

May Menu

Shopping List for Week 4 from workingathomeschool.com

Produce	Pantry	Frozen	Staples (cont'd)
2 cups blueberries	2 lbs old fashioned rolled oats		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>
2 heads romaine lettuce (Monday)	Chia seeds	Meat	rice wine vinegar
fruit (for snacks and 1 lunch)	3 lbs. brown rice (lunch)		liquid aminos or soy sauce (lunch)
sweet potatoes (enough for 1 lunch)	salsa (lunch)	turkey sausage or pork sausage	coconut oil
1 bag coleslaw mix (lunch)	nuts (snacks)	2 packages (breakfast, Sun)	sesame oil (lunch)
1 bunch green onions (Asian salad lunch)	8 oz mixed pitted Italian olives (Monday)	lean deli meat or rotisserie chicken	olive oil
1 cucumber	1 jar pickled banana peppers (Monday)	chicken breasts (6 large for 3 lunches)	pepper
1 orange (optional, for Asian salad)	soy sauce (Wednesday)	6 lbs boneless chicken breasts (W, F)	red wine vinegar (Monday)
4 tomatoes (Monday)	rice vinegar (Wednesday)	2 lbs ground beef (Tuesday)	Italian seasoning (Monday, Friday)
3 onions (Wednesday, Friday, Saturday)	fish sauce (Wednesday)	12 oz Italian meats (Monday)	taco seasoning (Tuesday)
1 red onion (Monday)	toasted Sesame oil (Wednesday)	3 pounds white fish (Thursday)	crushed red pepper flakes (Wednesday)
favorite taco toppings (Tuesday)	cashews (Wednesdays)		<u>glucomannan (Wednesday)</u>
ginger (Wednesday)	healthy salad dressing (or make your own)		dried oregano (Saturday)
1 head of fresh garlic (Wed, Fri, Sat)	1 quart chicken broth (Friday)		chili powder (Saturday)
2 heads fresh broccoli (Wednesday)	14 oz. can diced tomatoes (Friday)		sweet paprika (Saturday)
6 bell peppers (red or yellow) (Wednesday, Saturday)	2 cans Great Northern beans (Friday)		ground cumin (Saturday)
12 oz mushrooms (Wednesday)			bay leaf (Friday)
fresh green beans (Thursday, can sub frozen)	Cold Section		
fresh cilantro (Saturday)	2 1/2 gallon cartons unsweetened nut milk		
1 lime (Saturday)	eggs (enough for 3 breakfasts for the family)	Staples	
2 large carrots (Friday)	Greek yogurt (or coconut yogurt if DF)	<u>THM Super Sweet Blend</u>	
1 zucchini (Friday)	1 carton egg whites	<u>Mineral Salt</u>	
spinach leaves (Friday)	favorite taco toppings (Tuesday)	vanilla extract	
		<u>Protein Powder</u>	
		protein shake ingredients	