

365

one year of healthy meal plans
for busy families

- ✓ 12 Months of Meal Plans
- ✓ Weekly shopping lists
- ✓ Monthly shopping lists
- ✓ Recipes
- ✓ Prep-ahead ideas
- ✓ Bonus snack and side dish ideas
- ✓ Lots more!

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BONUS - FREE LAST-MINUTE MEALS CHEAT SHEET!

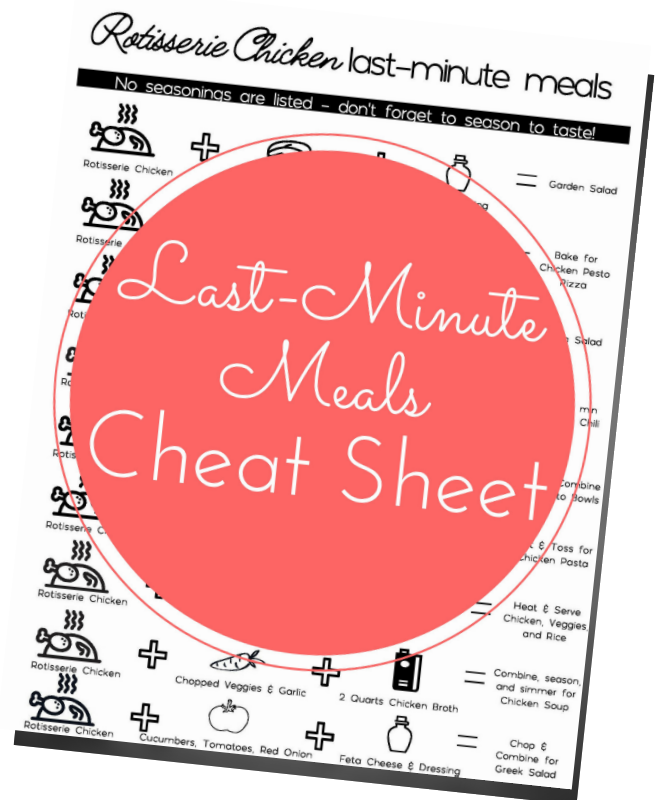
Hi! I'm Jen, and I'm so excited to share this book with you! It's truly been a labor of love - hours and hours of testing and preparation have gone



into this book! My goal is to make it as easy as possible for you to have healthy meals on the table every day of the year. I hope this book is a time-saver and a source of inspiration for you!

I'll be completely honest with you, though - meal plans are awesome, and save tons of time in the kitchen, but what about those nights that you're too busy to cook?

I have an awesome free download for you - a cheat sheet that helps you throw together a healthy meal in just MINUTES. This cheat sheet has kept us away from fast food AND saved us a lot of money! These meals take just a few minutes, cost a lot less than eating out, and ensure that we always have a Plan B for those crazy busy nights.



You can get your free last-minute meals cheat sheet at workingathomeschool.com/rotisseriechicken.

Get started today!



HOW TO USE THIS BOOK

1. From the Table of Contents, choose a month. Every title in the Table of Contents is linked, so you can click to navigate to where you want to go in this ebook. Each month includes the Monthly Menu, Weekly Shopping Lists, Monthly Shopping Lists, Meal Prep Ideas.
2. Open the monthly menu and click the underlined recipes linked for that week. Many of the recipes are linked to external websites, so you'll need to review and print the recipes as you click on each link. Please make note of any special instructions or notes printed next to the recipe on the menu.
3. Print the weekly and/or monthly shopping lists that go with the menu.
4. Print the recipe cards and prep-ahead instructions.
5. Print and fill out the blank printable meal planning sheets linked at the bottom of the Table of Contents (optional).
6. Take inventory of what you already have on hand and cross those items off of the shopping list.
7. If, for example, the meal on Day 26 doesn't appeal to you, you can cross off every ingredient that has a "26" printed next to it so that you can skip that meal.
8. Make sure to check out the Meal Idea sheets included in the book for better salads, snacks, and sides.
9. Use the Meal Prep sheets to save time later in the week.

IMPORTANT: THINGS YOU NEED TO KNOW

Print and View:

- You may want or need to adjust the viewing size in Adobe Acrobat to see each page in its entirety.
- Consider printing one month at a time, and using grayscale to save money.

Notes:

- Please note that all of these recipes are intended to be healthy and gluten-free, or there are instructions to make them that way. If a recipe calls for sugar, you won't find sugar on the shopping lists included. Every unhealthy ingredient is swapped with a healthy one, so if you'd prefer to eat recipes as-written you'll need to change the shopping list ingredients.
- All tortillas are omitted from the shopping list to make them gluten-free. If you prefer to eat tortillas, you'll want to add these to the shopping list.
- You'll notice the note "Double and Freeze" next to some recipes. That's because I utilized my favorite method of freezer cooking, which is to double or triple a recipe while I'm cooking it on a weeknight and freeze one or two portions while we eat the other for dinner. If you do this at least once a week you'll have a full freezer sooner than you think. This is why you'll see just a few dinners repeated – we are always lower on time and money as the month goes on, so it's great to have these meals frozen and ready to go for later in the month.
- If there's no clickable recipe link, you can find simple instructions in the Recipe Cards or Meal Idea sheets.
- The Shopping Lists explain which days the ingredients are used for. If there is no Day listed next to the ingredients, that means the ingredient is for breakfast or lunch.
- The shopping list for week one is for days 1-7, week 2 is days 8-14, etc. That way you can start your week depending on when you normally do your grocery shopping.

IMPORTANT: THINGS YOU NEED TO KNOW

- My menu planning system includes repeating breakfasts, lunches, and snacks throughout the month for simplicity. That means there are lists of breakfasts, lunches, and a handful of snacks included on this menu. My kids and I enjoy the routine of knowing that on Monday we will be eating a certain thing for breakfast and a certain thing for lunch – it definitely saves time in the kitchen!
- Some of the dinners filled us up with just the entree alone, but it just might be us – feel free to add a side salad or round out your meals as desired.
- This menu and the shopping lists that go with it feed my family of 7, but my oldest is 12. If you have bigger kids, or big eaters, you may want to add more protein, rice, and veggies to your shopping list. It doesn't hurt the recipes to add an extra chicken breast or 1/2 lb of ground beef to make a meal stretch, and you can always add extra rice or veggies or salads as side dishes for the kids. When money's tight, I'll grab a bag of potatoes and give the kids a baked potato lunch when I'm eating a salad, or serve them as dinner sides that I avoid.
- If you have a smaller family you may want to make the meals as directed but freeze half (if it's freezable), or just eat the leftovers for lunch.
- Sometimes you'll see that the shopping lists word the ingredients in different ways. For example, some recipe authors will say "red chili flakes," while others will say "crushed red pepper." They are both the same ingredient, but I tried to stick with what the author of that particular recipe said to make it simpler for you.
- If you don't like one of the veggies listed, just swap it with something you like better.
- **You can find links to all of the ingredients and resources I used for these menus, along with other meal planning resources, on my Resources Page.**

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Check out these Brown Rice Ideas for more options!

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Check out these Deli Meat Roll-up Ideas for more options!

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Check out these Deli Meat Roll-up Ideas for more options!

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Meal Planner

January

Breakfast

- 1 Omelet
- 2 Bacon and Eggs*
- 3 Egg Muffins
- 4 Peanut Butter Blizzard
- 5 Blueberry Cobbler Overnight Oatmeal
- 6 Protein Shake from DashingDish.com
- 7 Healthy Pancakes

Lunch

- 1 Quinoa w/ Salt & Pepper*
- 2 Leftovers
- 3 Deli Meat Roll-ups w/ Sliced Veggies*
- 4 Salad w/ Quinoa & Dressing*
- 5 Salad w/ Shredded Chicken & Dressing*
- 6 Crockpot Verde Chicken & Rice*
- 7 Protein Shake

Dinner

- 1 Steak w/ Brussels Sprouts*
- 2 Whole Roasted Chicken w/ Green Beans
- 3 White Bean Chicken Chili (double the recipe to make 2, freeze 1)
- 4 Broccoli and Ham Bake
- 5 Crockpot Rice and Beans
- 6 Ham and Bean Soup
- 7 Spaghetti Squash w/ Chicken Breast*
- 8 Paleo Hawaiian Crockpot Chicken (double the recipe to make 2, freeze 1)
- 9 Taco Stack-Ups
- 10 Thai Soup
- 11 Burgers w/ Salad*
- 12 Jalapeno Popper Soup
- 13 Balsamic Chicken w/ Brown Rice
- 14 Loaded Sweet Potatoes
- 15 Chicken Tacos (double the recipe to make 2, freeze 1)
- 16 Beef & Broccoli Stir-Fry (double this recipe to feed 6-8)
- 17 Grilled Chicken Souvlaki Salad (I omitted pita bread; double this recipe to feed 6-8)

Dinner (continued)

- 18 Crustless Quiche
- 19 Posse Stew - use lean ground turkey, omit hominy and cornstarch, season to taste (triple, divide into two pans, and freeze second portion)
- 20 Paleo Hawaiian Crockpot Chicken (from frozen)
- 21 Pot Roast w/ Green Beans
- 22 White Bean Chicken Chili (frozen from week 1)
- 23 Baked Crispy Chicken Thighs w/ Steamed Veggies
- 24 Eggroll in a Bowl (double recipe to feed 6-8, I use bagged coleslaw mix to save time)
- 25 Cobb Salad (triple this recipe to feed 6-8) (I use bottled dressing to save time)
- 26 Crockpot Sloppy Joes w/ Side Salad
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- 29 Burrito Bowls*
- 30 Oven Chicken Stew w/ Steamed Veggies on the Side
- 31 Chicken Tacos (from frozen)

*See recipe cards

Shopping List

January, Week 1 (Days 1-7)

Meals

- 1 Steak w/ Brussels Sprouts*
- 2 Whole Roasted Chicken w/ Green Beans
- 3 White Bean Chicken Chili (double the recipe to make 2, freeze 1)
- 4 Broccoli and Ham Bake
- 5 Crockpot Rice and Beans
- 6 Ham and Bean Soup
- 7 Spaghetti Squash w/ Baked Chicken Breast*

Days Used

Produce

baby spinach leaves (for omelet and salads)

avocado (optional, for topping omelets)

blueberries x 2 (could substitute frozen)

favorite fresh vegetables

favorite salad ingredients

- 1 1 to 1 1/2 Brussels sprouts
- 2 1 1/2 lbs fresh green beans
- 2,3,5 4 onions
- 5 1 large bell pepper
- 2,5 2 heads of garlic
- 4, 6 2 lbs mushrooms
- 4 4 cups broccoli (1-2 large heads, or just get frozen)
- 7 spaghetti squash (I buy 2 to feed my family of 7)
- 2 1 bunch fresh thyme
- 2 1 lemon
- 2 4 carrots
- 2 1 bulb of fennel
- 5 one jalapeno

Dairy/Refrigerated Section

goat cheese (optional, for omelet)

- 4, breakfast 3 dozen eggs + enough for 1 egg breakfast for your family

unsweetened almond or cashew milk

butter (or ghee, if you tolerate that better, or omit butter if needed)

8 oz pepper jack cheese

0% Greek yogurt

sliced cheese for meat roll-ups (optional)

cottage cheese

- 4 16 oz. grated cheese

Days Used

Pantry

	peanut butter
	24 oz. salsa verde
	1 lb. quinoa
3	12 oz mild roasted green chilies
	roasted red peppers (1 big jar should last the month))
5	3 lbs brown rice (I usually get an extra pound for the kids' lunches)
5	salad dressing (or you could make your own)
	1 lb lean ground beef
3	28 oz can diced tomatoes
5	15 oz can diced tomatoes
5	olives or other favorite taco toppings nuts for snacking
	1 quart chicken broth
	old fashioned oats
3	3 cans Great Northern Beans
6	16 oz dry pinto beans

Staples

	gallon freezer bags
	salt
	pepper
	olive oil
	protein powder
	Truvia or THM Super Sweet Blend
	stevia
	MCT oil or coconut oil
	cocoa powder
	cinnamon
	vanilla extract
	baking powder
3	garlic powder
3,5	cumin
3	cayenne pepper
3	paprika
4	Spike seasoning or all-purpose seasoning
6	dill weed
6	basil
6	parsley
5	bay leaves
7	favorite seasoning for Baked Chicken Breasts

Frozen

	1 package frozen blueberries (if you didn't buy fresh)
4	1 large bag frozen broccoli (if you didn't buy fresh)

Days Used

Meat & Fish

4 oz sausage or chorizo for each omelet

bacon

lunch, 3,7 12 large chicken breasts

deli meat for lunches

1 steak (enough for one dinner for every family member)

2 1 or 2 whole chickens for roasting

4 ham on the bone - (dice 2 cups of ham, use bone to make ham broth)

Meal Prep

January, Week 1 (Days 1-7)

Breakfast and Lunch:

- Make Blueberry Cobbler Overnight Oatmeal (1 per person)
- Make egg muffins
- Cook bacon
- Make one large pot of quinoa; can make more and freeze for later in the month.
- Pre-cook pancakes.
- Chop veggies for lunch salads.

Dinners:

- Chop onion for Chicken Chili.
- Chop ham and grate cheese for Broccoli and Ham Bake.
- Chop veggies for Crockpot Rice and Beans and Ham and Bean soup.

Can make ahead and freeze if needed:

- White Bean Chicken Chili
- Broccoli and Ham Bake
- Crockpot Rice and Beans
- Ham and Bean Soup

Shopping List

January, Week 2 (Days 8-14)

Meals

- 8 Paleo Hawaiian Crockpot Chicken (double the recipe to make 2, freeze 1)
- 9 Taco Stack-Ups
- 10 Thai Soup
- 11 Burgers w/ Salad
- 12 Jalapeno Popper Soup
- 13 Balsamic Chicken w/ Brown Rice
- 14 Loaded Sweet Potatoes

Days Used

Produce

- baby spinach leaves (for omelet and salads)
- avocado (optional, for topping omelets)
- blueberries x 2 (could substitute frozen)
- favorite fresh vegetables for lunches and snacks
- favorite salad ingredients
- 10 fresh ginger
- 10 1 stalk fresh lemongrass
- 10 1/2 lb sliced mushrooms
- avocado
- 10 3 limes
- 10 fresh cilantro
- 14 fresh scallions or cilantro (for loaded sweet potatoes)
- 12 6-8 jalapeno peppers
- 2 onions
- 8 2 green bell peppers
- 12, 14 3 red bell peppers
- 12, 13 1 head of garlic
- 13, 14 11+ sweet potatoes (1 for each person in your family + 4 more)
family; I bought 7 for mine)
- 14 red onion
- 13 4-5 stalks celery
- 13 4-5 carrots
- 13 1 head of broccoli

Frozen

- frozen blueberries (if you didn't buy fresh)
- 12 2 16 oz bags frozen cauliflower

Days Used

Dairy/Refrigerated Section

goat cheese (optional, for omelet)
2 dozen eggs + enough for 1 egg breakfasts for
your family

unsweetened almond or cashew milk
butter

8 oz pepper jack cheese

14 0% Greek yogurt
sliced cheese for meat roll-ups (optional)
cottage cheese

12 8 oz cream cheese

14 Light Laughing Cow Cheese (I like cheddar flavor)

Pantry

24 oz. salsa verde

12, 14 red salsa (16 oz, split over two dinners)
quinoa

1 small can mild roasted green chiles
roasted red peppers for egg muffins (if needed)

peanut butter

old-fashioned oats

13 2 lbs brown rice
salad dressing (or you could make your own)

10, 12 32 oz chicken broth + 4 oz chicken broth

10 fish sauce

10 3 cans coconut milk

12 two 14 oz cans diced tomatoes

12 2 28 oz cans diced tomatoes

12 1 cup dried black beans

14 1 can of black beans

10 red curry paste

13 balsamic dressing (no sugar added)

8 20 oz canned pineapple rings

9 14.5 oz can tomato sauce

Meat & Fish

4 oz sausage or chorizo for each omelet

bacon

8, 13 14 chicken breasts (some of this will be assembled into a freezer meal)
deli meat for lunches

11 burger patties or ground beef for burgers (we try to find grass-fed)

10 1 lb shrimp (frozen is fine)

9 2 lbs ground beef

Days Used

Staples

	salt
	pepper
	protein powder
	Truvia or THM Super Sweet Blend
	stevia
	MCT oil or coconut oil
	cocoa powder
	cinnamon
	vanilla extract
	baking powder
10	Just Like Brown Sugar or THM brown sugar replacement
	ground cumin
	onion powder
	garlic powder
13	balsamic vinegar
9, 14	taco seasoning (gluten-free if needed, or ingredients to make your own)
10, 14	olive oil (use this instead of vegetable oil)
12, 14	chili powder
14	paprika
12, 14	cumin
8	coconut aminos (can sub soy sauce; make sure it's gluten-free if needed)
8	Just Like Brown Sugar (or low-carb brown sugar substitute from Pinterest)

Meal Prep

January, Week 2 (Days 8-14)

Breakfast and Lunch:

- Make Blueberry Cobbler Overnight Oatmeal (1 per person)
- Make egg muffins
- Cook bacon
- Make one large pot of quinoa; can make more and freeze for later in the month.
- Pre-cook pancakes.
- Chop veggies for lunch salads.

