

June Menu

Recipe Links and Instructions for Week 2

Dinners

Sunday	<u>Bacon, Cheddar, & Veggie Frittata (S)</u>
Monday	<u>Garlicky Roast Chicken & Veggies (S)</u>
Tuesday	<u>White Bean Chili (E) (I sub 0% Greek yogurt for sour cream)</u>
Wednesday	<u>Crockpot Pork Loin w/ Side Salad (S)</u>
Thursday	<u>Black Bean Chicken Salad (E)</u>
Friday	<u>Turkey Meatballs (S) w/ squash (cook spaghetti squash & serve w/ butter, salt, and pepper)</u>
Saturday	<u>Rice and Beans (E)</u> cups of pre-cooked beans, so I make those on Friday, and I add 2 cups shredded cooked chi

Breakfasts - eggs & bacon (S), Granola (E) - THM Cookbook p.255, eggs & cheese (S)

[Peanut Butter Blizzard \(S\)](#)

[Peanut Butter Cookie Oatmeal \(E\)](#)

[Crockpot Breakfast Casserole \(S\)](#)

[Breakfast Cookies \(E\) \(I serve with fruit\)](#)

Lunches - leftovers, tomato soup (S), salad w/ boiled eggs (S), Bean Boss Soup (E) - THM Cookbook p. 255, turkey dogs & veggies (S), brown rice w/ chicken breast (E), leftover meat w/ sliced cheese (S)

Snacks - boiled eggs, nuts, cheese, leftovers, fruit w/ cottage cheese, protein shake s*
(protein shake ingredients are not included on the shopping list. Please add ingredients for y

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