

JuneMenu

Shopping List for Week 2 from workingathomeschool.com

Produce	Pantry	Frozen	Staples (cont'd)
1/2 apple per person for granola	2 lbs old fashioned rolled oats	okra	apple pie spice
plus more apples for snacks	peanut butter	2 bags frozen corn	vanilla extract
1 head of broccoli	2 quarts crushed tomatoes w/ juice	favorite veggies (Mon)	coconut oil or spray
1 head of garlic (Sun)	2 quarts chicken broth (lunch & Tues)		<u>on-plan peanut flour</u>
fruit (breakfast and snacks)	1 can black beans	Meat	pepper
your favorite salad ingredients (1 lunch, 1 dinner)	salsa	2 lbs bacon (breakfast & Sun)	olive oil
favorite veggies to slice for lunches	2 lbs brown rice	sausage	cocoa powder
2 onions (Sun, Tues)	nuts for snacking	turkey dogs	baking powder
1 bell pepper (Sun)	2 cans white beans (Tues)	chicken breast (fresh or canned)	garlic powder
1 zucchini (Sun)	4 oz can diced green chiles (Tues)	1 whole chicken (Mon)	dried basil
fresh green onions (Thurs)	1 14 oz can diced tomatoes (Tues)	6 chicken breasts (Tues, Thurs, Sat))	dried thyme
1 bunch cilantro (Thurs)	2 cans black beans (Thurs)	4 lb pork loin (Wed)	oregano
1 lime (Thurs)	2 lbs black beans (Sat)	20 oz. ground turkey (Fri)	onion powder
spaghetti squash (Fri)	1 can Rotel (we get mild) (Sat)		Bragg's aminos (optional)
			nutritional yeast (optional)
	Cold Section		cayenne pepper (optional, Sun)
			cumin (Tues)
			Italian seasoning (Tues)
	grated parmesan (green can is fine, Fri)	Staples	soy sauce (or aminos) (Wed)
	low-fat mozzarella (Tues)	chicken bouillon (Sat)	Worcestershire sauce (Wed)
	butter	dill weed (Sat)	Apple cider vinegar (Wed)
	4 dozen eggs (breakfast & Sun)	curry powder (Sat)	ginger (Wed)
	cheddar cheese	salad dressing (or make your own)	liquid smoke (I omitted to save \$)
	unsweetened almond milk	<u>THM Super Sweet Blend</u>	oat fiber (if you want gravy on Wed)
	plan 0% Greek yogurt	<u>Mineral Salt</u>	xantham gum (if you want gravy Wed)
	whipping cream	vanilla extract	red wine vinegar (Thurs)
	1 large carton egg whites	<u>Protein Powder</u>	dried parsley (Fri)
	cottage cheese	**protein shake ingredients**	chili powder (Fri)