Dinner:

- Chop veggies for salads
- Grate cheese and chop veggies for taco toppings
- Make one large pot of brown rice (can freeze extra to use for later in the month)

Can make ahead and freeze if needed:

- Paleo Hawaiian Crockpot Chicken
- Balsamic Chicken

Shopping List

January, Week 3 (Days 15-21)

Meals

- 15 Chicken Tacos (double the recipe to make 2, freeze 1)
- 16 Beef & Broccoli Stir-Fry (double this recipe to feed 6-8)
- 17 Grilled Chicken Souvlaki Salad (I omitted pita bread; double this recipe to feed 6-8)
- 18 Crustless Quiche
- 19 Posse Stew - use lean ground turkey, omit hominy and cornstarch
(triple, divide into two pans, and freeze second portion)
- 20 Paleo Hawaiian Crockpot Chicken (from frozen)
- 21 Pot Roast w/ Green Beans

Days Used

Produce

- 18 baby spinach leaves (for omelet and salads) +
extra 8 oz for Quiche
- breakfast, 15 2-3 avocados
- 17 3 heads of romaine lettuce
- blueberries x 2 (could substitute frozen)
- favorite fresh vegetables for lunches and snacks
- 17 1 red onion
- 18, 19, 21 4 yellow onions
- 17 tomatoes for Greek salad
- 17 cucumbers for Greek salad
- favorite salad ingredients
- 17, 18 1 head of garlic
- 17 1 lemon
- 21 1 1/2 lbs fresh green beans (can sub canned or frozen)
- 21 baby carrots
- 21 celery
- 21 mushrooms

Frozen

- frozen berries (or you can buy fresh)
- 16 2 bags frozen broccoli
- 16 1 large bag frozen vegetable medley or stir-fry vegetables (no potatoes)

Dairy/Refrigerated Section

- goat cheese (optional, for omelet)
- 18 8 eggs + enough for 1 egg breakfast for your
family and snacks
- unsweetened almond or cashew milk
- butter (or ghee, if you tolerate that better, or
- 8 oz pepper jack cheese

Days Used

Dairy/Refrigerated Section

- 17, 18 0% Greek yogurt
- sliced cheese for meat roll-ups (optional)
- cottage cheese
- 17 feta cheese
- parmesan
- 18 4 oz mozzarella
- 18 4 oz cheddar
- heavy cream
- 18 half and half
- butter
- 15 sour cream (optional, for chicken tacos)
- 15 cheddar or Monterey Jack (optional, for tacos)

Meat & Fish

- 4 oz sausage or chorizo for each omelet (make sure there's no added sugars or carbs)
- 2 lbs bacon or turkey bacon
- 15, 17 12 chicken breasts
- deli meat for lunches
- 19 3 lbs ground turkey
- 21 large beef roast
- 16 4 lbs steak strips

Pantry

- 24 oz. salsa verde
- quinoa
- 19 3 small cans mild roasted green chiles (my family doesn't like so many, so we reduced it to 1 can)
- roasted red peppers for egg muffins (if needed)
- old-fashioned oats
- 19 2-3 lbs brown rice (for lunches, sides, and to add to Posse Stew)
- salad dressing (or you could make your own)
- 15, 19 six 14.5 oz cans diced tomatoes
- 19 3 cans whole corn kernels (or sub frozen corn)
- 17 Kalamata olives
- 17 tzatziki sauce or Greek dressing
- 18 1 container parmesan cheese
- 19 3 cans chili beans or pinto beans
- 16 Bragg's Liquid Aminos or soy sauce (gluten-free if needed)
- 16 minced garlic paste (or chop 2 cloves)
- peanut butter

Staples

- salt
- pepper
- protein powder
- Truvia or THM Super Sweet Blend
- stevia
- MCT oil or coconut oil

Days Used

Staples

- olive oil
- 17 oregano
- chili powder
- 21 dried parsley
- 21 garlic powder
- dill (for salad dressing, or you could use fresh)
- cocoa powder
- cinnamon
- 15 cumin
- cayenne pepper (optional)
- vanilla extract
- baking powder
- check DashingDish.com for ingredients needed for favorite shake recipe
- 21 glucomannan
- 16 liquid stevia
- 16 ground ginger
- 16 crushed red pepper flakes

Meal Prep

January, Week 3 (Days 15-21)

Breakfast and Lunch:

- Make Blueberry Cobbler Overnight Oatmeal (1 per person)
- Make egg muffins
- Cook bacon
- Make one large pot of quinoa

Dinner:

- Chop veggies for side salad

Can make ahead and freeze if needed:

- Chicken Tacos
- Crustless Quiche
- Posse Stew

Shopping List

January, Week 4 (Days 22-31)

Meals

- 22 White Bean Chicken Chili (frozen from week 1)
- 23 Baked Chicken Thighs w/ Steamed Veggies*
- 24 Eggroll in a Bowl (double this recipe to feed 6-8) (I use bagged coleslaw mix to save time)
- 25 Cobb Salad (triple this recipe to feed 6-8) (I use bottled dressing to save time)
- 26 Crockpot Sloppy Joes w/ Side Salad
- 27 Chili
- 28 Baked Chicken Breasts w/ Fresh Green Bean Casserole
- 29 Burrito Bowls*
- 30 Oven Chicken Stew w/ Steamed Veggies on the Side
- 31 Chicken Tacos (from frozen)

Days Used

Produce

- baby spinach leaves (for omelet and salads)
- avocado (optional, for topping omelets)
- blueberries x 2 (could substitute frozen)
- favorite fresh vegetables for lunches and salads
- favorite salad ingredients
- 24, 26, 27 4 yellow onions
- 26 1 small green bell pepper
- 27 1 red bell pepper
- 26, 27 celery
- 24, 26, 28, 30 2 heads of garlic
- 24 2-3 bags coleslaw mix
- 29 1 lime
- 24 1 bunch green onions
- 25 3 heads Romaine lettuce
- 27 2 tomatoes (for chili)
- 28 4 shallots
- 28 1 1/2 lbs fresh green beans
- 1/2 pound baby bella mushrooms
- 25, 30 2 pints cherry tomatoes
- 30 potatoes, optional (I give them to my kids)
- 24 fresh ginger
- 25, 30 avocado (optional, for salad)

Frozen

- frozen berries (if you didn't buy fresh)
- 23 1 large package favorite frozen veggies

Days Used

Meat & Fish

- 4 oz sausage or chorizo for each omelet (make sure there's no added sugars or carbs)
- 25, 30
29
29
29
25, 30
24, 27
30
23
- bacon (turkey if preferred)
- 5 large chicken breasts + enough for one family dinner you don't think you'll have enough leftover
- deli meat for lunches (I buy ham so I can use some of it in the Cobb Salad)
- 4 lbs ground meat for Eggroll in a Bowl (I usually
- 2 lbs boneless, skinless chicken thighs
- bone-in chicken thighs (enough for 1 dinner for the whole family)

Dairy/Refrigerated Section

- goat cheese (optional, for omelet)
- 25
25
28
25
- 2 dozen eggs plus enough for 1 breakfast for the family
- unsweetened almond or cashew milk
- butter
- 8 oz pepper jack cheese
- 0% Greek yogurt
- sliced cheese for meat roll-ups (optional)
- cottage cheese
- cheddar cheese (optional garnish)
- sour cream
- 1 package bleu cheese

Pantry

- 24 oz. salsa verde
- favorite low-fat salsa for burrito bowls
- 1 lb quinoa
- 1 small can mild roasted green chiles
- roasted red peppers for egg muffins (if needed)
- old-fashioned oats
- 29
29
27
26
28, 30
29
26
26
26
26
29
- 2 lbs brown rice
- salad dressing (or you could make your own)
- toasted sesame oil
- soy sauce or liquid aminos
- salad dressing for Cobb salad
- 1 8 oz can tomato paste
- yellow mustard
- 32 oz chicken broth
- 3 cans of beans
- 4 oz tomato sauce
- no-sugar-added ketchup
- Worcestershire sauce
- peanut butter
- 3 cans black beans

Days Used

Staples

	salt
	pepper
	protein powder
	Truvia or THM Super Sweet Blend stevia
	ground ginger
	onion powder
	garlic powder
26, 27, 29	chili powder
30	Italian seasoning
29	cumin
26	apple cider vinegar
	red pepper flakes (optional) MCT oil or coconut oil
	cocoa powder
	cayenne pepper
	cinnamon
	vanilla extract
	baking powder
	olive oil
28	dried thyme
24	liquid aminos or soy sauce (gluten-free if needed)
24	rice wine vinegar
26	black strap molasses

Meal Prep

January, Week 4 (Days 22-31)

Breakfast and Lunch:

- Make Blueberry Cobbler Overnight Oatmeal (1 per person)
- Make egg muffins
- Cook bacon
- Make one large pot of quinoa

Dinner:

- Chop veggies, cook bacon, boil eggs for Cobb salad
- Chop veggies for side salads
- Chop veggies for Chili

Can make ahead and freeze if needed:

- Chop veggies, cook bacon, boil eggs for Cobb salad
- Chop veggies for side salads
- Chop veggies for Chili
- Make one large pot of brown rice (can freeze extra to use for later in the month)

Shopping List

Monthly (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

breakfast, lunch, 18	at least 2 packages baby spinach leaves (for omelet and salads) avocado (for omelet) 6 heads Romaine lettuce blueberries x 8 (could substitute frozen) favorite fresh vegetables for lunches - I like cucumbers, grape tomatoes, and mini bell peppers favorite salad ingredients for at least 2 salads per week
1	Brussels sprouts
2, 21, 28	4 1/2 lbs fresh green beans
3, 5, 8, 9, 12, 13, 24, 26, 27	12 onions
5, 8, 12, 14, 26	8 large bell peppers (mix of red and green)
26, 28, 30	6 heads of garlic
4, 10, 21	4 lbs mushrooms
13	6 cups broccoli 2-3 large heads, or just get frozen)
5, 12	8-10 jalapeno peppers
Day 7	spaghetti squash (I buy 2 to feed my family of 7) fresh tomatoes, lettuce, or other preferred taco toppings
17, 27	4 tomatoes
25, 30	2 pints cherry tomatoes
breakfast, 15, 25	7 avocado
10, 24	fresh ginger
10	1 stalk fresh lemongrass
10, 29	4 limes
17	1 lemon
10, 29	fresh cilantro
14, 24	fresh scallions
13, 14	11+ sweet potatoes (1 for each person in your family + 4 more) family; I bought 7 for mine)
14, 17, 29	3 red onions
13, 21, 26, 27	2 bunches celery
13, 21, 26, 27	4-5 carrots plus 1 bag baby carrots
17	cucumbers for Greek salad
24	2-3 bags coleslaw mix
28	4 shallots
30	potatoes, optional (I give them to my kids)

Days Used

Meat & Fish

breakfast, 25	16 oz sausage or chorizo for each omelet (1 per week per person)
3, 7, 8, 13, 15, 17,	5 lbs bacon
29	15 lbs chicken breasts
lunch	deli meat for lunches (I buy at least 4 lbs and freeze 3 of them)
1	steak (enough for one dinner for the family)
2	1 whole chicken for roasting
4	ham on the bone - you'll want to dice 2 cups of ham, then use the bone to make a broth for soup)
11	ground beef for burgers (we try to find grass-fed)
16	4 lbs steak strips
10	1 lb shrimp (frozen is fine)
21	large beef roast
23	bone-in chicken thighs; enough for the family
30	2 lbs boneless, skinless chicken thighs
9, 19, 26	6 lbs extra-lean ground beef or turkey
24, 27	4 lbs ground beef, pork, or turkey

Frozen

	1 large package frozen blueberries
12	2 16 oz bags frozen cauliflower
4, 16	3 large packages frozen broccoli
16	1 large bag frozen vegetable medley or stir-fry vegetables (no potatoes)
23	favorite veggies for steaming

Dairy/Refrigerated Section

	1 lb. goat cheese (optional, for omelets)
4	9 dozen eggs + enough for 1 scrambled egg breakfast for each family member each week
	3 quarts unsweetened almond or cashew milk
	butter (or ghee)
	24 oz pepper jack cheese
	32 oz 0% Greek yogurt
	at least 2 lbs sliced cheese for meat roll-ups (optional)
	32 oz cottage cheese (you may need more if you make a lot of protein shakes)
11	cheese for burgers (optional)
14	0% Greek yogurt
	sliced cheese for meat roll-ups (optional)
12	8 oz cream cheese
14	Light Laughing Cow Cheese (I like cheddar flavor)
4, 15, 18	1 1/2 lbs cheddar
17	feta cheese
	1 wedge fresh parmesan
18	4 oz mozzarella
	1 pint heavy cream
18	8 oz half and half
15, 28	24 oz sour cream
25	1 package bleu cheese

Days Used

Pantry

	64 oz salsa verde
	3-4 lbs quinoa
breakfast, 3, 19	24 oz mild roasted green chiles
	roasted red peppers for egg muffins (1 large jar)
	1 jar of peanut butter (look for jars with only peanuts and salt listed as ingredients)
	2 lbs. old-fashioned oats
5, 13, 19, 25	8-10 lbs brown rice (I usually get an extra pound for the kids' lunches)
	salad dressing (or you could make your own)
3	5 cans Great Northern Beans
8	20 oz canned pineapple rings
9	14.5 oz can tomato sauce
5, 12, 15, 19	24 oz dried black beans
6	16 oz dried pinto beans
19	1 can chili beans
5, 12, 15, 19	201 oz canned diced tomatoes
	olives or other favorite taco toppings
3, 10, 28, 30	4 quarts chicken broth
12, 14	red salsa (16 oz, split over two dinners)
10	fish sauce
10	3 cans coconut milk
14, 29	4 cans of black beans
10	red curry paste
13	balsamic dressing (no sugar added)
19	1 can whole corn kernels (or sub frozen corn)
17	Kalamata olives
17	tzatziki sauce or Greek dressing
18	1 container parmesan cheese
25	ranch dressing (or ingredients to make your own)
27	1 8 oz can tomato paste
26	yellow mustard
29	canned beans (for burrito bowls)
26	4 oz tomato sauce
26	no-sugar-added ketchup
26	Worcestershire sauce

Staples

gallon freezer bags
salt
pepper
olive oil
protein powder
Truvia or THM Super Sweet Blend
stevia
MCT oil or coconut oil
cocoa powder
cinnamon
vanilla extract

Days Used

Staples

3	garlic powder
3	cayenne pepper
3, 14	paprika
	bay leaves
4	Spike seasoning or other favorite all-purpose seasoning
6	basil
21	dried parsley
8, 16, 24	coconut aminos (can sub soy sauce, make sure it's gluten-free if needed)
8, 10	Just Like Brown Sugar (or low-carb brown sugar substitute from Pinterest)
9, 14	taco seasoning (gluten-free if needed, or ingredients to make your own)
16	liquid stevia
30	Italian seasoning
16	ground ginger
16	crushed red pepper flakes
	onion powder
21	garlic powder
13	balsamic vinegar
12, 14, 26, 27, 29	chili powder
12, 14, 15, 29	cumin
16	minced garlic paste (or chop 2 cloves)
17	oregano
6	dill
	baking powder
	check DashingDish.com for ingredients needed for favorite shake recipe
21	glucomannan
26	apple cider vinegar
	red pepper flakes (optional)
28	dried thyme
24	rice wine vinegar
26	black strap molasses
7	favorite seasoning for Baked Chicken Breasts

Meal Planner

February

Breakfast

- 1 Banana Bars
- 2 GF & DF Peanut Butter Blizzard
- 3 Bacon and Scrambled Eggs*
- 4 Coconut Flour Waffles
- 5 Breakfast Sausage
- 6 Scrambled Egg Whites w/ Orange Slices*
- 7 Oatmeal*

Lunch

- 1 Chicken Breasts w/ Quinoa*
- 2 Deli Meat Roll-ups, Boiled Eggs, & Sliced Veggies*
- 3 Leftovers
- 4 Salad w/ Deli Meat*
- 5 Protein Shake (I like DashingDish.com)
- 6 Chicken and Rice for One
- 7 Baked Sweet Potatoes w/ Grilled Chicken*

Dinner

- 1 Whole Roasted Chicken (I make 2 to get leftovers) w/ Steamed Veggies
- 2 Leftover Chicken with Mexican Caesar Salad
- 3 Egg Roll in a Bowl (double this recipe to feed 6-8)
- 4 Posse Stew - use lean ground turkey, omit hominy and cornstarch, season to taste (triple, divide into two pans, and freeze second portion)
- 5 Garlic Soup, Salad w/ Diced Hardboiled Eggs
- 6 Crockpot Verde Chicken & Rice
- 7 Spaghetti Squash w/ Meat Sauce
- 8 Italian Chicken and Green Beans (double this recipe to feed 6-8; I use two pans)
- 9 Korean Beef w/ Cauliflower Rice (double this recipe to feed 6-8)
- 10 Baked Crispy Chicken Thighs w/ Frozen Veggies
- 11 One Pan Cilantro Lime Rice and Beans (add 1 extra chicken breast & 1 extra can of black beans; pre-cook brown rice and sub for white rice)
- 12 Low-Carb Chili (quadruple to feed 6-8; freeze second two portions for another dinner)
- 13 Buffalo Chicken Casserole (I double the meat in this recipe to make it serve 6-8)
- 14 Easy Tuscany Tomato Soup w/ Grilled Chicken Breasts
- 15 Crockpot Sloppy Joes w/ Baked Sweet Potatoes

Dinner (continued)

- 16 Whole Roasted Chicken (I make 2 to get leftovers) w/ salad and veggie side
- 17 Nourishing Chicken Soup (using leftover chicken from yesterday)
- 18 Taco Salad Crunch
- 19 Low-Carb Shake n' Bake w/ Side Salad (recipe feeds six; double or make 1/2 an extra serving to feed more - or add extra sides)
- 20 Crockpot Marinated Pork Loin w/ Steamed Veggies
- 21 Marvelous Mini-Meatloaves w/ Side Salad
- 22 Posse Stew (frozen)
- 23 Slow Cooker Chicken, Quinoa, and Sweet Potato Soup
- 24 Crockpot Barbacoa Beef w/ Side Salad
- 25 Jambalaya
- 26 Rotisserie Chicken w/ side of Sautéed Green Beans
- 27 Chicken Tacos w/ Diced Avocado
- 28 Frozen Low-Carb Chili from Week 2

*See recipe cards

Shopping List

February, Week 1 (Days 1-7)

Meals

- 1 Whole Roasted Chicken (I make 2 for leftovers) w/ Steamed Veggies
- 2 Leftover Chicken with Mexican Caesar Salad
- 3 Egg Roll in a Bowl (double recipe to feed 6-8)
PREP TIP: COOK 4 extra lbs ground turkey for tomorrow
- 4 Posse Stew - use lean ground turkey, omit hominy and cornstarch
(triple, divide into 2 pans, and freeze second portion)
- 5 Garlic Soup, Salad w/ Diced Hardboiled Eggs
- 6 Salsa Verde Crockpot Chicken
- 7 Spaghetti Squash w/ Meat Sauce
PREP TIP: Brown extra 2 lbs of ground beef for Tuesday

Days Used

Produce

- 5 1 lemon
- 3 fresh ginger
fresh parsley (optional)
fruit for breakfast and oatmeal (berries, oranges, apples, whatever you like)
- 5 chives (optional, for eggs and Garlic Soup)
veggies for snacking and lunches (cucumbers, bell peppers, tomatoes, etc.)
your favorite salad ingredients for 1 lunch
1 tomato (for lunch)
sweet potatoes (enough for 1 lunch)
- 3 1-2 carrots
- 2 2 Anaheim Chiles
- 3, 5 6 heads of garlic
- 2 2 medium bunches cilantro
- 2 3-6 heads Romaine lettuce (depending on how much your family will eat)
- 3, 4, 5 5 medium onions
- 3 1 large head of cabbage or 2-3 bags coleslaw mix
- 7 1 large spaghetti squash
- 3 green onions

Dairy/Refrigerated Section

unsweetened vanilla almond or cashew milk
eggs (enough for one breakfast)
4 eggs (for waffles), plus eggs to boil for snacks and lunch low-fat cottage cheese
butter or ghee (if you can tolerate it)
cotija cheese**

Days Used

Meat & Fish

- bacon (enough for one breakfast)
- breakfast sausage (enough for one breakfast)
- 3 chicken breasts for lunch
- 6 3 chicken breasts (enough for 1 dinner for salsa verde chicken)
- deli meat for lunch and snacks
- 1 1-2 whole roasted chickens (I make 2 for my family of 7)
- 3, 4 6 lbs ground turkey (don't worry - this will make 3 meals + leftovers!)
- 7 1-2 lbs ground beef to add to marinara

