

October Week 3 Shopping List Days 15-22

PRODUCE

- favorite omelet veggies
- favorite salad ingredients (for 6 salads)
- cucumbers (for salads and snacks)
optional: coleslaw ingredients for day 15
Light Lovely Coleslaw THM Cookbook p. 231 (FP):
- 4 cups cabbage (coleslaw day 15)
- 8 carrots (coleslaw day 15, day 18)
- bell peppers (day 16)
- 4 onions (day 16, day 18)
- 2 bunches fresh thyme (day 18)
- 1 lemon (day 18)
- 1 head of garlic (day 18)
- 1 bulb of fennel (day 18)
- 2 ribs of celery (day 18)
- 1 bunch of parsley (day 18)
- 1 lb. green beans (day 19)

MEAT

- no-sugar-added breakfast sausage
- salami or other favorite deli meat (for lunch and snacks)
- 2 chicken breasts
- smoked salmon (or other favorite protein)
- natural/organic hot dogs
- 4 lbs ground beef (day 15, day 22)
- steak for fajitas (day 16)
- salmon filets (day 17)
- one or two 5-6 lb roasting chickens (day 18)
- 5 lbs chicken thighs or breasts (day 20)
- 6 lbs bone-in chicken (day 21)

FROZEN

- 6 cups frozen Seasoning Blend (day 15, day 20, day 21)
- broccoli (day 17)
- frozen bag stir-fry veggies (no broccoli) (day 20)
- frozen bag of favorite veggies (day 21)

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 (optional, tomato soup lunch)
- THM Gentle Sweet
- baking soda
- Just Like Brown Sugar (for chocolate chip cookie snack)
- peanut flour (or 1/2 cup peanut butter) (day 20)

**For links to buy Staples online, please check workingathomeschool.com/resources.

