

JuneMenu

Shopping List for Week 3 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	2 bags favorite veggies (Mon, Sat)	coconut oil or spray
1 head of garlic	1 quart chicken broth		<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	1 lb bacon	olive oil
favorite veggies to slice for lunches	3 lbs brown rice (lunch, Tues, Wed)	sausage	cocoa powder
3 tomatoes (Sun)	nuts for snacking	turkey dogs	baking powder
1 head of lettuce (Sun)	1 can black beans (Sun)	chicken breast (fresh or canned)	garlic powder
1 red onion (Sun)	1 can pinto beans (Sun)	3 lbs lean ground turkey (Sun, Wed)	dried basil
green beans (Mon, or buy frozen)	1 can corn (Sun)	6 lbs chicken wings (Sun)	dried thyme
1 bell pepper (Wed)	baked blue corn chips (Sun, I skipped these)	5 breasts or pre-cooked chicken (Tues)	oregano
2 onions (Wed, Fri)	15 oz can tomato sauce (Wed)	bone-in chicken thighs (enough for	onion powder
1 lime (Wed)	15 oz can Italian seasoned diced tomatoes (Fri)	1 dinner for the whole family, Thurs)	Bragg's aminos (optional)
cilantro (optional for garnish, Wed)		1 lb beef or 1 can of shredded beef	nutritional yeast (optional)
green onions (optional for garnish, Wed)	Cold Section	1 whole chicken or 5 more chicken	white vinegar (Sun)
1 head of cabbage (Friday)		breasts (Sat)	0 carb hot sauce (Mon)
			lemon pepper (Thurs)
		Staples	salad dressing (or make your own)
		taco seasoning (Sun, Wed)*	
	butter	dill weed (Thurs)	
	3 dozen eggs	rosemary (Thurs)	
	cheddar cheese	dried cilantro (Thurs)	
	unsweetened almond milk	<u>THM Super Sweet Blend</u>	
	plan 0% Greek yogurt	<u>Mineral Salt</u>	
	whipping cream	vanilla extract	
	1 large carton egg whites	<u>Protein Powder</u>	
	cottage cheese	**protein shake ingredients**	