Frozen

- berries (for smoothies and berry whip)
- 1 favorite frozen veggies for a side dish

Pantry

- 3 soy sauce or liquid aminos (gluten-free if needed)
- 6 1 16 oz jar salsa verde
- 5 1 quart chicken broth
- 1 cup oats, plus enough for one oatmeal breakfast for the family
- peanut butter
- coconut flour
- coconut cream
- 5 2 cups unsweetened coconut milk (can sub any unsweetened, plain nut milk)
- quinoa
- on-plan salad dressing
- your favorite needed ingredients for shakes from DashingDish.com or THM Cookbook
- canned chicken breast (or fresh)
- 6 3 lbs brown rice
- 2 pepitas (for Mexican Caesar salad)
- 2 mayonnaise (for Mexican Caesar salad)
- toasted sesame oil (to add to Egg Roll in a Bowl, optional, but yummy)
- 4 3 cans pinto beans or chili beans
- 4 3 cans of whole kernel corn (can sub frozen corn)
- 4 3 cans diced tomatoes
- 3 rice wine vinegar
- 7 1-2 jars no-sugar-added marinara sauce
- 4 3 small cans mild roasted green chiles (my family doesn't like so many, we reduce it to 1)
- oat fiber

Staples

- | | | | |
|---------------------------|---|------------------------------|---------------|
| cayenne pepper (optional) | | dried basil | ground cumin |
| salt | | ground cloves | garlic powder |
| balsamic vinegar | | baking soda | |
| 2 red wine vinegar | | cocoa powder | |
| pepper | | apple cider vinegar | |
| cinnamon | 3 | ground ginger | |
| dried thyme | | red pepper flakes (optional) | |
| dried oregano | | chili powder | |

Meal Prep

February, Week 1 (Days 1-7)

Breakfast and Lunch:

- Make Banana Bars
- Cook Bacon
- Make Coconut Flour Waffles
- Pre-cook breakfast sausage
- Pre-cook oatmeal
- Make one big pot of quinoa
- Bake or grill chicken to serve with sweet potatoes
- Boil eggs for lunch
- Slice veggies for lunch

Dinner:

- Chop veggies for Mexican Caesar Salad & make dressing
- Chop veggies for salads and Garlic Soup
- Make one big pot of brown rice

Can make ahead and freeze if needed:

- Posse Stew
- Crockpot Verde Chicken and Rice
- Brown ground beef and freeze for Meat Sauce on Day 7

Shopping List

February, Week 2 (Days 8-14)

Meals

- 8 Italian Chicken and Green Beans (double this recipe to feed 6-8; I use two pans)
- 9 Korean Beef w/ Cauliflower Rice (double this recipe to feed 6-8)
- 10 Baked Crispy Chicken Thighs w/ Favorite Veggies
- 11 One Pan Cilantro Lime Rice and Beans
(add 1 extra chicken breast & 1 extra can of black beans; pre-cook brown rice to sub for white rice)
- 12 Low-Carb Chili (quadruple to feed 6-8; freeze second two portions for another dinner)
- 13 Buffalo Chicken Casserole (I double the meat in this recipe to make it serve 6-8)
- 14 Easy Tuscany Tomato Soup w/ Grilled Chicken Breasts

Days Used

Produce

- 4 bananas
- 11 2 limes
fruit for breakfast and oatmeal (berries, oranges, apples, whatever you like)
chives (optional, for eggs)
veggies for snacking and lunches (cucumbers, bell peppers, tomatoes, etc.)
your favorite salad ingredients for 1 lunch
1 tomato (for lunch)
sweet potatoes (enough for 1 lunch)
- 12, 13 2 avocados (optional, for topping)
- 13 1 large or 2 small spaghetti squash
- 8 1 1/2 lbs fresh green beans
- 8 3-4 potatoes (for kids! OR extra green beans)
- 9, 11, 13 1 head of garlic
- 9 fresh ginger (you can sub dried)
- 9, 11, 13 1 bunch green onions (divided)
- 9 2 heads of cauliflower
- 11 fresh cilantro
- 13 2 yellow onions
- 13 2 carrots
- 13 4 stalks celery
- 13 2 small or 1 large red bell peppers
- 9 fresh parsley
- 9 1 lemon

Frozen

- 10 favorite frozen veggies to steam for a dinner side
- 1 package frozen berries

Days Used

Dairy/Refrigerated Section

- unsweetened vanilla almond or cashew milk
- eggs (enough for one breakfast)
- 4 eggs (for waffles), plus eggs to boil for snacks and lunch
- 13 3 eggs for casserole
- low-fat cottage cheese
- butter or ghee (if you can tolerate it)
- 12 sour cream (optional, for topping)

Pantry

- 1 cup oats, plus enough for one oatmeal breakfast for the family
- oat fiber
- peanut butter
- coconut flour
- coconut cream
- quinoa
- on-plan salad dressing
- your favorite needed ingredients for shakes from DashingDish.com
- canned chicken breast (or fresh)
- brown rice (for lunch)
- nuts for snacking
- sesame oil
- soy sauce or coconut aminos
- 11, 14 2 quarts chicken broth
- 11 1 small can diced green chiles
- 11 3 cans black beans
- 12 2 jars of salsa for Low-Carb Chili
- 13 hot sauce
- 13 mayonnaise (dairy-free if needed)
- 14 2 quarts crushed tomatoes

Meat & Fish

- bacon (enough for one breakfast)
- breakfast sausage (enough for one breakfast)
- 3 chicken breasts for lunch
- 8, 11, 14 7-8 lbs chicken breasts
- 9, 12 deli meat for lunch and snacks
- 12 6.25 lbs ground beef
- 13 bone-in chicken thighs (enough for your family for one dinner)
- 2 lbs ground chicken or turkey

Days Used

Staples

	salt
	olive oil
	balsamic vinegar
	pepper
	cinnamon
12	cumin
12	coriander
12	cayenne (optional)
12, 14	garlic powder
	ground cloves
	baking soda
	cocoa powder
	apple cider vinegar
9	liquid stevia
9	blackstrap molasses
9	crushed red pepper (optional)
8	2 packages Italian dressing mix or seasoning to make your own
9	sesame oil
14	dried basil
14	dried thyme
14	dried oregano
14	onion powder

Meal Prep

February, Week 2 (Days 8-14)

Breakfast and Lunch:

- Make Banana Bars
- Cook Bacon
- Make Coconut Flour Waffles
- Pre-cook breakfast sausage
- Pre-cook oatmeal
- Make one big pot of quinoa
- Bake or grill chicken to serve with sweet potatoes
- Boil eggs for lunch
- Slice veggies for lunch

Dinner:

- Make cauliflower rice
- Make one pot of brown rice for One Pan Cilantro Lime Rice and Beans
- Chop veggies for Buffalo Chicken Casserole

Can make ahead and freeze if needed:

- Korean Beef w/ Cauliflower Rice
- Low-Carb Chili
- Buffalo Chicken Casserole
- Tuscany Tomato Soup

Shopping List

February, Week 3 (Days 15-21)

Meals

- 15 [Crockpot Sloppy Joes w/ Baked Sweet Potatoes](#)
- 16 Whole Roasted Chicken (I make 2 to get leftovers) w/ salad and veggie side
- 17 [Nourishing Chicken Soup \(using leftover chicken from yesterday\)](#)
- 18 [Taco Salad Crunch](#)
- 19 [Low-Carb Shake n' Bake w/ Side Salad](#)
(recipe feeds 6; double or make 1/2 an extra serving to feed more - or add extra sides)
- 20 [Crockpot Marinated Pork Loin w/ Steamed Veggies](#)
- 21 [Marvelous Mini-Meatloaves w/ Side Salad](#)

Days Used

Produce

- 4 bananas
- fruit for breakfast and oatmeal (berries, oranges, apples, whatever you like)
- chives (optional, for eggs)
- veggies for snacking and lunches (cucumbers, bell peppers, tomatoes, etc.)
- your favorite salad ingredients for 1 lunch
- 20, 21 favorite salad ingredients for two dinner side salads
- 1 tomato (for lunch)
- sweet potatoes (enough for 1 lunch)
- avocado (for snacking)
- 15, 16, 17 3 onions
- 15 1 small green bell pepper
- 17 1 bunch of celery
- 17 2 carrots
- 15 sweet potatoes (enough for 1 dinner for the whole family)
- favorite fresh veggie for a dinner side OR frozen
- 3 tomatoes
- 1 head of lettuce
- 15, 21 2 heads of garlic
- 18 1 red onion
- 16 1 lemon

Days Used

Meat & Fish

bacon (enough for one breakfast)

breakfast sausage (enough for one breakfast)

lunch, 17 5 boneless skinless chicken breasts

deli meat for lunch and snacks

15 1 1/2 - 2 pounds extra-lean ground beef (I buy 2 lbs to serve 8)

16 1-2 whole chickens (if you don't make two, you'll need to be extra careful to reserve some for chicken soup)

21 2 lbs ground beef

18 2 lbs extra lean ground beef or turkey

19 one whole cut-up chicken, or 2-3 pounds chicken drumettes, wings, or drumsticks

20 4 lbs fresh pork loin

Frozen

berries

16, 18, 20 3 large packages favorite frozen veggies

Dairy/Refrigerated Section

unsweetened vanilla almond or cashew milk

eggs (enough for one breakfast)

4 eggs (for waffles), plus eggs to boil for snacks and lunch

low-fat cottage cheese

butter or ghee (if you can tolerate it)

Pantry

1 cup oats, plus enough for one oatmeal breakfast for the family

oat fiber

peanut butter

coconut flour

coconut cream

quinoa

salad dressing (or make your own)

your favorite needed ingredients for shakes from DashingDish.com

canned chicken breast (or fresh)

lunch, 17 1 lb. brown rice

15 nuts for snacking

4 oz tomato sauce

15 chicken broth (for tomato soup)

17 + 48 oz chicken broth (for chicken soup)

15 sugar-free ketchup (or make your own)

15 black strap molasses

15, 20 mustard

18 Worcestershire sauce

18 1 can black beans

18 1 can pinto beans

baked blue corn chips (if you can find them)

20 soy sauce (gluten-free if needed)

liquid smoke

17 fish sauce

Days Used

Staples

	olive oil (the Taco Salad Crunch recipe calls for light olive oil)
	salt
	coconut oil (if not using another option for Shake n' Bake)
	balsamic vinegar
18	white vinegar
	pepper
	cinnamon
15	chili powder
	ground cloves
	baking soda
	cocoa powder
20	apple cider vinegar
16	onion powder
18, 20	garlic powder
20	dried basil
20	ginger
21	dried thyme
18	dried oregano
	bay leaves
20	dill weed
19	paprika
19	rubbed sage
19	nutritional yeast (optional for Shake n' Bake, but I also like to throw it in with our scrambled eggs)
17	parsley
19	Trim Healthy Mama Baking Blend (also listed on Page 1. You need 1 cup for the Shake n' Bake recipe)
15	THM Sweet Blend
	stevia or other low-carb sweetener
20	xanthan gum (optional, for gravy)
21	dried minced onion
18	taco seasoning (gluten-free if needed, or ingredients to make your own)
18	lemon pepper (optional)
	xanthan gum (optional, for gravy)

Meal Prep

February, Week 3 (Days 15-21)

Breakfast and Lunch:

- Make Banana Bars
- Cook Bacon
- Make Coconut Flour Waffles
- Pre-cook breakfast sausage
- Pre-cook oatmeal
- Make one big pot of quinoa
- Bake or grill chicken to serve with sweet potatoes
- Boil eggs for lunch
- Slice veggies for lunch

Dinner:

- Chop veggies for Taco Salad Crunch
- Chop veggies for side salads
- Chop veggies for Crockpot Sloppy Joes
- Chop veggies for Nourishing Chicken Soup
- Prepare seasoning mix for Low-Carb Shake n' Bake

Can make ahead and freeze if needed:

- Crockpot Sloppy Joes
- Marvelous Mini-Meatloaves

Shopping List

February, Week 4 (Days 22-28)

Meals

- 22 Posse Stew (frozen)
- 23 Slow Cooker Chicken, Quinoa, and Sweet Potato Soup
- 24 Crockpot Barbacoa Beef w/ Side Salad
- 25 Jambalaya
- 26 Rotisserie Chicken w/ side of Sautéed Green Beans
- 27 Chicken Tacos w/ Diced Avocado
- 28 Frozen Low-Carb Chili from Week 2

***This week uses meals that we cooked and froze earlier in the month. Please check the printable notes if you don't have those meals prepared so you know if you need to come up with a swap!

Days Used

Produce

- 4 bananas
- 24 2 limes
- 25 1 bunch of celery
- fruit for breakfast and oatmeal
- chives (optional, for eggs)
- veggies for snacking and lunches (cucumbers, bell peppers, tomatoes, etc.)
- 26 1 1/2 to 2 lbs green beans
- your favorite salad ingredients for 1 lunch + 1 dinner side salad
- 1 tomato (for lunch)
- sweet potatoes (enough for 1 lunch) +
- 2 large sweet potatoes for dinner
- 27 avocado
- 25 1 head of garlic
- 23 fresh parsley (optional)
- 25 zucchini (optional, for noodles)

Dairy/Refrigerated Section

- unsweetened vanilla almond or cashew milk
- eggs (enough for one breakfast)
- 4 eggs (for waffles), plus eggs to boil for snacks and lunch
- low-fat cottage cheese
- butter or ghee (if you can tolerate it)
- 27, 28 sour cream, cheese, other favorite taco & chili toppings
- 26 1 small package goat cheese

Frozen

- berries (for smoothies)

Days Used

Pantry

1 cup oats, plus enough for one oatmeal breakfast for the family
peanut butter
coconut flour
coconut cream
quinoa
on-plan salad dressing
your favorite needed ingredients for shakes from DashingDish.com
canned chicken breast (or fresh)
brown rice (for lunch)

23 1 lb. quinoa
23 2 cans of black beans
23 1 can petite diced tomatoes
23, 24 100 oz chicken broth (for soups and jambalaya)
25 3 small cans tomato paste
Worcestershire sauce
25 2 lbs brown rice
27 3 15 oz cans diced tomatoes
1 28 oz can whole or diced tomatoes with juice
1 can Rotel
on-plan baked blue corn chips (optional)
25 Not-So-Naughty Noodles (optional)
27 If you're NOT gluten-free, low-carb tortillas (optional)
oat fiber
26 1/4 cup sliced or slivered almonds

Meat & Fish

bacon (enough for one breakfast)
breakfast sausage (enough for one breakfast)
3 chicken breasts for lunch
23, 25, 27 12 boneless skinless chicken breasts
deli meat for lunch and snacks
24 3 lb. boneless chuck roast
25 3-4 links Andouille sausage (optional, if you want an "S" jambalaya)
26 1-2 whole pre-cooked rotisserie chickens (this meal isn't until later
in the week, so you may want to wait to buy these)

Staples

non-stick spray (I use coconut oil spray)		chili powder
salt		olive oil
balsamic vinegar	27	cumin
pepper	24	oregano
cinnamon	24	cloves
ground cloves	25	creole or Cajun seasoning
baking soda	25	bay leaves
cocoa powder	25	garlic powder
apple cider vinegar		
23 chili seasoning mix		

Meal Prep

February, Week 4 (Days 22-28)

Breakfast and Lunch:

- Make Banana Bars
- Cook Bacon
- Make Coconut Flour Waffles
- Pre-cook breakfast sausage
- Pre-cook oatmeal
- Make one big pot of quinoa
- Bake or grill chicken to serve with sweet potatoes
- Boil eggs for lunch
- Slice veggies for lunch

Dinner:

- Dice sweet potatoes for Chicken, Quinoa, Sweet Potato Soup
- Chop veggies for side salad
- Chop veggies for Jambalaya
- Grate cheese for Chicken Tacos (optional)

Can make ahead and freeze if needed:

- Jambalaya
- Chicken Tacos

Shopping List

February, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

	4 bananas per week
5	1 lemon
23	fresh parsley (optional)
	fruit for breakfast and oatmeal (berries, oranges, apples, whatever you like)
5	chives (optional, for eggs and Garlic Soup)
lunch, 15	veggies for snacking and lunches (cucumbers, bell peppers, tomatoes, etc.)
lunch, 15	your favorite salad ingredients for 4 lunches
lunch, 15	8 tomatoes
lunch, 15	sweet potatoes (enough for 4 lunches plus one dinner side)
3, 13, 17	6 carrots
2	2 Anaheim Chiles
3, 5, 9, 11, 13, 25	7 heads of garlic
2, 11	3 medium bunches cilantro
2	3-6 heads Romaine lettuce (depending on how much your family will eat)
17	8 oz fresh spinach
3, 4, 5, 13, 15, 17	9 medium onions
3	1 large head of cabbage or 2-3 bags coleslaw mix
7, 13	2 large or 4 small spaghetti squash
11, 24	4 limes
12, 13, 27	3-4 avocados
8, 26	3-4 lbs fresh green beans
Day 8	3-4 potatoes (for kids! OR extra green beans)
3, 9, 17	fresh ginger (you can sub dried)
3, 9, 11, 13	2 bunches green onions (divided)
9, 17	3 heads of cauliflower
13, 17, 25	3 bunches celery
13	2 small or 1 large red bell peppers
15	1 small green bell pepper
20, 21	favorite salad ingredients for two dinner side salads
18	1 red onion
25	zucchini (optional, for noodles)
	favorite fresh veggie for a dinner side OR frozen
9	1 lemon
9	1 bunch fresh parsley

Frozen

	berries (for smoothies and berry whip)
10, 16, 18, 20	four large packages favorite frozen veggies

Days Used

Meat & Fish

	bacon (enough for four breakfasts for the family)
	breakfast sausage (enough for four breakfasts)
	deli meat for lunch and snacks
1, 16, 26	6 whole roasted chickens (I make 2 for my family of 7, which gives us leftovers)
3, 4	6 lbs ground turkey (don't worry - this will make 3 meals + leftovers!)
15, 17	4 lbs extra lean ground beef or turkey
lunch, 6, 8, 11, 14, 23, 25, 27	18 lbs chicken breasts
7, 9, 11, 12, 18, 21, 23, 25	15 lbs ground beef
13	2 lbs ground chicken or turkey
10	bone-in chicken thighs (enough for your family for one dinner)
19	one whole cut-up chicken, or 2-3 pounds chicken drumettes, wings, or drumsticks
20	4 lbs fresh pork loin (Days 15-21)
24	3 lb. boneless chuck roast
25	3-4 links Andouille sausage (optional, if you want a low-carb jambalaya)

Dairy/Refrigerated Section

	unsweetened vanilla almond or cashew milk
	eggs (enough for four breakfasts)
	plus 1 dozen eggs
	low-fat cottage cheese
	butter or ghee (if you can tolerate it)
	cotija cheese**
12, 27, 28	sour cream, cheese, other favorite taco & chili toppings
26	1 small package goat cheese

