

JuneMenu

Shopping List for Week 4 from workingathomeschool.com

Produce	Pantry	Frozen	Staples (cont'd)
1/2 apple per person for granola	2 lbs old fashioned rolled oats	frozen peas (Tues)	apple pie spice
plus more apples for snacks	peanut butter	frozen corn (Wed)	vanilla extract
1 head of broccoli	2 quarts crushed tomatoes w/ juice	2 bags frozen cauliflower (Thurs)	coconut oil or spray
1 head of garlic	2 quarts chicken broth (Tues)	favorite frozen veggies (Fri)	<u>on-plan peanut flour</u>
fruit (breakfast and snacks)	1 can black beans	Meat	pepper
your favorite salad ingredients (1 lunch, 2 dinner)	salsa	1 lb bacon	olive oil
favorite veggies to slice for lunches	2 lbs brown rice (Wed)	sausage	cocoa powder
3 onions (Sun, Wed, Thurs)	nuts for snacking	turkey dogs	baking powder
1 yellow pepper (Sun)	6 oz can tomato sauce (Mon)	chicken breast (fresh or canned)	garlic powder
1 red bell pepper (Tues)	small can sliced black olives (optional, Mon)	2 lbs lean ground turkey (Sun)	dried basil
parsley (optional, for garnish - I skipped it - Sun)	quinoa or more brown rice (Tues)	3 lbs ground beef or turkey (Mon, Thurs)	dried thyme
lettuce, avocado, favorite taco toppings (Mon)	1 can fat free refried beans (Wed)	4 lbs boneless chicken breasts (T,W,S)	oregano
1 head of broccoli (Tues)	1 large can tomato paste (Thurs)	low-carb sausage (Thurs)	onion powder
3 sweet potatoes (Sun)	2 cans pinto or black beans (Sat)		Bragg's aminos (optional)
1 poblano pepper (Thurs)	1 jar of salsa or make your own (Sat)		nutritional yeast (optional)
fresh cilantro (optional, garnish for Thurs)	Cold Section		red chili flakes (Sun)
	1 lb part-skim /light mozzarella (Sun)		taco seasoning (or make your own)
	sour cream (optional for Mon & Thurs)		xanthan gum (optional)
	butter	Staples	liquid aminos or soy sauce (Tues)
	2 dozen eggs	<u>THM Baking Blend (can sub if needed)</u>	hot sauce or sriracha (Tues)
	cheddar cheese	<u>THM Super Sweet Blend</u>	chili powder (Wed)
	unsweetened almond milk	<u>Mineral Salt</u>	vinegar (Wed)
	plan 0% Greek yogurt	vanilla extract	salad dressing (or make your own)
	whipping cream	<u>Protein Powder</u>	
	1 large carton egg whites	**protein shake ingredients**	
	cottage cheese		