

# MayMenu

Shopping List for Week 3 from workingathomeschool.com

Produce	Pantry	Frozen	Staples (cont'd)
2 cups blueberries	2 lbs old fashioned rolled oats	favorite veggies (Sunday)	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, 2 side salads)	unsweetened applesauce		<u>brown sugar sub (optional)</u>
fruit (for snacks and 1 lunch)	Chia seeds	<b>Meat</b>	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, Monday)	nuts (snacks)	2 packages (breakfast, Sun)	sesame oil (lunch)
1 cucumber	1 bottle of Bai 5 Costa Rica Clementine	lean deli meat or rotisserie chicken	olive oil
1 orange (optional, for Asian salad)	OR Sobe Zero Cal. Lifewater in Blood Orange (Tues)	chicken breasts (6 large for 3 lunches)	pepper
1 head of green cabbage (Sunday)	salad dressing	& 12 chicken breasts (Mon, Fri, Sat)	onion powder (Sunday, Wednesday)
1 onion (Sunday, Tuesday)	quinoa (Friday)	7 lbs chicken thighs (Wed)	thyme (Sunday)
4 potatoes (Sunday, optional, I serve these to my kids)	1 can black beans (Friday)	1 whole cut chicken + extra thighs (Sun)	garlic powder (Sunday, Wednesday)
1 head romaine lettuce (Monday)	1 can petite diced tomatoes (Friday)	2 lbs boneless pork shoulder (Tues)	paprika (Sunday, Wednesday)
lettuce for lettuce wraps (Tuesday)	3 quarts chicken broth (Friday, Saturday)	steak (enough for family) (Thursday)	apple cider vinegar (Monday)
4 roma tomatoes (2 for Mon, 2 for Sat)	green olives (Saturday)		dijon mustard (Monday, optional)
1 head of garlic (Monday)			Italian seasoning (Monday)
1 jalapeno (Tuesday)			oregano (Tuesday, Saturday)
favorite carnitas toppings (Tuesday)			cumin (Tuesday)
2 avocados (Monday)			cayenne pepper (Wednesday)
brussels sprouts (Thursday)	<b>Cold Section</b>		chili seasoning mix (Friday)
1 bunch fresh parsley (Friday and Saturday)	2 1/2 gallon cartons unsweetened nut milk		
1 large lemon (Saturday)	eggs (enough for 3 breakfasts for the family)	<b>Staples</b>	
1 red onion (Saturday)	Greek yogurt (or coconut yogurt if DF)	<u>THM Super Sweet Blend</u>	
green beans or other favorite veggie side (Saturday)	1 carton egg whites	<u>Mineral Salt</u>	
	4 oz blue cheese (optional if DF, Monday)	vanilla extract	
	favorite carnitas toppings (Tuesday)	<u>Protein Powder</u>	
	feta cheese (optional if DF)	<b>**protein shake ingredients**</b>	