Pantry

3	liquid aminos or soy sauce (gluten-free if needed)
6	1 16 oz jar salsa verde
12	2 jars of salsa for Low-Carb Chili
5, 11, 14, 17, 23, 24	8 quarts chicken broth
	1 lb oats
	oat fiber
	peanut butter
	coconut flour
	coconut cream
5	2 cups unsweetened coconut milk (any refrigerated unsweetened nut milk will work)
lunch, 23	quinoa
	on-plan salad dressing
8	2 packages Italian dressing mix or seasoning to make your own
	your favorite needed ingredients for shakes from DashingDish.com or THM Cookbook
lunch, 6, 25	6 lbs brown rice
2	pepitas
2, 13	mayonnaise
3, 9	toasted sesame oil (to add to Egg Roll in a Bowl, optional, but yummy)
4	3 cans chili beans
18	1 can pinto beans

Days Used

Pantry

4, 23, 27	8 cans diced tomatoes
14	32 oz crushed tomatoes
	1 28 oz can whole or diced tomatoes with juice
15	4 oz tomato sauce
	1 can Rotel
4, 11	3 small cans diced green chiles
13	hot sauce
15	sugar-free ketchup (or make your own)
15	mustard
15, 20	Worcestershire sauce
18	baked blue corn chips (if you can find them)
20	liquid smoke
20	oat fiber (optional, for gravy - I've only ever found this online)
24	1 small can chipotle peppers in adobo sauce (you'll need this for 2 separate dinners)
25	Not-So-Naughty Noodles (optional)
27	If you're NOT gluten-free, low-carb tortillas
4, 18	3 cans of whole kernel corn (can sub frozen corn)
17	fish sauce

Staples

	cayenne pepper (optional)
	salt
	pepper
	cinnamon
5, 14, 18, 24	dried oregano
5, 14, 20	dried basil
	baking soda
	cocoa powder
	apple cider vinegar
20	ground ginger
12, 27	ground cumin
12	coriander
12	cayenne (optional)
12, 14, 18, 20, 25	garlic powder
9	liquid stevia
9, 15	blackstrap molasses
9	crushed red pepper (optional)
5, 14, 21	dried thyme
	olive oil (the Taco Salad Crunch recipe calls for light olive oil)
	coconut oil (if not using another option for Shake n' Bake)
18	white vinegar
3	rice wine vinegar
	balsamic vinegar
2	red wine vinegar
15	chili powder
14	onion powder

Days Used

Staples

19	paprika
19	rubbed sage
19	nutritional yeast (optional for Shake n' Bake)
17	glucomannan
	xanthan gum (optional, for gravy)
18	lemon pepper (optional)
19	Trim Healthy Mama Baking Blend (You need 1 cup for the Shake n' Bake recipe)
15	THM Sweet Blend
	stevia or other low-carb sweetener
20	xanthan gum (optional, for gravy)
21	dried minced onion
	non-stick spray (I use coconut oil spray)
23	chili seasoning mix
24	cloves
25	creole or Cajun seasoning
25	bay leaves
20	dill weed
17	turmeric

Meal Planner

March

Breakfast

- 1 Fried Eggs w/ Avocado*
- 2 Egg Whites Over Quinoa w/ Salt & Pepper*
- 3 Protein Shakes
- 4 Baked Blueberry Oatmeal
- 5 Scrambled Eggs w/ Salsa*
- 6 Muffin in a Mug
- 7 Crunchy Coconut Granola

Lunch

- 1 Crockpot White Bean Chicken Soup
- 2 Salad w/ Deli Meat *
- 3 Sweet Potatoes w/ Canned Chicken or Tuna *
- 4 Leftovers*
- 5 Snack Lunch - (Meat, Nuts, Veggies, Cheese)*
- 6 Turkey Burgers w/ Side Salad*
- 7 Quinoa w/ Chicken Breast*

Dinner

- 1 Baked Crispy Chicken Thighs w/ Sauteed Green Beans & Side Salad*
- 2 Baked Spaghetti Squash with Meat Sauce*
- 3 Taco Stack-Ups
- 4 Slow Cooker Chili
- 5 Sweet Potato, Quinoa, and Black Bean Soup
- 6 Baked Ham w/ Baked Brussels Sprouts (can sub chicken if you don't eat pork) & Side Salad*
- 7 Paprika Chicken (double this recipe to feed 6-8)
- 8 One Pot Lemon-Herb Chicken and Rice
- 9 Italian "Eggs in Purgatory"
- 10 Chicken Tacos
- 11 Chicken Asparagus Skillet (add extra chicken breasts to serve 6-8)
- 12 Chicken Avocado Lime Soup
- 13 Whole Roasted Chicken w/ Frozen Vegetables & Side Salad*
- 14 Crockpot Verde Chicken & Rice*
- 15 Grilled Greek Lemon Chicken w/ Greek Salad
- 16 Italian Chicken w/ Fresh Green Beans (substitute THM Baking Blend for flour)
- 17 Mexican Zucchini and Beef

Dinner (continued)

- 18 Fish Tacos
- 19 Chicken Tortilla Soup
- 20 Pot Roast w/ Steamed Broccoli & Side Salad *
- 21 Slow-Cooker Sticky Chicken
- 22 Garlic Chicken w/ Quinoa
- 23 Turkey Bacon Meatballs with Marinara (double this recipe to serve 6-8)
- 24 Slow-Cooked Carnitas (no tortillas, and I sub 1/4 cup Bai5 Clementine drink for the orange)
- 25 Rotisserie Chicken w/ Bagged Side Salad*
- 26 Turkey Pot Pie Soup
- 27 One Pan Roasted Lemon Pepper Salmon w/ Garlic Parmesan Asparagus (double to feed 6-8)
- 28 Crockpot CopyCat Cafe Rio Chicken w/ Salad
- 29 Low-Carb Shake n' Bake Chicken w/ Side Salad
- 30 Italian Drip Beef Stacked w/ optional Provolone - Serve w/ Green Beans (no bread or low-carb bread)
- 31 Burrito Bowls*

*See recipe cards

Shopping List

March, Week 1 (Days 1-7)

Meals

- 1 Baked Crispy Chicken Thighs w/ Sautéed Green Beans & Side Salad
- 2 Baked Spaghetti Squash with Meat Sauce
- 3 Taco Stack-Ups
- 4 Slow Cooker Chili
- 5 Sweet Potato, Quinoa, and Black Bean Soup
- 6 Baked Ham w/ Baked Brussels Sprouts (can sub chicken if you don't eat pork) & Side Salad
- 7 Paprika Chicken (double this recipe to feed 6-8)

Days Used

Produce

- avocado for breakfast
- 2 cups blueberries
- 1 handful cilantro
- your favorite salad ingredients for two lunches (one full salad + one side salad)
- your favorite veggies for 2 lunches + snacks (I buy cucumbers, tomatoes, bell peppers)
- 5 sweet potatoes for lunch (I buy 8, one per person) + 2 large sweet potatoes
- 1 1 1/2 lbs fresh or frozen green beans
- 1, 6 favorite salad ingredients for 2 salads
- 2 1 large or 2 small spaghetti squash
- 3 taco toppings (lettuce, tomato, avocado)
- 4, 7 3 onions
- 4 celery
- 4 1 carrot
- 4, 7 3 red bell peppers
- 4, 5, 7 1 head of garlic
- 6 1 lb fresh Brussels sprouts
- 7 4 green peppers
- 7 1-2 jalapeno peppers (optional)
- 4, 7 3 red bell peppers (chili recipe calls for green, I just get what's on sale)

Dairy/Refrigerated Section

- enough eggs for the family for two breakfasts; + 1 egg per person for MIM
- 1 large container egg whites
- 2 containers cottage cheese (optional, for shakes. If dairy-free, you can omit)
- unsweetened almond or other favorite nut milk
- 7 0% Greek yogurt or So Delicious coconut milk yogurt for a Dairy-Free option
- 1 goat cheese (optional, for green beans)

Days Used

Meat & Fish

lunch	4 chicken breasts
	enough deli meat for 1 salad, 1 lunch, and snacks
lunch	6-8 turkey burgers for lunch
1	6-8 chicken thighs (buy more if 1 per person won't be enough for your family)
2, 3	4 pounds ground beef
lunch	organic hot dogs or sausages
4, 5, 7	11 boneless skinless chicken breasts
6	Bone-in Ham (pre-baked is best) - enough for 1 dinner

Frozen

	1 package frozen blueberries
	2 packages frozen berries
5	1 package frozen corn

Pantry

	10 cups old-fashioned oats unsweetened apple sauce
	chia seeds
	1 lb dried Great Northern White Beans
	1 quart chicken broth
	1 can of Rotel
	1 can of tuna
	nuts for 1 lunch + snacks
	sugar-free ketchup (or ingredients to make your own)
	salad dressing (or ingredients to make your own)
	pickles
2	no-sugar-added marinara sauce
3	2 packets taco seasoning (gluten-free if needed)
breakfast, 5	1 lb. quinoa
3	sliced black olives (optional, topping)
4, 5	2 cans black beans
3, 4	two 14.5 oz cans tomato sauce
4, 5	2 quarts chicken broth
4, 5, 7	5 cans petite diced tomatoes

Staples

salt		coconut extract (optional for granola, I skip it)
pepper		cumin
almond flour		garlic powder
coconut flour		Cajun seasoning (optional)
ground flax	4	chili powder
baking powder	4	oregano
pure vanilla extract	5	chili seasoning mix
cinnamon	7	glucomannan
ground cloves	7	paprika
coconut oil	7	chicken bouillon (6 cubes)

ingredients for your favorite shake option from DashingDish.com or another plan-approved shake

THM Super Sweet Blend or another on-plan sweetener pure stevia extract

Meal Prep

March, Week 1 (Days 1-7)

Breakfast and Lunch:

- Make one large pot of quinoa for breakfast
- Prepare Baked Blueberry Oatmeal
- Prepare Crunchy Coconut Granola
- Prepare White Bean Chicken Soup
- Slice cheese and veggies for snack lunch
- Prepare turkey burgers

Dinner:

- Brown 2 pans of ground beef - 1 with no seasoning for Meat Sauce on Day 2, and one with taco seasoning for Day 3.
- Chop veggies for Slow Cooker Chili
- Chop veggies for Paprika Chicken

Can make ahead and freeze if needed:

- Slow Cooker Chili
- Meat for Taco Stack Ups
- Paprika Chicken

Shopping List

March, Week 2 (Days 8-14)

Meals

- 8 One Pot Lemon-Herb Chicken and Rice
- 9 Italian "Eggs in Purgatory"
- 10 Chicken Tacos
- 11 Chicken Asparagus Skillet (add extra chicken breasts to serve 6-8)
- 12 Chicken Avocado Lime Soup
- 13 Whole Roasted Chicken w/ Normandy Vegetables & Side Salad
- 14 Slow-Cooker Salsa Verde Chicken

Days Used

Produce

- breakfast, 10, 12 5 avocados
- 2 cups blueberries
- 1 handful cilantro
- your favorite salad ingredients for two lunches
- 13 your favorite salad ingredients for two side salads
- sweet potatoes for lunch (I buy 8, one per person)
- your favorite veggies for lunch and snacks
- 12 2 jalapeno peppers
- 12 1 head of garlic
- 8, 13 2 lemons
- 8 fresh parsley for garnish (optional)
- 9 1 red onion
- 9 1 bunch basil
- 11 1 lb asparagus spears
- 11 1 small yellow squash
- 11, 12 green onions
- 12 2 roma tomatoes
- 12 cilantro
- 12 2 limes
- 13 1 onion

Dairy/Refrigerated Section

- enough eggs for the family for two breakfasts; + 1 egg per person
- 9 one dozen eggs
- 1 large carton of egg whites (or fresh, if you have a hatred for carton stuff)
- 2 containers cottage cheese (optional)
- unsweetened almond milk or cashew milk
- butter (or ghee) (can sub coconut oil if dairy-free)
- 10, 12 favorite taco toppings (sour cream, cheese, etc. - all optional)
- 9 Caciotta Cheese (can sub monterey jack or omit)

Days Used

Frozen

blueberries

2 packages frozen berries

13 1 package frozen Normandy Vegetables (cauliflower, broccoli, and carrots)

Pantry

salsa

10 cups old-fashioned oats

unsweetened apple sauce

chia seeds

1 lb dried Great Northern White Beans

1 quart chicken broth

1 can of tuna

nuts for 1 lunch + snacks

8 1 lb. brown rice

9 whole olives

9 1 28 oz can peeled tomatoes

10 three 14 oz cans diced tomatoes

11, 12 5 14.5 oz cans chicken broth

14 16 oz jar salsa verde

14 1 lb. brown rice

Meat & Fish

lunch, 10 5 chicken breasts (lunch)

12 1 1/2 lbs chicken breasts or thighs

8, 10, 14 16 chicken breasts

11 8-12 boneless, skinless chicken thighs

11 bacon

enough deli meat for 1 salad, 1 lunch, and snacks 6-8 turkey burgers for lunch

13 1-2 whole chickens (S)

Staples

olive oil

ground flax

glucommanan or xanthan gum

coconut extract (optional for granola, I skip it)

8 Italian Seasoning

garlic powder

salt

Cajun seasoning (optional)

pepper

13

onion powder

THM Super Sweet Blend or another on-plan sweetener

pure stevia extract

ingredients for your favorite shake option from DashingDish.com

baking powder

pure vanilla extract

10 cumin

cinnamon

ground cloves

coconut oil

almond flour

coconut flour

Meal Prep

March, Week 2 (Days 8-14)

Breakfast and Lunch:

- Make one large pot of quinoa for breakfast
- Prepare Baked Blueberry Oatmeal
- Prepare Crunchy Coconut Granola
- Prepare White Bean Chicken Soup
- Slice cheese and veggies for snack lunch
- Prepare turkey burgers

Dinner:

- Bake chicken for Chicken Tacos
- Make one pot of brown rice for Crockpot Verde Chicken & Rice

Can make ahead and freeze if needed:

- Chicken Tacos

Shopping List

March, Week 3 (Days 15-21)

Meals

- 15 Grilled Greek Lemon Chicken w/ Greek Salad
- 16 Italian Chicken w/ Fresh Green Beans
- 17 Mexican Zucchini and Beef
- 18 Fish Tacos
- 19 Chicken Tortilla Soup
- 20 Pot Roast w/ Steamed Broccoli & Side Salad
- 21 Slow-Cooker Sticky Chicken

Days Used

Produce

- breakfast, 18 3-4 avocados
- 2 cups blueberries
- 1 handful cilantro
- your favorite salad ingredients for two lunches (one full salad + one side salad)
- 15 your favorite salad ingredients for one dinner side salad
- sweet potatoes for lunch (I buy 8, one per person)
- favorite veggies for lunch and snacks
- 15 2 lemons
- 15, 16, 19 5 heads of garlic
- 15, 16, 19 fresh parsley (optional)
- 16 fresh basil (optional)
- 15 red onion
- 15, 16, 19 7 Roma tomatoes
- 16 spaghetti squash or zucchini for noodles (optional)
- 17, 18 3 medium zucchini (Sat)
- 18, 19 3 limes
- 18 shredded cabbage (optional, topping for fish tacos)
- 18, 19 fresh cilantro (optional, topping/garnish)
- 19, 20 2 onions
- 19 1 large bell pepper
- 20 one side salad for dinner
- 20 carrots
- 20 celery

Dairy/Refrigerated Section

- enough eggs for the family for two breakfasts; + 1 egg per person for MIM
- 1 large carton of egg whites (or fresh, if you have a hatred for carton stuff)
- 2 containers cottage cheese (optional)
- Greek yogurt (or So Delicious Unsweetened Coconut Yogurt for a dairy-free option)
- 15 feta cheese OR omit for dairy-free
- 16 8 oz mozzarella OR omit for dairy-free

Meat & Fish

- 2 chicken breasts +
- 15 one chicken breast half per person
- 19 3 more chicken breasts
- enough deli meat for 1 salad, 1 lunch, and snacks 6-8 turkey burgers for lunch
- 21 4 lbs chicken drumsticks
- 17 1 1/2 lbs ground beef
- 18 1 lb fresh cod (buy more if needed for your family)
- 20 1 pot roast (about 3 lbs makes enough for my family with leftovers)
- turkey or beef burgers (1 per person for lunch)

Frozen

- blueberries
- 2 packages frozen berries
- 20 1 package broccoli
- 21 your family's favorite frozen veggies

Pantry

- 19 salsa
- unsweetened apple sauce
- chia seeds
- 1 lb dried Great Northern White Beans
- 2 quarts chicken broth
- lunch, 19 2 can of Rotel (I buy mild)
- lunch, 17 1 can of tuna
- nuts for 1 lunch + snacks
- sugar-free ketchup (or ingredients to make your own)
- salad dressing
- pickles
- Kalamata olives
- 15 1 jar of artichoke hearts
- 16 THM Baking Blend (optional, can try coconut or almond flour instead)
- 16 shredded coconut
- 20 1 quart beef broth

Staples

- olive oil
- salt
- pepper
- THM Super Sweet Blend or another on-plan sweetener
- pure stevia extract
- ingredients for your favorite shake option from DashingDish.com
- baking powder
- pure vanilla extract
- cinnamon
- ground cloves
- coconut oil
- almond flour

Days Used

Staples

coconut flour

ground flax

coconut extract (optional for granola, I skip it) cumin

garlic powder

Cajun seasoning (optional)

oregano

15 dried basil

15 dried thyme

15 dried rosemary

15 chili powder

17, 18, 19, 21 ground cumin

17, 18, 19 onion powder

17 crushed red pepper flakes

17 paprika

21 onion powder

21 thyme leaves

21 garlic powder

20 dried rosemary

Meal Prep

March, Week 3 (Days 15-21)

Breakfast and Lunch:

- Make one large pot of quinoa for breakfast
- Prepare Baked Blueberry Oatmeal
- Prepare Crunchy Coconut Granola
- Prepare White Bean Chicken Soup
- Slice cheese and veggies for snack lunch
- Prepare turkey burgers

Dinner:

- Chop veggies for Greek Salad
- Chop veggies for Mexican Zucchini
- Chop veggies for Chicken Tortilla Soup
- Chop veggies for side salad

Can make ahead and freeze if needed:

- Chicken Tortilla Soup

Shopping List

March, Week 4 (Days 22-31)

Meals

- 22 Garlic Chicken w/ Quinoa
- 23 Turkey Bacon Meatballs with Marinara (double this recipe to serve 6-8)
- 24 Crockpot Carnitas
- 25 Rotisserie Chicken w/ Bagged Side Salad
- 26 Turkey Pot Pie Soup
- 27 One Pan Roasted Lemon Pepper Salmon w/ Garlic Parmesan Asparagus (double this recipe to feed 6-8)
- 28 Crockpot CopyCat Cafe Rio Chicken w/ Salad
- 29 Low-Carb Shake n' Bake Chicken w/ Side Salad
- 30 Italian Drip Beef Stacked w/ optional Provolone - Serve w/ Green Beans
- 31 Burrito Bowls

