

July Menu

Shopping List for Week 3 from workingathomeschool.com

Produce	Pantry	8 oz. mozzarella cheese (Wed)	Staples (cont'd)
chives (optional)	1/2 cup old-fashioned rolled oats per person		baking powder
1 pint blueberries	plus 1 lb. old fashioned oats		cinnamon
berries	unsweetened applesauce	Frozen	clove
favorite salad stuff (1 lunch salad, 2 dinner salads)	2 lbs. brown rice	your favorite frozen veggies (Sat)	Chia seeds (I've omitted these)
veggies to slice for lunches and snacks	parmesan cheese (green can is fine)	Meat	favorite protein shake ingredients
sweet potatoes (1 per person for lunch)	pizza sauce	turkey sausage	onion powder
apples & other fruit for snacks	favorite pizza toppings	2 lbs bacon (breakfast and Fri)	Italian seasoning
1 lb fresh green beans (Sun)	1 lb. quinoa	13-15 boneless chicken breasts	pepper
1 head of garlic (Sun, Tues, Thurs)	peanut butter	lean deli meat (1 lunch & snacks)	smoked paprika (Sun)
3 lemons (Sun, Sat)	chicken broth (Sun, Thurs)	8 bone-in skin on chicken thighs (Sun)	thyme (Sun)
baby spinach (Sun)	14 oz can quartered artichoke hearts (Mon)	10 boneless, skinless chicken thighs (Mon)	Worcestershire sauce (Tues)
1 bunch fresh basil (Mon)	2.5 oz can sliced black olives (Mon)	1 whole beef flank steak (Tues)	cumin (Tues)
3 limes (Tues)	4 15 oz cans low-sugar marinara sauce (M, W, F)	8 boneless skinless chicken breasts (Wed)	chili powder (Tues)
4 medium onions (Tues, Thurs)	1 16 oz can tomato sauce (Thurs)	2 lbs lean ground turkey (Thurs)	red pepper flakes (Tues)
4 bell peppers (pretty colors are nice, but I get what's on sale!) (Tues)	Dreamfields pasta (NOT GF, optional, W, F)	1 lb beef or turkey (Fri)	salsa (Tues)
	Cold Section	beef burger patties for the family (Sat)	onion powder (Wed)
cilantro (optional, for toppings on Tues)	enough eggs for 3 breakfasts for the family		oregano (Wed)
zucchini or spaghetti squash (Wed, Fri)	eggs to boil for snacks & protein		basil (Wed)
1 head of romaine (Thurs)	1 carton unsweetened almond milk	Staples	rosemary (Wed)
2 tomatoes (topping for Thurs)	0% Greek yogurt	<u>THM Baking Blend (can sub if needed)</u>	mayonnaise (Sat)
1 red onion (topping for Thurs)	1 large carton egg whites	<u>THM Super Sweet Blend</u>	apple cider vinegar (Sat)
avocado (topping for Thurs)	cheese for meat roll-ups	<u>Mineral Salt</u>	celery seed (Sat)
16 oz bag shredded coleslaw (Sat)	5 oz. part-skim mozzarella	vanilla extract	no-sugar ketchup (Sat)
	butter	<u>Protein Powder</u>	mustard (optional, Sat)
	heavy cream (Sun)	**protein shake ingredients**	pickles (optional, Sat)
	1 wedge parmesan (Sun)	unsweetened cocoa powder	
	2 cups shredded Italian cheese (Mon)	<u>peanut flour (optional)</u>	
	cheese/sour cream/fajita toppings (Tues)	coconut oil cooking spray	