (Sunday, Monday)
5 oz sliced mushrooms (Sunday)	chipotle peppers in adobo sauce (Tuesday)	2 lbs beef (boneless chuck roast) (Tues)	white vinegar (Monday)
2 heads garlic (Sunday, Tuesday, Thursday)	1 8 oz can tomato sauce (Wednesay)	2 lbs salmon (Wednesday)	garlic powder (Monday)
fresh sage (optional, Sunday)	yellow mustard (Wednesday)	hot dogs (I buy turkey)	lemon pepper (optional, Monday)
1 head of lettuce (Monday)	dijon mustard (Wed, Thurs)		chili powder (Tuesday, Wednesday)
avocado (optional, Tuesday)	2 cans Rotel (Fri, Sat)		smoked paprika (Tuesday)
2 bags coleslaw (Wednesday)	1 4 oz can diced green chilies (Fri)		onion powder (Wednesday)
2 lemons (Wed, Thurs)	Cold Section		apple cider vinegar (Wednesday)
fresh cilantro (Friday)	2 1/2 gallon cartons unsweetened nut milk		cayenne pepper (Wednesday)
baking potatoes (for kids, Thurs, optional)	eggs (enough for 3 breakfasts for the family)	Staples	white wine vinegar (Wed)
2 medium zucchini (Saturday)	Greek yogurt (or coconut yogurt if DF)	<u>THM Super Sweet Blend</u>	Swiss bread ingredients (optional, Wed)
	1 carton egg whites	<u>Mineral Salt</u>	1 quart chicken broth (Fri)
	favorite taco toppings (DF if needed, Tuesday)	vanilla extract	cumin (Fri)
	parmesan (omit of DF) (Thurs)	<u>Protein Powder</u>	paprika (Fri)
		**protein shake ingredients**	crushed red pepper flakes (Sat)