

July Menu

Shopping List for Week 4 from workingathomeschool.com

Produce	Pantry	small container feta cheese (Sat)	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	favorite frozen veggies (Fri)	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 (lunch, Sat)
apples & other fruit for snacks	favorite pizza toppings	2 lbs bacon (breakfast and Thurs)	Italian seasoning
3 lemons (Sun,Thurs, Sat)	1 lb. quinoa	13-15 boneless chicken breasts	pepper
shallots (Sun)	peanut butter	lean deli meat (1 lunch & snacks)	olive oil
1/2 lb fresh mushrooms (Sun)	1 quart chicken stock (Sun)	6 boneless skinless chicken breasts or	red wine vinegar (Mon)
fresh parsley (optional; garnish for Sun)	2 cans black beans (Mon) + 2 optional cans (Wed)	thighs (Sun)	dried basil (Mon, Sat)
broccoli (optional, Sun)	baked blue corn chips (optional, Mon)	2 cups cooked chicken breast (Mon)	taco seasoning (Tues)
green onions (Mon)	8 oz zesty Italian dressing (Wed)	3 lbs ground beef or turkey (Tues, Fri)	wonder wrap ingredients or low-carb tortillas (NOT GF, Tues)
fresh cilantro (Mon)	1 can anchovy filets (optional) OR 1 can black olives (Th)	7 lbs boneless skinless chicken	no-sugar-added ranch dressing mix (or make your own) (Wed)
1 lime (Mon)	1 jar or package pitted kalamata olives (Sat)	breasts (Wed, Thurs, Sat)	chili powder (Wed)
tomato & avocado for tacos (Tues)	Cold Section	1 lb bulk sausage (thurs)	ground cumin (Wed)
2 avocados (Thurs)	enough eggs for 3 breakfasts for the family		garlic powder (Thurs, Sat)
1 head of garlic (Wed, Fri, Sat)	eggs to boil for snacks & protein		dried parsley (Thurs)
2 heads of lettuce (Thurs)	1 carton unsweetened almond milk	Staples	fish sauce (optional, Thurs)
1 onion (Fri)	0% Greek yogurt (breakfast and Thurs)	<u>THM Baking Blend (can sub if needed)</u>	oregano (Fri, Sat)
1 head of broccoli (Fri)	1 large carton egg whites	<u>THM Super Sweet Blend</u>	rice vinegar (Sat)
1 red onion (Sat)	cheese for meat roll-ups	<u>Mineral Salt</u>	
small bunch fresh basil (Sat)	12 oz. part-skim mozzarella (lunch and Fri)	vanilla extract	
1 pint grape tomatoes (Sat)	butter	<u>Protein Powder</u>	
2 cucumbers (Sat)	heavy whipping cream (Sun, Fri) OR	**protein shake ingredients**	
	2 blocks cream cheese (Sun, Fri)	unsweetened cocoa powder	
	favorite taco toppings (Tues)	<u>peanut flour (optional)</u>	
	8 oz shaved parmesan (Thurs)	coconut oil cooking spray	