

MayMenu

Recipe Links and Instructions for Week 3

Dinners

Sunday	<p><u>Irish Chicken (S) (serves 4, so I added extra chicken in the shopping list)</u></p> <p>I serve the potatoes to the kids and make a veggie side for myself</p>
Monday	<p><u>Chicken Bacon Avocado Salad (S)</u></p>
Tuesday	<p><u>Crockpot Carnitas (S) -sub Bai or Sobe Zero Orange flavor for orange</u></p> <p>Serve with lettuce wraps instead of tortillas and desired S toppings</p>
Wednesday	<p>Papster Thighs w/ side salad (S) - THM Cookbook p. 165</p>
Thursday	<p>Grilled steak with brussels sprouts and side salad (S)</p>
Friday	<p><u>Sweet Potato Quinoa Soup (E)</u></p>
Saturday	<p><u>Mediterranean Chicken (S) - omit feta cheese if DF (it still tastes great!)</u></p> <p>Serves 4, so I added 2 extra chicken breasts; sub broth for white wine; & add veggie side</p>

Breakfasts - THM Granola (E) (THM Cookbook p. 255), Turkey Sausage w/ Scrambled Eggs (S), Protein Shake (S)**, Boiled Eggs & Berries (S), Scrambled eggs & bacon (S)

[Baked Blueberry Oatmeal \(E\)](#)

Lunches - Baked sweet potatoes w/ lean meat (I use deli meat or leftover chicken breast (E), turkey hot dogs, fruit, and sliced veggies (S), big salad with leftover meat (S), baked chicken with rice (E), baked chicken breast w/ beans and salsa (E)

[Asian Chicken Salad \(S, E, or FP\)](#)

Snacks - sliced cucumbers, carrots, and bell peppers, nuts, fruit, boiled eggs, deli meat

** For a protein shake, choose your favorite plan-approved recipe. I like DashingDish.com, but there are great recipes in the THM Cookbook, as well. Please make sure to add needed ingredients to the shopping list.

[The menu and shopping lists for May are available on workingathomeschool.com](http://workingathomeschool.com)