Day Used

Produce

- avocado for breakfast
- 2 cups blueberries
- 1 handful cilantro
- your favorite salad ingredients for five salads
- sweet potatoes for two lunches (I buy 8, one per person)
- your favorite veggies for lunch + snacks (I buy cucumbers, tomatoes, bell peppers)
- 23, 26 4 yellow onions
- 24 1 jalapeno
- 24 Avocado (optional, to serve with carnitas)
- 24 tomatoes (optional, to dice and serve)
- 25 pre-bagged salad
- 26 2 carrots
- 26 celery
- 26 sage leaves
- 26 fresh parsley, optional
- 27 2 lemons
- 22, 23, 27, 30 5 heads of garlic
- 27 3 lbs asparagus
- 27 1 lemon

Meat & Fish

- 2 boneless chicken breasts for lunches +
- enough deli meat for 1 salad, 2 lunches, and snacks
- 6-8 turkey burgers for lunch
- 23 1 lb bacon
- 23 3-4 lbs ground turkey
- 24 2 lbs boneless pork shoulder
- 25 cooked rotisserie chicken (I buy 2 to feed 8 plus leftovers)
- 26 2 cups shredded turkey or chicken (leftovers work great for this)
- lunch, 22, 28, 31 16 boneless skinless chicken breasts
- 27 3 lbs salmon, skin-on

Day Used

Meat & Fish

29	one whole cut-up chicken, or 2-3 pounds chicken drumettes, wings, or drumsticks
30	1 whole 2 1/2 - 4 lb chuck roast
	4 lbs ground beef
Day 27	1 lb lean ground beef
	2 boneless chicken breasts for lunches + enough deli meat for 1 salad, 2 lunches, and snacks
	6-8 turkey burgers for lunch
23	1 lb bacon
23	3-4 lbs ground turkey
24	2 lbs boneless pork shoulder
25	cooked rotisserie chicken (I buy 2 to feed 8 + have some leftovers for tomorrow)
26	2 cups shredded turkey or chicken (leftovers work great for this)
lunch, 22, 28, 31	14-16 boneless skinless chicken breasts
27	3 lbs salmon, skin-on
29	one whole cut-up chicken, or 2-3 pounds chicken drumettes or drumsticks
30	1 whole 2 1/2 - 4 lb chuck roast

Pantry

lunch, 26	2 lbs dried Great Northern White Beans
lunch, 26	4 quarts chicken broth
lunch, 26	2 cans Rotel
	foil
23	6 cups marinara
24	Bai 5 Costa Rica Clementine Orange juice OR Sobe Life Water Blood Orange salad dressing (check to make sure there's no added sugar)
	salsa
	10 cups old-fashioned oats
	unsweetened apple sauce
23	chia seeds (optional)
	freeze-dried fruit (this is for the granola, can sub fresh berries)
	2 cans of tuna
	nuts for 1 lunch + snacks
	sugar-free ketchup (or ingredients to make your own)
	salad dressing (or ingredients to make your own)
	pickles
27	Dijon mustard
28	zesty Italian dressing
28	dry ranch dressing mix, or make your own
31	beans, canned or dry
31	brown rice
30	22 oz beef consomme or beef broth

Dairy/Refrigerated Section

	enough eggs for the family for two breakfasts; + 1 egg per person
	1 large carton of egg whites (or fresh, if you have a hatred for carton stuff)
	2 containers cottage cheese (for shakes, optional) ****
	Greek yogurt (or So Delicious Unsweetened Coconut Yogurt if dairy-free)
24	optional sour cream and cheese to garnish carnitas
26	1 cup of heavy cream OR 1 can of coconut cream
30	sliced provolone cheese (omit if dairy-free)

Day Used

Staples

23	red chili flakes
24	oregano
24	cumin
26	thyme
26	dried sage
	salt
	pepper
	olive oil
	coconut oil (Tues)
	THM Super Sweet Blend or another low-glycemic sweetener
	pure stevia extract
	ingredients for your favorite shake option from DashingDish.com
	pure vanilla extract
	cinnamon
	ground cloves
	coconut oil
	almond flour
	coconut flour
	ground flax
	coconut extract (optional for granola, I skip it) cumin (Mon)
	garlic powder
	Cajun seasoning (optional)
27	onion powder
28	chili powder
29, 30	THM Baking Blend
29	paprika
29	rubbed sage
29	nutritional yeast (optional)
22	dried parsley
24	healthy frying oil of your choice

Meal Prep

March, Week 4 (Days 22-31)

Breakfast and Lunch:

- Make one large pot of quinoa for breakfast
- Prepare Baked Blueberry Oatmeal
- Prepare Crunchy Coconut Granola
- Prepare White Bean Chicken Soup
- Slice cheese and veggies for snack lunch
- Prepare turkey burgers

Dinner:

- Prep garlic for Garlic Chicken
- Make quinoa to re-heat (if needed)
- Prepare Turkey Bacon Meatballs
- Prepare seasoning for Shake n' Bake Chicken
- Chop veggies for Turkey Pot Pie Soup
- Make rice and beans for Burrito Bowls

Can make ahead and freeze if needed:

- Turkey Bacon Meatballs
- Carnitas
- Cafe Rio Crockpot Chicken
- Italian Drip Beef

Shopping List

March, Monthly List (Weeks 1-4)

<u>Days Used</u>	<u>Produce</u>
	<i>**I don't always buy every ingredient fresh, because they don't last for an entire month. You may want to refer to the weekly shopping lists for fresh produce.**</i>
breakfast 12, 18,19	4 pints blueberries 3 bunches cilantro
lunch, 1, 6, 13, 15, 20	enough of your favorite salad ingredients for sixteen salads
lunch	your favorite veggies for 2 lunches + snacks (I buy cucumbers, tomatoes, bell peppers)
lunch, 5	sweet potatoes for lunch (I buy 32, one per person per week) + 2 large sweet potatoes
1	1 1/2 lbs fresh or frozen green beans
2	2 large or 4 small spaghetti squash (squash for Day 16 is optional; please see menu)
3	taco toppings (lettuce, tomato, avocado)
4, 7, 19, 20, 23, 26	9 onions
4, 20, 26	3 bunches celery
4, 20, 26	2 bunch carrots
4, 7	3 red bell peppers
7, 19	5 green bell peppers
4, 5, 7, 12, 15, 16, 19, 22, 23, 27, 30	9 heads of garlic
6	1 lb fresh Brussels sprouts
4, 7, 12, 24	6 jalapeno peppers
8, 23, 26	5 lemons
8, 26	2 bunches fresh parsley
9, 16	2 bunches fresh basil
11, 27	4 lbs asparagus
11	1 small yellow squash
11, 12	1 lb lean ground beef
12, 15, 16, 19, 24	11 roma tomatoes
12, 18, 19	5 limes
17, 18	3 medium zucchini
18	shredded cabbage (optional, topping for fish tacos)
26	sage leaves
9, 15	2 red onions

Dairy/Refrigerated Section

breakfast	enough eggs for the family for 8 breakfasts; + 1 egg per person per week for MIM PLUS
breakfast	4 large cartons of egg whites (or enough eggs for fresh, if you dislike carton stuff)
breakfast	4 containers cottage cheese (optional, for shakes. If dairy-free, you can omit)
breakfast	3 unsweetened almond or other favorite nut milk
7	0% Greek yogurt or So Delicious coconut milk yogurt for a Dairy-Free option
	butter (or ghee - can omit if you are dairy-free)
9	Caciotta Cheese (can sub monterey jack or omit)

Days Used

Dairy/Refrigerated Section

9	1 dozen eggs
10, 12, 26	favorite taco toppings (sour cream, cheese, etc. - all optional)
15	feta cheese OR omit for dairy-free
16	8 oz mozzarella OR omit for dairy-free
26	1 cup of heavy cream OR 1 can of coconut cream
27	finely shredded parmesan (omit if dairy-free)
30	sliced provolone cheese (omit if dairy-free)

Meat & Fish

lunch	enough deli meat for 1 salad, 2 lunches, and snacks
lunch	turkey or beef burgers (enough for 4 lunches for the family)
1	6-8 bone-in chicken thighs (buy more if 1 per person won't be enough for your family)
2, 3, 17	5.5 pounds ground beef
23	3-4 lbs ground turkey
lunch	enough turkey burgers to feed your family 4x
lunch	organic hot dogs or sausages
lunch, 4, 5, 7, 10, 19, 22, 28, 31	43 boneless skinless chicken breasts (13-15 lbs) PLUS enough chicken breast halves to feed your family
6	Bone-in Ham (pre-baked is best) - enough for 1 dinner
12	1 1/2 lbs chicken breasts or thighs
11	8-12 boneless, skinless chicken thighs
21	4 lbs chicken drumsticks
29	one whole cut-up chicken, or 2-3 pounds chicken drumettes, wings, or drumsticks
15	enough chicken breast halves to feed your family
13	1-2 whole chickens (S)
11, 23	2 lbs bacon
18	1 lb fresh cod (you may add extra if you think you will need more to feed your family)
27	3 lbs salmon, skin-on
20, 30	2 chuck roasts (about 3 lbs on each roast makes enough for my family with leftovers)
24	2 lbs boneless pork shoulder
25	cooked rotisserie chicken (I buy 2 to feed 8 plus have leftovers for tomorrow's dinner)
26	2 cups shredded turkey or chicken (leftovers work great for this)

Frozen

	1 package frozen blueberries
	6-8 packages frozen berries
5	corn
13	1 package frozen Normandy Vegetables (cauliflower, broccoli, and carrots)
20	1 package broccoli
21	your family's favorite frozen veggies

Pantry

breakfast, 19	24 oz salsa
14	16 oz jar salsa verde
breakfast	40 cups old-fashioned oats (look for gluten-free if you need them)
breakfast	1 jar unsweetened applesauce

Days Used

breakfast
breakfast
lunch
4, 5
31
lunch, 4, 5, 11, 12
30
lunch, 26
lunch
lunch
lunch
lunch, dinner
snack lunch
2, 23
3
breakfast, 5, 22, 26
3
9
15
3, 4
4, 5, 7, 10
9
8, 14, 31
16
18
24
27
28
28
20

Pantry

1 package chia seeds
freeze-dried fruit (for granola, can sub fresh berries)
5 lbs dried Great Northern White Beans
2 cans black beans
beans, canned or dry
10 quarts chicken broth
22 oz beef consomme or beef broth
5 cans of Rotel (I get mild)
4 cans of tuna
nuts for 1 lunch + snacks
sugar-free ketchup (or ingredients to make your own)
salad dressing (or ingredients to make your own)
pickles
2 jars marinara
2 packets taco seasoning (gluten-free if needed, or ingredients to make your own)
2 or 3 lbs quinoa
sliced black olives (optional, topping)
whole black olives
Kalamata olives
two 14.5 oz cans tomato sauce
8 cans petite diced tomatoes
1 28 oz can peeled tomatoes
2-4 lbs brown rice
1 jar of artichoke hearts
shredded coconut
Bai 5 Costa Rica Clementine Orange juice OR Sobe Life Water Blood Orange OR omit
Dijon mustard
zesty Italian dressing
dry ranch dressing mix, or make your own
1 quart beef broth

Staples

21
foil
salt
pepper
breakfast THM Super Sweet Blend or another on-plan sweetener pure stevia extract
breakfast ingredients for your favorite shake from DashingDish.com or another healthy shake
breakfast baking powder
breakfast pure vanilla extract
breakfast cinnamon
breakfast ground cloves
breakfast coconut oil
breakfast almond flour
breakfast coconut flour
breakfast ground flax
breakfast coconut extract (optional for granola, I skip it)
lunch, 10, 24 cumin

lunch, 21	garlic powder
lunch	Cajun seasoning (optional)
4, 17, 18, 19, 21, 28	large container chili powder
4, 15, 24	oregano
5	chili seasoning mix
7	glucomannan
7, 21, 29	paprika
7	chicken bouillon (6 cubes)
	olive oil
	glucomannan or xanthan gum
8	Italian Seasoning
15	dried basil
15	dried thyme
15, 20	dried rosemary
17, 18, 19	ground cumin
17, 21, 27	onion powder
17	crushed red pepper flakes
21	dried thyme leaves
26	ground thyme
23	red chili flakes
26, 29	rubbed sage
16, 29, 30	THM Baking Blend
29	nutritional yeast (optional)
24	healthy frying oil of your choice

Meal Planner

April

Breakfast

- 1 Breakfast Hash
- 2 Bacon and Eggs*
- 3 Hardboiled Eggs with Prosciutto or Pancetta
- 4 Baked Sweet Potatoes with Scrambled Egg Whites*
- 5 Omelets*
- 6 Scrambled Egg Whites and Veggies*
- 7 Fried Eggs & Avocado*

Lunch

- 1 Salad w/ Grilled Chicken*
- 2 Southwest Chicken Salad
- 3 Turkey Avocado Wraps
- 4 Taco Salad in a Jar (recipe serves 2, triple to feed 6-8)
- 5 Healing Chicken Soup
- 6 Roast Beef Roll-Ups with Berries*
- 7 Leftovers

Dinner

- 1 Tuesday Night Chicken with Frozen Veggies (quadruple this recipe to serve 6-8)
- 2 Leftover Chicken w/ Salad and Sautéed Green Beans (S)
If you weren't able to reserve any leftovers, you can deli meat to this salad
- 3 Fish Taco Cabbage Bowls
- 4 Spaghetti Squash w/ Meat Sauce*
- 5 Salt and Vinegar Chicken Wings with salad (triple this recipe to serve 6-8)
- 6 Paleo Eggs in Purgatory (double to feed 6-8, I tripled so we could have leftovers)
- 7 Chicken Breast w/ Roasted Butternut Squash and Brown Rice*
- 8 Chili
- 9 Portobello Burgers with Steamed Green Beans (double to feed 6-8)
- 10 Salmon w/ Baked Brussels Sprouts*
- 11 Paleo Tacos
- 12 Baked Lemon Chicken Tenders w/ Salad & Steamed Veggies
- 13 Coconut Braised Chicken Thighs w/ Steamed Green Beans
- 14 Paleo Meatballs w/ Salad
- 15 Grilled Chicken w/ Baked Sweet Potatoes*
- 16 Steak w/ Salad and Steamed Veggies*

Dinner (continued)

- 17 Cream of Asparagus and Zucchini Soup w/ Grilled Chicken
- 18 Artichoke Pesto Pasta with Chicken
- 19 Stuffed Bell Peppers
- 20 Paleo Asian Chicken Soup (double this recipe to serve 6-8)
- 21 Ginger Chicken Drumstices w/ Crudites
- 22 Slow Cooker Paleo Thai Chicken (double this recipe to serve 6-8)
- 23 Burgers w/ Fried Eggs and Salad*
- 24 Creamy Crockpot Chicken and Tomato Soup
- 25 Baked Crispy Chicken Thighs w/ Salad and Frozen Veggies*
- 26 Crockpot Thai Chicken Curry with Cauliflower Rice
- 27 Slow Cooker Texas Chili with Side Salad
- 28 Big "Leftovers" Salad Bar
- 29 Mexican Chicken Lime Soup
- 30 Crockpot Chicken Chile

*See recipe cards

Shopping List

April, Week 1 (Days 1-7)

Meals

- 1 Tuesday Night Chicken with seasoned & buttered frozen veggie blend (double to serve 6-8)
- 2 Leftover Chicken w/ Salad and Bacon & Buttered green beans
- 3 Fish Taco Cabbage Bowls
- 4 Spaghetti Squash with Meat Sauce
- 5 Salt and Vinegar Chicken Wings with salad (triple this recipe to serve 6-8)
- 6 Paleo Eggs in Purgatory (double to feed 6-8, I tripled so we could have leftovers)
- 7 Chicken Breast w/ Roasted Butternut Squash and Brown Rice

Days Used

Produce

- | | |
|-------------|---|
| lunch | 1 medium onion |
| lunch, 7 | 2 heads of garlic |
| lunch | 1 bell pepper |
| lunch | 4 sweet potatoes |
| lunch | 2 heads of broccoli |
| breakfast | Your favorite veggies for omelets |
| lunch, 3 | Avocados (1/2 per person for breakfast) + 2-3 extra |
| lunch, 2, 5 | Lettuce (enough for the whole family for four salads) |
| lunch, 2, 5 | Favorite salad veggies |
| lunch, 3 | 3 limes |
| lunch | 2 bunches of green onions |
| lunch | Carrots (or pre-shredded) (wraps and chicken soup) |
| lunch | 2 carrots |
| lunch | Spinach (taco salad) |
| lunch | Tomatoes (taco salad) |
| lunch | Onions (taco salad, optional) |
| lunch | Fresh ginger (chicken soup) |
| lunch, 6 | 2 packages Mushrooms |
| lunch | Favorite veggies for roll-ups |
| lunch | Fresh berries |
| lunch | Favorite fruits and veggies for snacks |
| lunch | medium head green cabbage |
| 3 | ½ medium head red cabbage |
| 4 | Spaghetti squash |
| 7 | 1 butternut squash (about 2 lbs) |
| 1 | 2 large onions |
| 2 | 1 1/2 lbs fresh green beans |
| 1 | Fresh basil and/or flat-leaf parsley (optional) |

Frozen

- 1 1- 2 bags frozen vegetable blend

Days Used

Dairy/Refrigerated Section

Enough eggs to hard-boil for snacks

Enough eggs for three family breakfasts

6 3 dozen eggs

2 cartons of egg whites (or extra fresh eggs)

6 Optional mozzarella (DF, omit for Whole30 and Paleo)

Butter or Ghee (optional if you're not DF, I just use coconut oil instead)

Pantry

lunch, 3 no-sugar-added mayonnaise (or make your own)

lunch healthy salad dressing (or make your own)

lunch Black olives (taco salad)

lunch 1 quart chicken broth (chicken soup)

lunch Turmeric (chicken soup)

lunch Fish sauce (gluten-free, for chicken soup)

lunch Nuts and seeds for snacks

3 Fish Rub or other seasoning (I didn't use this and it tasted great)

3 Green Tabasco Sauce (optional)

5, 6 2 jars No-sugar-added spaghetti sauce

Brown rice (optional)

1 4 14.5 oz cans fire-roasted tomatoes (Friday, April 1)

Meat & Fish

breakfast, lunch 1-2 lbs bacon

breakfast Pancetta or prosciutto (optional, for breakfast)

lunch 7 chicken breasts for lunches (or 1-2 pre-cooked rotisserie chickens to shred)

7 1-2 boneless, skinless chicken breasts PER PERSON

1, 2 8-10 large boneless, skinless chicken breasts

lunch Sliced turkey lunch meat

lunch 1 lb lean ground beef

4 2 lbs ground beef or turkey

lunch Roast beef (for roll-ups); either a whole piece to slice or pre-sliced lunch meat

3 4 large or 6 small fish filets

5 5-6 lbs chicken wings

6 1-2 lbs loose Italian sausage (I used chicken Italian sausage)

