

JuneMenu

Shopping List for Week 5 from workingathomeschool.com

| Produce | Pantry | Frozen | Staples (cont'd) |
|---|--|---|--------------------------------------|
| 1/2 apple per person for granola | 2 lbs old fashioned rolled oats | 2 10 oz pkgs frozen spinach (Sun) | apple pie spice |
| plus more apples for snacks | peanut butter | | vanilla extract |
| 1 head of broccoli | 2 quarts crushed tomatoes w/ juice | | coconut oil or spray |
| 1 head of garlic | 1 quart chicken broth | 2 | <u>on-plan peanut flour</u> |
| fruit (breakfast and snacks) | 1 can black beans | Meat | pepper |
| your favorite salad ingredients (1 lunch) | salsa | 1/2 lbs bacon (breakfast, Sun, Thurs) | olive oil |
| favorite veggies to slice for lunches | 1 lb brown rice | sausage | cocoa powder |
| avocado (optional, Mon) | nuts for snacking | turkey dogs | baking powder |
| 2-3 bags or 1 head of cabbage (Tues) | 3 15 oz cans diced tomatoes (Mon) | chicken breast (fresh or canned) | garlic powder |
| 1 carrot (if you buy heads of cabbage) (Tues) | sesame oil (optional, but good, Tues) | 3 large chicken breasts (M) | dried basil |
| 1 onion (Tues) | | 1 1/2 - 2 lbs ground pork or turkey (T) | dried thyme |
| green onions (Tues) | | | oregano |
| lots of favorite veggies for salad bar (Wed) | | | onion powder |
| berries for breakfast for dinner (Thurs) | | | Bragg's aminos (optional) |
| | | | nutritional yeast (optional) |
| | Cold Section | | cumin (Mon) |
| | sour cream (optional, Monday) | | ginger (Tues) |
| | wonder wrap ingredients (optional, see THM | | soy sauce (if you don't have aminos) |
| | Cookbook for needed ingredients) | Staples | salad dressing |
| | | | |
| | butter | | |
| | 5 dozen eggs | | |
| | cheddar cheese | | |
| | unsweetened almond milk | <u>THM Super Sweet Blend</u> | |
| | plain 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** | |