

July Menu

Shopping List for Week 5 from workingathomeschool.com

Produce	Pantry (cont'd)	Frozen	Staples (cont'd)
chives (optional)	1/2 cup old-fashioned rolled oats per person	pepper and onion blend (Mon)	baking powder
1 pint blueberries	plus 1 lb. old fashioned oats	1 lb. frozen medium or large shrimp (Wed)	cinnamon
berries	unsweetened applesauce		clove
favorite salad stuff (1 lunch salad, 3 dinner salads)	2 lbs. brown rice		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	3 lbs bacon (breakfast, Wed, Fri)	Italian seasoning
8 limes (Tues, Fri, Sat)	1 lb. quinoa	13-15 boneless chicken breasts	pepper
2 bunches cilantro (Tues, Thurs)	peanut butter	lean deli meat (1 lunch & snacks)	olive oil
5-7 avocados (Tues, Thurs)	1 can beef consomme or beef broth (Sun)	4 lb. chuck roast (Sun)	cumin (Tues)
1 head of garlic (Tues, Wed, Thurs)	16 oz jar pepperoncini peppers (Sun)	7 lbs boneless skinless chicken breasts (Tues, Thurs, Sat)	red wine vinegar (Tues)
1 green bell pepper (Wed)	2 14.5 oz cans stewed tomatoes (Wed)	1lb boneless, skinless chicken thighs (Wed)	red pepper flakes (Tues)
1 large onion (Wed)	1 small can tomato paste (Wed)	8 salmon filets (last Sunday of the month)	Cajun seasoning (Wed)
2 stalks celery (Wed)	3 14.5 oz cans chicken broth (Wed, Fri)		cayenne pepper (Wed)
small bunch fresh basil (Wed)	low-carb tortillas (optional if not GF) (Thurs)		3 packages taco seasoning (Thurs, Sat)
1 jalapeno (Thurs)	Cold Section		
4 heads romaine (Thurs)	enough eggs for 3 breakfasts for the family		
1 ear of fresh corn (optional, Thurs)	eggs to boil for snacks & protein		
1 pint cherry or grape tomatoes (Thurs)	1 carton unsweetened almond milk	Staples	
2 med/large spaghetti squash (Fri)	0% Greek yogurt	<u>THM Baking Blend (can sub if needed)</u>	
small package baby spinach (last Sun. of the month)	1 large carton egg whites	<u>THM Super Sweet Blend</u>	
1 lemon (last Sunday of the month)	cheese for meat roll-ups	<u>Mineral Salt</u>	
1 lb fresh green beans (last Sun. of the month)	5 oz. part-skim mozzarella	vanilla extract	
	butter	<u>Protein Powder</u>	
Pantry	2 packages low-carb sausage (Mon)	**protein shake ingredients**	
3 cans black beans (Thurs, Sat)	8 oz monterey jack cheese (Thurs)	unsweetened cocoa powder	
1 14.5 oz can artichoke hearts in water (last Sun.)	1 medium sized wedge parmesan (Fri, Sun)	<u>peanut flour (optional)</u>	
	1 block cream cheese (last Sun. of the month)	coconut oil cooking spray	