Staples

1 Italian seasoning Chili powder Cinnamon

Cumin powder Garlic powder Marjoram

6 Red pepper flakes Oregano Thyme

olive oil Cayenne pepper Creole seasoning

Apple Cider Vinegar Onion Powder Basil

White distilled vinegar coconut oil

1 House seasoning or All-Purpose Seasoning Salt & Pepper

taco seasoning (gluten-free if needed, or ingredients to make your own)

Meal Prep

April, Week 1 (Days 1-7)

Breakfast and Lunch:

- Pre-cook bacon
- Boil eggs
- Chop veggies for salads

1

Dinner:

- Chop veggies for Salad
- Chop veggies for Cabbage Bowls
- Brown ground beef for Meat Sauce
- Make one large pot of brown rice

8

Shopping List

April, Week 2 (Days 8-14)

Meals

- 8 Chili
- 9 Portobello Burgers with Steamed Green Beans (double to feed 6-8)
- 10 Salmon w/ Baked Brussels Sprouts*
- 11 Paleo Tacos
- 12 Baked Lemon Chicken Tenders w/ Salad & Steamed Veggies
- 13 Coconut Braised Chicken w/ Steamed Green Beans
- 14 Paleo Meatballs w/ Salad

Days Used

Produce

- | | | | |
|-------------------|--|---|--------------------------------|
| breakfast, 8 | 2 medium onions | 8 | 2-3 medium zucchinis |
| lunch, 11 | 2 heads of garlic | 9 | 1 1/2 lbs fresh green beans |
| | 1 bell pepper | 9 | 6-8 large portobello mushrooms |
| | 4 sweet potatoes | | |
| | 2 heads of broccoli | | |
| | your favorite veggies for omelets (or use leftover vegetables) | | |
| | avocados (1/2 per person for breakfast) + 2-3 extra for lunch salads | | |
| lunch, 11, 12, 14 | lettuce (enough for the whole family for five salads plus | | |
| | romaine leaves for taco wraps | | |
| lunch, 11, 12, 14 | favorite salad veggies | | |
| | 2 bunches of green onions | | |
| | 4 carrots | | |
| | spinach | | |
| | tomatoes | | |
| | fresh ginger | | |
| | 1 package mushrooms | | |
| | favorite veggies for roll-ups (cucumbers, bell peppers, tomatoes) | | |
| | fresh berries | | |
| | favorite fruits and veggies for snacks | | |
| 10 | 1-2 lbs Brussels sprouts | | |
| 10, 12 | 2 lemons | | |
| lunch, 13 | 1 limes | | |
| 11 | 2 bell peppers | | |
| 11 | 2 yellow onions | | |
| 13 | lemongrass | | |
| 13 | fresh ginger | | |
| 13 | 2 lime leaves (I couldn't find this, so I made it without, and it was still delicious) | | |
| 13 | cilantro | | |
| 13 | Thai basil (I couldn't find Thai, so I just bought regular fresh basil) | | |
| 13 | 1 1/2 lbs fresh green beans | | |
| 8 | 1 bunch of celery | | |

Days Used

Meat & Fish

	1-2 lbs bacon
	pancetta or prosciutto
	7 chicken breasts for lunches (or 1-2 pre-cooked rotisserie chickens to shred)
12	3 lbs chicken tenders
14	1 lb lean ground pork
	sliced turkey lunch meat
lunch, 8, 9, 11, 14	8 lbs ground beef or turkey
lunch	sliced roast beef (for roll-ups); either a whole piece to slice or pre-sliced lunch meat
10	6-8 salmon filets
13	1 whole chicken

Frozen

12	one large package frozen veggies
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Dairy/Refrigerated Section

breakfast, 9	enough eggs for three family breakfasts + 8 eggs
	2 cartons of egg whites (or extra fresh eggs)
	butter or ghee (optional if you're not DF, I just use coconut oil instead)

Pantry

	no-sugar-added mayonnaise (or make your own)
	no-sugar-added salad dressing (or make your own)
	black olives (taco salad)
lunch, 12	2 quart chicken broth
	fish sauce (gluten-free, for chicken soup)
12	coconut aminos
14	1 jar of no-sugar-added marinara (or make your own)
8	1 15 oz can tomato puree or tomato sauce
8	1 15 oz can diced tomatoes

Staples

	thyme	coconut oil
12	nutmeg	salt
	garlic powder	pepper
	turmeric (chicken soup)	olive oil
	Creole seasoning	apple cider vinegar
13	red pepper flakes	white distilled vinegar
	oregano	chili powder
	cayenne pepper	ground cumin
	garlic powder	taco seasoning (gluten-free if needed, or ingredients make your own)
	onion powder	
	cinnamon	
	basil	
11, 12	smoked paprika	
	marjoram	
	dried parsley	

Meal Prep

April, Week 2 (Days 8-14)

Breakfast and Lunch:

- Pre-cook bacon
- Boil eggs
- Chop veggies for salads

1

Dinner:

- Chop veggies for Chili
- Chop veggies for salads

Can make ahead and freeze if needed:

- Paleo Meatballs

8

Shopping List

April, Week 3 (Days 15-21)

Meals

- 15 Grilled Chicken w/ Baked Sweet Potatoes *PREP TIP: Make extra chicken to serve w/ soup*
16 Steak w/ Salad and Steamed Veggies
17 Cream of Asparagus and Zucchini Soup w/ Grilled Chicken
18 Artichoke Pesto Pasta with Chicken
19 Stuffed Bell Peppers
20 Paleo Asian Chicken Soup (double this recipe to serve 6-8)
21 Ginger Chicken Drumsticks w/ Crudités

Days Used

Produce

- | | | | |
|------------------------|--|----|--------------------------------------|
| | 1 medium onion | 20 | bok choy |
| | 5 heads of garlic | 21 | favorite veggies for crudités |
| | 1 bell pepper | 15 | 6-8 sweet potatoes or one per person |
| | 4 sweet potatoes | 17 | 1 bunch of asparagus |
| | 2 heads of broccoli | | |
| | Your favorite veggies for omelets (or use leftover veggies) | | |
| | avocados (1/2 per person for breakfast + 2-3 extra for lunch salads) | | |
| lunch, 16 | 3-5 heads of lettuce | | |
| | favorite salad veggies | | |
| | 2 bunches of green onions | | |
| lunch, 9 | 1 bunch of carrots | | |
| | 2 carrots | | |
| | spinach | | |
| | tomatoes | | |
| lunch, 20 , 21 | 1 large piece fresh ginger | | |
| lunch | 1 package mushrooms | | |
| lunch | favorite veggies for roll-ups (cucumbers, bell peppers, tomatoes) | | |
| | fresh berries | | |
| | favorite salad veggies | | |
| 17, 19, 21 | 3 large yellow onions | | |
| 21 | 1 small red onion | | |
| 17 | 1 small head of celery | | |
| 17 | 6 small to medium zucchini plus 2 extras if making Tuesday's recipe to Paleo | | |
| 17, reserve 1/2 for 18 | 1 bunch fresh parsley | | |
| 18 | 1 large spaghetti squash | | |
| 18 | fresh basil | | |
| 18 | 1 lemon | | |
| 20 | 2 limes | | |
| 18 | 1 bunch fresh or baby spinach | | |
| 19 | 10-12 large bell peppers | | |
| 20 | large head cabbage | | |

Days Used

Meat & Fish

16	Steak (enough for the whole family, or other meat to grill, if desired)
breakfast, lunch	1-2 lbs bacon
breakfast	pancetta or prosciutto
lunch, 20	2 lbs lean ground beef
17	enough boneless skinless chicken breast halves or thighs for the family
18, 19	2 lbs chicken breasts or tenders (extra if converting to Paleo/WHole30)
21	4 lbs chicken drumsticks
lunch	sliced turkey lunch meat
	roast beef (for roll-ups); either a whole piece to slice or pre-sliced lunch meat
15, 18	12-14 chicken breast halves (extras for leftovers if desired)

Frozen

16	1 large package frozen veggies
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Dairy/Refrigerated Section

	enough eggs to hardboil for snacks
	enough eggs for three family breakfasts
	2 cartons of egg whites (or extra fresh eggs)
19	light or part-skim mozzarella cheese (omit if you're dairy-free)
	butter or ghee (can sub coconut oil)
	coconut milk (carton from the dairy section, can sub 2 cups heavy cream if preferred)

Pantry

	no-sugar-added mayonnaise (or make your own)
	healthy salad dressing (or make your own)
	black olives (taco salad)
lunch, 17, 18, 19, 20	9 quarts chicken broth
	fish sauce
	nuts and seeds for snacks
18	1 33 oz can whole artichokes in water, cut in half (mon)
18	1/3 cup raw cashews
19	brown rice (not for Whole 30 or Paleo)
19	4 oz diced green chiles
19	15 oz can black beans (not for Whole30 or Paleo)
19	8 oz low-carb enchilada sauce (or make your own)
20	soy sauce (gluten-free if needed) or coconut aminos
21	salad dressing or dip (Thurs)
22	1 jar almond butter
15	Salsa or other favorite sweet potato toppings

Days Used

Staples

salt
pepper
olive oil
apple cider vinegar
white distilled vinegar
chili powder
ground cumin
garlic powder
oregano
cayenne pepper
garlic powder
onion powder
cinnamon
basil
bay leaves
coconut oil
turmeric
creole seasoning
taco seasoning
marjoram
dried parsley
thyme or lemon thyme

Meal Prep

April, Week 3 (Days 15-21)

Breakfast and Lunch:

- Pre-cook bacon
- Boil eggs
- Chop veggies for salads

Dinner:

- Chop veggies for Cream of Asparagus Soup
- Chop veggies for salads
- Chop veggies for Stuffed Bell Peppers
- Chop veggies for Paleo Asian Chicken Soup

Shopping List

April, Week 4 (Days 22-30)

Meals

- 22 Slow Cooker Paleo Thai Chicken (double this recipe to serve 6-8)
- 23 Burgers w/ Fried Eggs and Salad
- 24 Creamy Crockpot Chicken and Tomato Soup
- 25 Baked Bone-In Chicken Thighs w/ Salad and Frozen Veggies
- 26 Crockpot Thai Chicken Curry with Cauliflower Rice
- 27 Slow Cooker Texas Chili with Side Salad
- 28 Big "Leftovers" Salad Bar
- 29 Mexican Chicken Lime Soup
- 30 Crockpot Chicken Chile

Days Used

Produce

- 24, 27, 29, 30 1 medium onion +4 large onions
- lunch, 24, 29 2 heads of garlic
- 1 bell pepper
- 4 sweet potatoes
- 2 heads of broccoli
- Your favorite veggies for omelets (or use leftover vegetables)
- Avocados (1/2 per person for breakfast) + 2-3 extra for lunch salads
- 22, 23, 25 3-5 heads of lettuce
- Favorite salad veggies
- 2 bunches of green onions
- Carrots (or pre-shredded) (wraps and chicken soup)
- 26, 27 1 bunch of carrots
- Spinach (taco salad)
- Tomatoes (taco salad)
- Fresh ginger (chicken soup)
- 1 package mushrooms
- 26 3 cups cremini mushrooms
- Favorite veggies for roll-ups (cucumbers, bell peppers, tomatoes)
- Fresh berries
- Favorite fruits and veggies for snacks
- 26 Green cabbage
- 22 2 limes
- 26, 29 1 large bunch Cilantro
- 27 1 green bell pepper
- 22, 27 3 red bell peppers
- 27, 29 2 jalapenos
- 29, 30 6 limes
- 27 Fresh parsley

Days Used

Meat and Fish

- 1-2 lbs bacon
- Pancetta or prosciutto (optional, for breakfast)
- 7 chicken breasts for lunches (or 1-2 pre-cooked rotisserie chickens to shred)
- 24 4 frozen boneless skinless chicken breasts
- 25 bone-in chicken thighs (1 or 2 per person)
- 26, 29 2 ½ lbs chicken breasts
- 27 1 lb ground beef
- Sliced turkey lunch meat
- 1 lb lean ground beef
- Roast beef (for roll-ups); either a whole piece to slice or pre-sliced lunch meat
- 30 2 lbs pork sirloin or chicken breasts if you don't eat pork
- 22 1 lb lean ground beef
- 23 burger patties for the whole family + leftovers if desired

Frozen

- 25 1 large package favorite frozen veggies

Dairy/Refrigerated Section

- 23 enough eggs for one fried egg per person (or more if desired)
- Enough eggs for three family breakfasts
- 2 cartons of egg whites (or extra fresh eggs)
- Butter or Ghee (optional if you're not DF, I just use coconut oil instead)

Pantry

- no-sugar-added mayonnaise (or make your own)
- Approved salad dressing (or make your own)
- Black olives (taco salad)
- lunch, 22, 29 3 quarts chicken broth
- Fish sauce (gluten-free, for chicken soup)
- Nuts and seeds for snacks
- 24, 26 3 14 oz cans full-fat coconut milk
- 24 2 14 oz cans diced tomatoes
- 24 1 small can tomato paste
- 24 1 jar approved spaghetti sauce
- 22 soy sauce (gluten-free if needed) or coconut aminos

Staples

- | | | | |
|----|--|----------------|-------------------|
| | coconut oil | Cayenne pepper | turmeric |
| | Salt & Pepper | Garlic powder | Creole seasoning |
| 24 | Italian Seasoning | Onion Powder | Chili powder |
| | Olive oil | Cinnamon | Ground Cumin Seed |
| | Apple Cider Vinegar | Basil | Dried parsley |
| | White distilled vinegar | Marjoram | Thyme |
| | Oregano (recipe calls for Mexican, but I used regular) | | |
| | taco seasoning (gluten-free if needed, or ingredients make your own) | | |

Meal Prep

April, Week 4 (Days 22-30)

Breakfast and Lunch:

- Pre-cook bacon
- Boil eggs
- Chop veggies for salads

Dinner:

- Chop veggies for Slow Cooker Paleo Thai Chicken
- Chop veggies for salads
- Chop veggies for Thai Green Curry
- Brown ground beef and chop veggies for Texas Slow Cooker Chili
- Chop veggies for Mexican Lime Chicken Soup

Can make ahead and freeze if needed:

- Slow Cooker Paleo Thai Chicken
- Creamy Crockpot Chicken and Tomato Soup
- Crockpot Thai Chicken Curry
- Slow Cooker Texas Chili
- Chicken Chile

Shopping List

April, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

lunch, 1, 8, 11, 17, 19, 21, 24, 27, 29, 30	17 yellow onions
lunch, 11, 24, 29	11 heads of garlic
lunch, 11, 19, 22, 27	21 green bell peppers
27	1 red bell pepper
breakfast, 15	24 sweet potatoes
	6-8 heads of broccoli
	Your favorite veggies for omelets
lunch, 3	Avocados (1/2 per person for breakfast throughout the month) + 3 extra
lunch, 2, 5	10-12 heads of lettuce
lunch, 2, 5	Favorite salad veggies
lunch, 3, 13, 20, 22, 29, 30	14 limes
lunch	6-8 bunches of green onions (great in omelets if you have any leftovers at the end of the week!)
lunch, 19	4 bunches of carrots
lunch, 18	4 bunches or packages baby spinach
lunch	4-8 tomatoes
lunch, 13, 20, 21	1 large piece fresh ginger
lunch, 6	2 packages Mushrooms
9	6-8 large Portobello mushrooms
26	3 cups cremini mushrooms
lunch	favorite veggies for lunch roll-ups (I like cucumbers, tomatoes, and mini bell peppers)
21	favorite veggies for crudité's
lunch	Fresh berries
lunch	Favorite fruits and veggies for snacks
20, 26	2 heads of green cabbage
3	½ medium head red cabbage
4, 18	2 large or 4 medium spaghetti squash
7	1 butternut squash (about 2 lbs)
8, 17	2 bunches celery
8, 17, 19	9 medium zucchinis plus 2 extras if converting Day 19 to Paleo/Whole 30
2, 9, 13	4 1/2 lbs fresh green beans
1, 18	2 bunches fresh basil
13	Thai basil (I couldn't find Thai, so I just bought regular fresh basil)
10	1-2 lbs Brussels sprouts

Days Used

Produce

10, 12, 18	3 lemons
13	Lemongrass
13	2 lime leaves (I couldn't find this, so I made it without, and it was still delicious)
13, 26, 29	2 bunches cilantro
21	1 small red onion
17	1 bunch of asparagus
17, 18, 27	2 bunches fresh parsley
20	bok choy
27, 29	2 jalapenos

Meat & Fish

	6-8 lbs bacon
	Pancetta or prosciutto (optional, for breakfast)
7	1-2 boneless, skinless chicken breasts PER PERSON PLUS
lunch, 1, 2, 15, 18,	
19, 24, 26, 29	about 16 lbs boneless skinless chicken breasts, or around 58 breasts
17, 22	enough boneless skinless chicken breast halves or thighs for the family for two dinners
25	one or two bone-in chicken thighs per person
5, 21	10 lbs chicken wings and drums
12	3 lbs chicken tenders
13	1 whole chicken
lunch	Sliced turkey lunch meat - enough for the month
lunch	Roast beef (for roll-ups); either a whole piece to slice or pre-sliced lunch meat
lunch, 5, 8, 9, 11,	
27	13 ½ lbs ground beef or turkey
14	2 lbs ground beef, pork, or turkey
3	4 large or 6 small fish filets
10	4-6 salmon filets (my little ones share, so buy enough for at least one dinner for your family)
16	Steak (enough for the whole family, or other meat to grill, if desired)
20	4 cups cooked and shredded chicken breasts, or an additional rotisserie chicken
30	2 lbs pork sirloin

Frozen

1	1- 2 bags frozen vegetable blend
	Enough frozen mixed vegetables for two dinner sides
25	Favorite frozen veggies

Dairy/Refrigerated Section

	Enough eggs for 12 family breakfasts
6, 9	5 dozen eggs
	8 cartons of egg whites (or extra fresh eggs)
9	Optional mozzarella (DF, omit for Whole30 and Paleo)
	Butter or Ghee (optional if you're not DF, I just use coconut oil instead)
23	enough eggs for one fried egg per person (or more if desired)
19	light or part-skim mozzarella cheese (omit if you're dairy-free)
	coconut milk (carton from the dairy section, can sub 2 cups heavy cream if preferred)

Days Used

<u>Pantry</u>	
lunch, 3	no-sugar-added mayonnaise (or make your own) healthy salad dressing (or make your own) black olives (optional, taco salad topping)
lunch, 12, 17, 18, 19, 20, 22, 29	16 quarts chicken broth Fish sauce (gluten-free, for chicken soup) Nuts and seeds for snacks
3	Fish Rub or other seasoning (I didn't use this and it tasted great)
3	Green Tabasco Sauce (optional)
5, 6, 14, 24	4 jars No-sugar-added spaghetti sauce
19	brown rice (not for Whole 30 or Paleo)
8	1 15 oz can tomato puree or tomato sauce
8, 24	3 14.5 oz cans diced tomatoes
1	4 14.5 oz cans fire-roasted tomatoes
12, 20, 22	Coconut aminos
15	Salsa or other favorite sweet potato toppings
18	1 33 oz can whole artichokes in water, cut in half
18	1/3 cup raw cashews
19	4 oz diced green chiles
19	15 oz can black beans (not for Whole30 or Paleo)
19	8 oz low-carb enchilada sauce (or make your own)
21	salad dressing or dip (Thurs)
22	1 jar almond butter
24, 26	3 14 oz cans full-fat coconut milk
24, 26	1 small can tomato paste

