

MayMenu

Recipe Links and Instructions for Week 5

Dinners

Sunday	Whole Roast Chicken w/ frozen veggies & cauli rice (S)
Monday	Salad Bar (S or E)
Tuesday	Paleo Chicken Taco Burgers (S)
Wednesday	June 1 - Check workingathomeschool.com for new June Menu!
Thursday	
Friday	
Saturday	

Breakfasts - Turkey Sausage w/ Scrambled Eggs (S), Protein Shake (S)**, Boiled Eggs & Berries (S), Scrambled eggs & bacon (S)

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),

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)