

October Week 2 Shopping List Days 8-14

REFRIGERATED SECTION

- enough eggs for 3 breakfasts + 2 dozen
- 1 carton unsweetened nut milk
- 1 large carton egg whites
- 1 large container low-fat cottage cheese
- cheddar cheese for omelets + 1 1/2 cups for tomato soup
- cream cheese (optional, for icing on "S" muffins)
- 3/4 cup heavy cream (tomato soup lunch)
- salted butter
- favorite taco toppings (day 10)
- 1 pound brown rice (for "E" option, day 12)

PANTRY

- no-sugar-added peanut butter
- quinoa
- 48 oz tomato sauce (tomato soup lunch)
- 1 1/2 quarts (6 cups) chicken broth (tomato soup lunch)
- salad dressing
- sliced or slivered almonds; extra for snacks
- 1 1/2 cups salted nuts (for trail mix)
- on-plan chocolate chips (trail mix, choc. Chip cookie)
- olives
- artichoke hearts
- 1/4 cup seeds (trail mix snack)
- 1/4 cup chia or flax (trail mix snack)
- favorite bottled drinks
- 1/4 cup unsweetened shredded or flaked coconut (trail mix)
- 1 small can chipotle peppers in adobo sauce
- 3 quart chicken stock or broth (day 8, day 12)
- 30 oz. tomato sauce (day 8)
- chili garlic sauce (optional, day 8)
- 1 quart beef broth (day 9)
- dried parsley (day 10)
- dried cumin (day 10)
- dried oregano (day 10)
- 3 cans tomato paste (day 12, day 13)
- Worcestershire sauce (day 12)
- 14 oz can diced tomatoes (day 13)
- yellow mustard (day 13)
- 1 can pineapple chunks (day 13)

STAPLES

- old-fashioned oats (1/2 cup per person); + 1 lb
- pure stevia extract powder
- cocoa powder
- aluminum-free baking powder
- THM Super Sweet Blend
- pure vanilla extract
- protein powder
- MCT Oil
- sea salt
- THM Baking Blend
- coconut oil
- ground ginger
- ground cinnamon
- ground nutmeg
- ground cloves
- pepper
- cayenne pepper (lunch, day 13)
- THM Gentle Sweet
- baking soda
- Just Like Brown Sugar (for chocolate chip cookie snack)
- almond flour (1/2 cup for day 8)
- dried oregano (day 8)
- onion powder (day 8)
- garlic powder (day 8)
- Cajun seasoning (day 12)
- bay leaves (day 12)
- apple cider vinegar (day 13)
- paprika (day 13)
- liquid smoke (day 13)
- blackstrap molasses (day 13)

You can find links to the ingredients used at workingathomeschool.com/resources.

October Week 2 Shopping List Days 8-14 (cont'd)

PRODUCE

- favorite omelet veggies
- favorite salad ingredients (for 5 salads)
- cucumbers (for salads and snacks)
- 4 avocados (day 8)
- 4 limes (day 8, day 10)
- 2 onions (day 9)
- 1 bunch carrots (at least six) (day 9)
- fresh rosemary (day 9)
- fresh thyme (day 9)
- 1 head of garlic (day 10)
- 1 bunch celery (day 12)
- 1 bell pepper (day 12)
- brussels sprouts or other favorite veggie side (day 14)

MEAT

- no-sugar-added breakfast sausage
- salami or other favorite deli meat (for lunch and snacks)
- 12 chicken breasts (about 8 or 9 lbs) (day 10, day 12, day 13)
- smoked salmon (or other favorite protein)
- 2 lbs ground beef (day 8)
- 3-5 lbs chuck roast (day 9)
- andouille sausage (for "S" option; day 12)
- chicken thighs (enough for 1 dinner for the fam, day 14)

FROZEN

- favorite frozen veggies (day 9)