Staples

	coconut oil
	salt
	pepper
	olive oil
	apple cider vinegar
	white distilled vinegar
	chili powder
	ground cumin
	garlic powder
	oregano
	cayenne pepper
	onion powder
	cinnamon
	basil
	marjoram
6, 13	red pepper flakes
	taco seasoning (gluten-free if needed, or ingredients make your own)
1, 24	Italian seasoning
1	House seasoning or All-Purpose Seasoning
11, 12	smoked paprika
12	nutmeg
	Creole seasoning
	thyme or lemon thyme
	turmeric

Meal Planner

May

Breakfast

- 1 Granola
- 2 Turkey Sausage w/ Scrambled Eggs*
- 3 Protein Shake
- 4 Boiled Eggs & Berries*
- 5 Scrambled Eggs & Bacon*
- 6 Baked Blueberry Oatmeal
- 7 Greek Yogurt & Berries*

Lunch

- 1 Baked Sweet Potatoes w/ Lean Meat*
- 2 Turkey Dogs, Fruit, Sliced Veggies*
- 3 Big Salad w/ Leftover Meat*
- 4 Baked Chicken w/ Rice*
- 5 Asian Chicken Salad
- 6 Baked Chicken w/ Beans and Salsa*
- 7 Leftovers

Dinner

- 1 Meat Sauce w/ Zucchini Noodles*
- 2 Black Bean Chicken Salad
- 3 Posse Stew - use lean ground turkey, omit hominy and cornstarch, season to taste (triple, divide into two pans, and freeze second portion)
- 4 Balsamic Chicken w/ Brown Rice
- 5 Grilled Cilantro Lime Chicken w/ Salsa (double recipe to serve 6-8)
- 6 Slow Cooker Chicken, Quinoa, and Sweet Potato Soup
- 7 Eggroll in a Bowl
- 8 Chicken w/ Roasted Veggies (double chicken to serve 6-8)
- 9 Taco Salad Crunch
- 10 Slow-Cooker Shredded Beef Tacos
- 11 Crockpot Sloppy Joes w/ Side Salad
- 12 Baked Salmon w/ Asparagus & Side Salad (double this recipe to feed 6-8)
- 13 Crockpot White Bean Chili
- 14 Mexican Zucchini & Beef
- 15 Irish Chicken w/ Steamed Veggies (add four extra pieces of chicken to serve 6-8)
- I omit the potatoes to keep this low-carb

Dinner (continued)

- 16 Chicken Bacon Avocado Salad (add 1 extra chicken breast + 1 more head of Romaine to serve 6-8)
- 17 Slow-Cooked Carnitas (no tortillas, and I sub 1/4 cup Bai5 Clementine drink for the orange)
- 18 Paprika Chicken (double this recipe - except for jalapeno peppers - to feed 6-8)
- 19 Grilled Steak w/ Brussels Sprouts & Salad*
- 20 Sweet Potato Quinoa Soup
- 21 Mediterranean Chicken (add 2 extra chicken breasts to feed 6-8)
- 22 Posse Stew (from frozen)
- 23 Italian Sub Salad (double this recipe to feed 6-8)
- 24 Lettuce-Wrapped Ground Beef Tacos*
- 25 Cashew Chicken (double this recipe to feed 6-8)
(I serve brown rice on the side for the kids and a side salad for adults)
- 26 Baked White Fish w/ Salad & Green Beans*
- 27 Italian Chicken Soup (add chicken breast & double to feed 6-8 with leftovers)
- 28 Skillet Chicken Fajitas (double this recipe to feed 6-8)
- 29 Whole Roast Chicken w/ Frozen Veggies & Cauli Rice*
- 30 Salad Bar
- 31 Paleo Chicken Taco Burgers w/ Side Salad and Steamed Veggies

*See recipe cards

Shopping List

May, Week 1 (Days 1-7)

Meals

- 1 Meat Sauce w/ Zoodles
- 2 Black Bean Chicken Salad
- 3 Posse Stew - use lean ground turkey, omit hominy and cornstarch (triple, divide into two pans, and freeze second portion)
- 4 Balsamic Chicken w/ Brown Rice
- 5 Grilled Cilantro Lime Chicken w/ Salsa (double recipe to serve 6-8)
- 6 Slow Cooker Chicken, Quinoa, and Sweet Potato Soup
- 7 Eggroll in a Bowl

Days Used

Produce

- 2 cups blueberries
- berries
- favorite veggies for lunches and snacks
- favorite salad ingredients
- fruit (your choice)
- lunch, 4, 6 sweet potatoes (1 per person for lunch, plus 4 for Day 4 and 2 for Day 6)
- lunch, 7 2 bags coleslaw mix OR 1 large head cabbage
- 3, 4, 7 4 medium onions
- 5 1 red onion
- 4, 5, 6, 7 2 heads garlic
- lunch, 2, 7 2 bunches green onions
- 1 cucumber
- 1 orange (optional)
- 1 spaghetti squash or zucchinis for noodles
- 2, 5 2 bunches cilantro
- 4 1 bunch celery
- 4, 7 1 bunch carrots
- 5 4 medium Roma tomatoes
- 2, 5 6 limes
- 4 1 head of broccoli
- 5 3 medium avocados
- 7 one small piece fresh ginger

Dairy/Refrigerated Section

- 2 1/2 gallon cartons unsweetened nut milk
- eggs (enough for three breakfasts for the family)
- 0% Greek yogurt (or coconut yogurt if DF)
- 1 carton egg whites
- butter

Days Used

Meat & Fish

	turkey sausage or pork sausage
	turkey bacon or pork bacon
	lean deli meat or rotisserie chicken (enough for 2 lunches)
	6 chicken breasts (for 3 lunches)
2	2 cups cooked chicken OR 4 boneless skinless chicken breasts
2, 4, 5, 6	19 boneless skinless chicken breasts
	hot dogs
1, 7	3 lbs ground beef or turkey
3	3 lbs ground turkey (triple this recipe, divide into 2 pans and freeze one)

Pantry

	unsweetened applesauce
	chia seeds
breakfast, lunch, 3, 4	4 lbs brown rice
lunch, 2, 6	5 cans black beans
3	3 cans corn
	salsa
1	1 or 2 large jars marinara sauce
4, 6	1 quart plus 2 cans chicken broth
4	balsamic dressing (look for under 2 grams carbs)
6	1 package quinoa
3, 6	four 14.5 cans petite diced tomatoes
	2 lbs old fashioned rolled oats (look for GF if needed)
3	three 16 oz cans chili beans
3	12 oz green chiles

Staples

	THM Super Sweet Blend	4	balsamic vinegar (if making your own dressing)
	mineral salt	2	dried basil
	vanilla extract		
	protein powder		
	your favorite protein shake ingredients		
	baking powder		
	cinnamon		
	maple flavoring		
	ground cloves		
	brown sugar substitution		
	rice wine vinegar		
7	liquid aminos or soy sauce (gluten-free if needed)		
	coconut oil		
lunch, 7	sesame seed oil		
	olive oil		
	pepper		
2	red wine vinegar		
3	jalapeno pepper (optional)		
6	1 package chili seasoning mix		
	pure stevia extract powder		

Meal Prep

May, Week 1 (Days 1-7)

Breakfast and Lunch:

- Granola
- Pre-cook turkey sausage
- Boil eggs
- Pre-cook bacon
- Prepare Baked Blueberry Oatmeal
- Chop veggies for salad
- Make a big pot of brown rice

Dinner:

- Brown meat for Meat Sauce on Day 1
- Bake chicken for Day 2
- Make brown rice, if needed, for Day 4

Can make ahead and freeze if needed:

- Posse Stew
- Balsamic Chicken

Shopping List

May, Week 2 (Days 8-14)

Meals

- 8 Chicken w/ Roasted Veggies (double chicken to serve 6-8)
- 9 Taco Salad Crunch
- 10 Slow-Cooker Shredded Beef Tacos
- 11 Crockpot Sloppy Joes w/ Side Salad
- 12 Baked Salmon w/ Asparagus & Side Salad (double this recipe to feed 6-8)
- 13 Crockpot White Bean Chili
- 14 Mexican Zucchini & Beef

Days Used

Produce

- 2 cups blueberries
- berries
- favorite veggies for lunches and snacks
- lunch, 11 favorite salad ingredients
- fruit (your choice)
- sweet potatoes (enough for 1 lunch for the whole family)
- 1 bag coleslaw mix
- 1 bunch green onions
- 1 cucumber
- 1 orange (optional)
- 8 1 bunch asparagus
- 8 2 red bell peppers
- 11 1 green bell pepper
- 11 small bunch celery
- 8, 9 2 red onions
- 8, 11 1 bunch carrots
- 8 5 oz sliced mushrooms
- 8, 10, 11, 12 2 heads garlic
- 8 fresh sage (optional, Day 8)
- 9 1 head of lettuce
- 10 avocado (optional)
- 12 2 lemons
- 13 fresh cilantro
- 12 3 lb. bag of baking potatoes (optional, I serve them to kids)
- 14 2 med zucchini
- 9 3 tomatoes
- 11 1 onion

Days Used

Dairy/Refrigerated Section

- 2 cartons unsweetened nut milk
- eggs (enough for 3 breakfasts for the whole family)
- breakfast, 13 0% Greek yogurt (or coconut yogurt if dairy-free)
- breakfast 1 carton egg whites
- 10 favorite taco toppings (sour cream, cheese, etc.) (omit if dairy-free)
- 12 parmesan (omit if dairy-free)
- butter

Pantry

- unsweetened applesauce
- chia seeds
- 3 lbs brown rice
- salsa
- 9 1 can black beans
- 9 1 can pinto beans
- 13 1 lb dried navy beans
- 9 1 can corn
- 9 baked blue corn chips (optional)
- 10 chipotle peppers in adobo sauce
- 11 yellow mustard
- 12 Dijon mustard
- 13, 14 2 cans Rotel
- 13 4 oz can diced green chiles
- 1 lb. brown rice
- old-fashioned rolled oats
- 11 ketchup (look for no sugar added, or make your own)
- 11 blackstrap molasses
- 11 4 oz. tomato sauce
- 11 worcestershire sauce

Meat & Fish

- 11, 14 4 lbs ground beef
- turkey sausage or pork sausage
- bacon or turkey bacon
- lean deli meat or rotisserie chicken
- 6 chicken breasts
- 13 1 lb. chicken breasts
- 8 14-16 boneless chicken thighs
- 9 2 lbs lean ground turkey
- 10 2-3 lbs boneless chuck roast ****2 or 3 *****
- 12 2 lbs salmon
- hot dogs

Days Used

Staples

THM Super Sweet Blend
mineral salt
vanilla extract
protein powder
your favorite protein shake ingredients
baking powder
cinnamon
ground cloves
brown sugar substitute
rice wine vinegar
liquid aminos or soy sauce (gluten-free if needed)

lunch, 14 coconut oil
sesame oil
olive oil
8 pepper
8 cooking spray
8 balsamic vinegar
8, 9 rosemary
9 oregano
9 white vinegar
9 garlic powder
10 lemon pepper (optional)
10, 11 chili powder
13 white wine vinegar
13 1 quart chicken broth
13 cumin
14 paprika
crushed red pepper flakes
maple flavoring
pure stevia extract powder
11 apple cider vinegar

Meal Prep

May, Week 2 (Days 8-14)

Breakfast and Lunch:

- Granola
- Pre-cook turkey sausage
- Boil eggs
- Pre-cook bacon
- Prepare Baked Blueberry Oatmeal
- Chop veggies for salad
- Make a big pot of brown rice

Dinner:

- Chop veggies for Taco Salad Crunch
- Chop veggies for side salads
- Chop zucchini for Mexican Zucchini & Beef

Can make ahead and freeze if needed:

- Crockpot White Bean Chili

Shopping List

May, Week 3 (Days 15-21)

Meals

- 15 Irish Chicken w/ Steamed Veggies (add four extra pieces of chicken to serve 6-8) (see Menu for notes)
- 16 Chicken Bacon Avocado Salad (add 1 extra chicken breast + 1 more head of Romaine to serve 6-8)
- 17 Crockpot Carnitas
- 18 Paprika Chicken (double this recipe - except for the jalapeno peppers - to feed 6-8)
- 19 Grilled Steak w/ Brussels Sprouts & Salad
- 20 Sweet Potato Quinoa Soup
- 21 Mediterranean Chicken (sub chicken broth for white wine, add 2 extra chicken breasts to feed 6-8)

Days Used

Produce

- 2 cups blueberries
- berries
- favorite veggies for lunches and snacks
- favorite salad ingredients
- fruit (your choice)
- sweet potatoes (enough for 1 lunch for the whole family) plus
- 20 2 large sweet potatoes
- 1 bag coleslaw mix
- lunch, 16 2 bunches green onions
- 1 cucumber
- 1 orange (optional)
- 15 1 head of green cabbage
- 15, 17, 18 5 onions
- 18 4 green bell peppers
- 18 4 red, yellow, or orange bell peppers
- 15 4 potatoes (optional, I serve these to my kids)
- 16, 17 3-4 heads romaine lettuce
- 16, 19, 21 7 roma tomatoes
- 16, 18, 20, 21 1 head of garlic
- Day 17, Day 18 2-3 jalapeno peppers
- 17 favorite taco/carnitas veggie toppings (bell peppers, onion, etc.)
- 16 2 avocados
- 19 Brussels sprouts (I buy a bag of about a pound)
- 20, 21 1 bunch fresh parsley
- 21 1 large lemon
- 21 1 large Day 16
- 21 1 red onion
- 21 1 1/2 lbs fresh green beans or other favorite veggie side
- 18 5 roma tomatoes

Days Used

Frozen

15 favorite frozen veggies

Dairy/Refrigerated Section

2 cartons unsweetened nut milk

eggs (enough for 3 breakfasts for the whole family)

0% Greek yogurt (or coconut yogurt if dairy-free)

1 carton egg whites

17 favorite carnitas toppings (sour cream, cheese, etc.) (omit if dairy-free)

16 4 oz bleu cheese (optional if dairy-free)

21 feta cheese

butter

17 sour cream

Pantry

unsweetened applesauce

chia seeds

3 lbs brown rice

salsa

17 1 bottle of Bai 5 Costa Rica Clementine

19 salad dressing

20 quinoa

20 1 can black beans

20 1 can petite diced tomatoes

20, 21 3 quarts chicken broth

21 1 lb lean ground beef

1 lb. brown rice

2 lbs old fashioned rolled oats (look for GF if needed)

21 4 oz sliced green olives

Meat

turkey sausage or pork sausage

breakfast, 16, 20 2 lbs bacon

lean deli meat or rotisserie chicken

lunch, 16, 20, 21 18 boneless skinless chicken breasts

15 1 whole cut-up chicken plus extra thighs

17 2 lbs boneless pork shoulder

19 steak (enough for the family)

18 2 lbs chicken breasts or thighs

Days Used

Staples

THM Super Sweet Blend
mineral salt
vanilla extract
protein powder
your favorite protein shake ingredients
baking powder
cinnamon
ground cloves
brown sugar substitute
rice wine vinegar
liquid aminos or soy sauce (gluten-free if needed)
coconut oil
sesame oil
olive oil
pepper
15 onion powder
15 thyme
15 garlic powder
15, 18 sweet paprika
16 apple cider vinegar
16 Dijon mustard (optional)
16 Italian seasoning
17, 21 oregano
17 cumin
20 chili seasoning mix
maple flavoring
pure stevia extract powder
18 1 package chicken bouillon cubes (at least 6)
18 paprika
17 healthy frying oil of your choice
18 glucomannan

Meal Prep

May, Week 3 (Days 15-21)

Breakfast and Lunch:

- Granola
- Pre-cook turkey sausage
- Boil eggs
- Pre-cook bacon
- Prepare Baked Blueberry Oatmeal
- Chop veggies for salad
- Make a big pot of brown rice

Dinner:

- Grate cheese for Carnitas topping (optional)
- Chop veggies for Paprika Chicken
- Chop veggies for Mediterranean Chicken
- Chop sweet potatoes for Sweet Potato Quinoa Soup

Can make ahead and freeze if needed:

- Carnitas
- Paprika Chicken

Shopping List

May, Week 4 (Days 22-31)

Meals

- 22 Posse Stew (from frozen)
- 23 Italian Sub Salad (double this recipe to feed 6-8)
- 24 Lettuce-Wrapped Ground Beef Tacos
- 25 Cashew Chicken (double to feed 6-8) (I serve with brown rice for the kids and a side salad for adults)
- 26 Baked White Fish w/ Salad & Green Beans
- 27 Italian Chicken Soup (add chicken breast & double this recipe to feed 6-8 with leftovers)
- 28 Skillet Chicken Fajitas (double this recipe to feed 6-8)
- 29 Whole Roast Chicken w/ Frozen Veggies & Cauli Rice
- 30 Salad Bar
- 31 Paleo Chicken Taco Burgers w/ Side Salad and Steamed Veggies

Days Used

Produce

- 2 cups blueberries
- berries
- favorite veggies for lunches and snacks
- lunch, 25, 30 favorite salad ingredients
- 23 3 heads romaine lettuce
- fruit (your choice)
- sweet potatoes (enough for 2 lunches for the whole family)
- 1 bag coleslaw mix
- lunch, 31 2 bunches green onions
- 1 cucumber
- 1 orange (optional)
- 23 4 tomatoes
- 27, 28 3 onions
- 23 1 red onion
- 24 favorite taco veggie toppings (bell peppers, onion, etc.)
- 27, 28 ginger
- 27, 28 1 head of garlic
- 28 4 red or yellow bell peppers
- 26 1 1/2 lbs fresh green beans
- 25, 28, 31 3 bunches of cilantro
- 28, 31 3 limes
- 27 4 large carrots
- 27 2 zucchini
- 27 2 small bunches fresh spinach or 1 package baby spinach
- 31 1 large jalapeno
- 31 2 ripe avocados
- 25 2 regular or 4 small bok choy
- 25 1 bunch celery
- 25 2 shallots

Days Used

Meat & Fish

breakfast, 22	turkey sausage or pork sausage lean deli meat or rotisserie chicken
lunch, 25, 27, 28	13 lbs boneless chicken breasts
24	2 lbs ground beef
23	12 oz Italian deli meats
26	3 lbs white fish or enough filets for each person turkey sausage or pork sausage lean deli meat or rotisserie chicken
29	1-2 whole chickens or pre-cooked rotisserie chickens
31	3 lbs ground chicken breast

Frozen

29, 31	2 large packages favorite frozen veggies
29	frozen riced cauliflower or bag of frozen cauliflower to make your own

Dairy/Refrigerated Section

	2 cartons unsweetened nut milk
	eggs (enough for 3 breakfasts for the whole family)
	0% Greek yogurt (or coconut yogurt if dairy-free)
	1 carton egg whites
24, 28	favorite carnitas/fajita toppings (sour cream, cheese, etc.) (omit if dairy-free) butter

Pantry

	unsweetened applesauce
	chia seeds
	1 lb brown rice
	salsa
	salad dressing
23	2 cups mixed Italian olives
25	2 cups raw cashews
27	1 quart chicken broth
27	two 14 oz. cans diced tomatoes
27	4 cans Great Northern Beans
	1 lb. brown rice
	2 lbs old fashioned rolled oats (look for GF if needed)
25	1 cup coconut milk
23	sliced pickled banana peppers

Days Used

Staples

THM Super Sweet Blend
mineral salt
vanilla extract
protein powder
your favorite protein shake ingredients
baking powder
cinnamon
ground cloves
brown sugar substitute
rice wine vinegar
liquid aminos or soy sauce
coconut oil
sesame oil
olive oil
pepper

23 red wine vinegar
23, 27 Italian seasoning
24, 31 3 packets taco seasoning (gluten-free if needed, or ingredients make your own)
27 crushed red pepper flakes
25 glucomannan
28 dried oregano
28 chili powder
28 sweet paprika
28 ground cumin
27 bay leaves
maple flavoring
pure stevia extract powder
25 garlic powder

Meal Prep

May, Week 4 (Days 22-31)

Breakfast and Lunch:

- Granola
- Pre-cook turkey sausage
- Boil eggs
- Pre-cook bacon
- Prepare Baked Blueberry Oatmeal
- Chop veggies for salad
- Make a big pot of brown rice

Dinner:

- Chop veggies for salads
- Brown ground beef for Ground Beef Tacos
- Chop veggies for Skillet Chicken Fajitas

Can make ahead and freeze if needed:

- Italian Chicken Soup
- Skillet Chicken Fajitas
- Paleo Chicken Taco Burgers

Shopping List

May, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

	8 cups blueberries
	berries
	favorite veggies for lunches and snacks
lunch, 11	favorite salad ingredients
lunch, 4, 6	fruit (your choice)
lunch, 7, 15	sweet potatoes (1 per person for four lunches, plus 4 for Day 4 and 2 for Day 6)
4, 7, 11, 15, 17, 19, 27, 28	9 bags coleslaw mix OR 6 large heads of cabbage
5, 8, 9, 21, 23	12 medium onions
4, 5, 6, 7, 8, 10, 11, 12, 16, 18, 27, 28	5 red onions
lunch, 2, 7, 16, 31	6 heads garlic
	7 bunches green onions
	4 cucumbers
	4 oranges (optional)
1	spaghetti squash or zucchinis for noodles
14, 27	4 zucchini
2, 5, 13, 25, 28, 31	6 bunches cilantro
4, 11, 25	3 bunches celery
4, 7, 8, 11, 27	3 bunches carrots
5, 9, 16, 21, 18, 23	20 tomatoes
2, 5, 28, 31	9 limes
4	1 head of broccoli
5, 10, 16, 31	9 avocados
7, 27, 28	1 medium piece of fresh ginger
8	1 bunch asparagus
8, 18, 28	10 red bell peppers
11, 18	5 green bell peppers
17, 24	favorite taco/carnitas veggie toppings (bell peppers, onion, etc.)
8	5 oz sliced mushrooms
8	fresh sage (optional, Day 8)
9, 16, 17	8-10 heads of Romaine lettuce
12, 21	3 lemons
12, 15	1 bag of baking potatoes (I serve these to other family members, optional)
3, 17, 18, 31	5 jalapeno peppers
19	Brussels sprouts (I buy a bag of about a pound)
20, 21	1 bunch fresh parsley
21, 26	at least 3 lbs fresh green beans or other favorite veggie side

Days Used

Produce

27 2 small bunches fresh spinach or 1 package baby spinach
25 2 regular or 4 small bok choy
25 2 shallots

Meat & Fish

turkey sausage or pork sausage
turkey bacon or pork bacon
lean deli meat or rotisserie chicken (enough for 8 lunches)

lunch, 2, 4, 5, 6, 13, 16,

20, 21, 25, 27 about 20 lbs of boneless skinless chicken breasts

2 1 lb lean ground beef

8 14-16 boneless chicken thighs

18 2 lbs chicken breasts or thighs

hot dogs (enough for four lunches)

1, 7, 11, 14, 24 1 lb lean ground beef

3, 9 5 lbs lean ground turkey

31 3 lbs ground chicken breast

15 1 lb lean ground beef

29 1-2 whole chickens or pre-cooked rotisserie chickens

10 2-3 lbs boneless chuck roast

12 1 lb lean ground beef

26 3 lbs white fish

17 2 lbs boneless pork shoulder

19 steak (enough for the family)

23 12 oz Italian deli meats

Frozen

15, 29, 31 3-6 packages favorite frozen veggies

29 frozen riced cauliflower or bag of frozen cauliflower to make your own

Dairy/Refrigerated Section

4 gallons unsweetened nut milk

eggs (enough for twelve breakfasts for the family)

0% Greek yogurt (or coconut yogurt if DF)

4 cartons egg whites

10, 17, 24 favorite taco toppings (sour cream, cheese, etc.) (omit if dairy-free)

12 parmesan (omit if dairy-free)

16 4 oz bleu cheese (optional if dairy-free)

21 feta cheese (optional if dairy-free)

butter

Days Used

Pantry

breakfast, lunch, 3, 4	2 jars unsweetened applesauce
lunch, 2, 6, 9, 20	1 small package chia seeds
3	5-8 lbs brown rice (buy 7 or 8 if you have big eaters, or if you will serve rice as a side dish often)
9	7 cans black beans
3, 9	3 cans chili beans
1	1 can pinto beans
11	4 cans of corn
4, 6, 13, 20, 21, 27	1 large jar of salsa
4	no-sugar-added marinara sauce
6,20	one 4 oz can tomato sauce with no added sugar
3, 6, 20, 27	6 quarts plus 2 cans chicken broth
13	balsamic dressing (look for under 2 grams carbs)
9	1 package quinoa
10	five 14.5 cans petite diced tomatoes
11	6-8 lbs old fashioned rolled oats (look for GF if needed)
12, 16	1 lb dried navy beans
13, 14	baked blue corn chips (optional)
3, 13	chipotle peppers in adobo sauce
11	yellow mustard
11	Dijon mustard
11	2 cans Rotel (we like Mild)
17	16 oz can diced green chiles
19	ketchup (look for no sugar added, or make your own)
21	blackstrap molasses
23	Worcestershire sauce
25	1 bottle of Bai 5 Costa Rica Clementine OR Sobe Zero Cal. Lifewater in Blood Orange
27	salad dressing
25	1 jar green olives
23	8 oz mixed pitted olives
25	2 cups raw cashews
27	4 cans Great Northern Beans
25	1 cup coconut milk
23	sliced pickled banana peppers

Days Used

Staples

	THM Super Sweet Blend
	mineral salt
	vanilla extract
	protein powder
	your favorite protein shake ingredients
	baking powder
	cinnamon
	maple flavoring
	ground cloves
	brown sugar substitution
	rice wine vinegar
2, 23	red wine vinegar
4, 8	balsamic vinegar
9	white vinegar
13	white wine vinegar
11, 16	apple cider vinegar
lunch, 7	liquid aminos or soy sauce (gluten-free if needed)
lunch, 7	sesame seed oil
6, 20	2 packages chili seasoning mix
	pure stevia extract powder
2	dried basil
lunch, 14	coconut oil
	sesame oil
	olive oil
8	pepper
8	cooking spray
8, 9	rosemary
9, 17, 21, 28	oregano
9, 15, 25	garlic powder
10	lemon pepper (optional)
10, 11, 28	chili powder
13, 17, 28	cumin
18	paprika
15, 28	sweet paprika
27	crushed red pepper flakes
15	onion powder
15	thyme
16, 23, 27	Italian seasoning
18	1 package chicken bouillon cubes (at least 6)
24, 31	taco seasoning (gluten-free if needed, or ingredients make your own)
25	glucomannan
27	bay leaves
17	healthy frying oil of your choice

Meal Planner

June

Breakfasts

- 1 Bacon & Eggs*
- 2 Granola
- 3 Scrambled Eggs w/ Cheese*
- 4 Peanut Butter Blizzard
- 5 Crockpot Breakfast Casserole
- 6 Breakfast Cookies w/ Fruit
- 7 Peanut Butter Cookie Oatmeal (single serve)

Lunch

- 1 Salad w/ Boiled Eggs*
- 2 Bean Soup
- 3 Turkey Dogs & Veggies*
- 4 Brown Rice W/ Baked Chicken Breasts*
- 5 Leftover Meat or Deli Meat w/ Sliced Cheese & Veggies*
- 6 Easy Tuscany Tomato Soup
- 7 Leftovers

Dinner

- 1 Zesty Chicken Casserole (I double the chicken and beans in this recipe to feed 6-8)
- 2 Cajun Chicken (doubled) w/ Side Salad
- 3 Cabbage Beef Skillet (2 lbs. beef to feed 6-8)
- 4 Pizza Casserole w/ Steamed Broccoli
- 5 Cheddar Frittata
- 6 Garlicky Roast Chicken w/ Side Salad (make 2 chickens if needed)
- 7 White Bean Chili
- 8 Crockpot Pork Loin w/ Frozen Veggies
- 9 Chicken Salad
- 10 Turkey Meatballs w/ Fresh Green Beans (double meatball recipe to feed 6-8 with leftovers)
- 11 Dirt-E-Rice
- 12 Taco Salad Crunch
- 13 Garlic Bomb Parmesan Wings w/ Side Salad (Triple this recipe to feed 6-8)
- 14 Pineapple Ginger Chicken (double this recipe to serve 6-8)
- 15 Tex Mex Skillet w/ Salad
- 16 Baked Crispy Chicken Thighs w/ Steamed Veggies
- 17 Lazy White Lasagna w/ Caesar Salad

Dinner (continued)

- 18 Slow Cooker Pulled Chicken Over Salad (you can season as desired)
- 19 Sweet Potato Skillet (double this recipe to feed 6-8)
- 20 Taco Stack-Ups
- 21 Breakfast for Dinner (Eggs, bacon, sausage, berries, w/ protein shakes for dessert)*
- 22 Enchilada Casserole (I substitute THM Baking Blend for the rice flour)
- 23 Taco Soup
- 24 Sausage and Veggies*
- 25 Burrito Bowls*
- 26 Iron Man Frittata (double this recipe to feed 6-8)
- 27 Chicken Tacos - the Skillet version is best
- 28 Egg Roll in a Bowl
- 29 Leftover Salad Bar
- 30 Fiesta Chicken Bake

*See recipe cards

Shopping List

June, Week 1 (Days 1-7)

Meals

- 1 Zesty Chicken Casserole (I double the chicken and beans in this recipe to feed 6-8)
- 2 Cajun Chicken (doubled) w/ Side Salad
- 3 Cabbage Beef Skillet (2 lbs beef to feed 6-8)
- 4 Pizza Casserole w/ Steamed Broccoli
- 5 Cheddar Frittata
- 6 Garlicky Roast Chicken w/ Side Salad (make 2 chickens if needed)
- 7 White Bean Chili

Days Used

Produce

- chives (optional, for eggs)
1 head of broccoli
breakfast, lunch, 3, 6, 7 1-2 heads of garlic
fruit (your choice)
lunch, 2, 6 favorite salad ingredients (lettuce, tomatoes, cucumbers, etc.)
lunch, 1, 3, 5, 7 5 onions
1 bunch celery
lunch, 1, 3 1 bunch carrots
favorite snacking veggies (cucumbers, tomatoes, mini bell peppers, etc.)
1, 5 2 medium green bell peppers
3 1 large head of cabbage
5 1 zucchini
6 1 bunch fresh thyme

Dairy/Refrigerated Section

- 1 carton of egg whites
eggs (enough for 2 breakfasts for the family)
breakfast, 5 3 dozen eggs
unsweetened vanilla almond, coconut, or cashew milk
5 small container unsweetened plain almond, coconut, or cashew milk
1 cup whipping cream
1, 4, 7 16 oz part-skim mozzarella (you'll need a full 8 oz for Day 4)
4 8 oz cream cheese
butter
7 4 oz. light or fat-free sour cream (can sub Greek yogurt)
4 oz. 0% Greek yogurt per person
breakfast, 5 1 1/2 lbs. cheddar cheese

Days Used

Pantry

	2 lbs old-fashioned oats (gluten-free if needed)
	2 lbs brown rice
	peanut butter
	1 lb. dry black beans
1	5 cans black beans
lunch, 1	1 large jar of salsa
	1 quart vegetable broth (may sub chicken broth if desired)
lunch, 1, 7	3 quarts chicken broth
lunch, 1	2 lbs brown rice
	32 oz crushed tomatoes
7	one 14.5 oz can diced tomatoes
1, 7	two 4 oz cans diced green chiles
2	1 jar mayonnaise
2	salad dressing (or ingredients to make your own)
7	2 cans white beans
7	one 4 oz can diced green chiles
4	8 oz no-sugar-added marinara sauce

Meat & Fish

breakfast, 5	2 lbs bacon
	12 oz breakfast sausage links
	turkey or beef hot dogs
lunch, 1, 4, 7	8 large chicken breasts
2	6 lbs chicken strips or raw chicken tenders
	deli meat
3	2 lbs ground beef
6	1 or 2 whole chickens

Frozen

4	1 large package frozen broccoli
7	1 package frozen white corn

Staples

	THM Super Sweet Blend	
	cinnamon	chili powder
	maple flavoring	lunch, 1, 7 cumin
	sea salt or mineral salt	lunch, 2 oregano
6	coarse salt	lunch, 2 onion powder
	pepper	lunch, 2, 5, 7 garlic powder
	pure stevia extract powder	dried basil
	MCT Oil (optional)	lunch, 2 dried thyme
	cocoa powder	1, 2, 5 cayenne pepper
	peanut flour (I recommend THM Peanut Flour)	4 dried minced garlic
	protein powder	7 Italian seasoning
	olive oil	
	baking powder	
	vanilla extract	

Meal Prep

June, Week 1 (Days 1-7)

Breakfast and Lunch:

- Pre-cook bacon
- Prepare Granola
- Pre-cook Crockpot Breakfast Casserole (can freeze if needed)
- Breakfast Cookies
- Peanut Butter Cookie Oatmeal

Dinner:

- Chop veggies for Zesty Chicken Casserole
- Chop veggies for side salad
- Chop Veggies for Cabbage Beef Skillet
- Cook 2 lbs chicken breast for Pizza Casserole
- Chop veggies for Frittata
- Chop veggies for White Bean Chili

Can make ahead and freeze if needed:

- Pizza Casserole
- Cheddar Frittata
- White Bean Chili

Shopping List

June, Week 2 (Days 8-14)

Meals

- 8 Crockpot Pork Loin w/ Frozen Veggies
- 9 Chicken Salad
- 10 Turkey Meatballs w/ Fresh Green Beans (double meatball recipe to feed 6-8 with leftovers)
- 11 Dirt-E-Rice
- 12 Taco Salad Crunch ****MEAL PREP TIP _ MAKE GROUND TURKEY ****
- 13 Garlic Bomb Parmesan Wings w/ Side Salad (Triple this recipe to feed 6-8)
- 14 Pineapple Ginger Chicken (double this recipe to serve 6-8)

Days Used

Produce

- chives (optional, for eggs)
- 1 head of broccoli
- reakfast, lunch, 11 head of garlic
- fruit (your choice)
- lunch, 13 favorite salad ingredients (lettuce, tomatoes, cucumbers, etc.)
- 12 1 or 2 heads of lettuce
- lunch, 11 2 onions
- lunch, 11 2 bunches celery
- 1 bunch carrots
- favorite snacking veggies (cucumbers, tomatoes, mini bell peppers, etc.)
- 9 1 lime
- 9 1 bunch fresh cilantro
- 9 1 bunch green onions
- 10 1 1/2 lbs fresh green beans
- 11, 14 2 large bell peppers
- 12 3 tomatoes
- 12 1 red onion

Dairy/Refrigerated Section

- 1 carton of egg whites
- eggs (enough for 2 breakfasts for the family)
- 2 dozen eggs
- unsweetened vanilla almond, coconut, or cashew milk
- 10 unsweetened plain almond, coconut, or cashew milk
- 1 cup whipping cream
- breakfast, 10 1 large carton of egg whites
- 16 oz cheddar cheese
- 4 oz. 0% Greek yogurt per person
- butter

Days Used

Pantry

breakfast, 10	2 lbs old-fashioned oats (gluten-free if needed)
breakfast, 11, 14	3 lbs brown rice
	peanut butter
	1 lb. dry black beans
	1 jar of salsa
	1 quart vegetable broth (may sub chicken broth if desired)
	1 quart chicken broth
	1 lb. brown rice
	32 oz crushed tomatoes
8	reduced sodium gluten-free soy sauce (or aminos)
8	liquid smoke (optional)
9, 12	6 cans black beans
12	1 can pinto beans
12	1 can whole kernel corn
9, 12	baked blue corn chips (optional)
10, 13	1 large can of grated parmesan cheese
10	Dijon mustard
11	one 15 oz can red beans
14	16 oz pineapple chunks or slices
14	4 oz sliced water chestnuts

Meat & Fish

	1 lb bacon
	12 oz breakfast sausage links
	turkey or beef hot dogs
	2-3 large chicken breasts
9, 14	10-11 large chicken breasts OR 1 rotisserie or pre-cooked chicken
	deli meat
8	4 lb. pork loin
10, 11, 12	6.5 lbs lean ground turkey
13	3-4 lbs chicken wings (depending on how much your family will eat)

Frozen

8	large package favorite frozen veggies
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Staples

breakfast, 12	THM Super Sweet Blend
	cinnamon
	maple flavoring
	sea salt or mineral salt
	pepper
	pure stevia extract powder
	MCT Oil (optional)
	cocoa powder
	peanut flour (I recommend THM Peanut Flour)
	protein powder
	olive oil

Days Used

Staples

	baking powder
	vanilla extract
lunch, 10	chili powder
	cumin
lunch, 12	oregano
lunch, 10	onion powder
lunch, 8, 10, 12,	
13	garlic powder
lunch, 9	dried basil
	dried thyme
8	apple cider vinegar
8	Worcestershire sauce
8	dill weed
8, 14	ground ginger
8	oat fiber (optional, for gravy)
8	xanthan gum (optional, for gravy)
9	red wine vinegar
10, 11	dried parsley
11	Cajun seasoning
11	ground sage
12	taco seasoning (gluten-free if needed, or ingredients to make your own)
12	white vinegar
12	lemon pepper (optional)
13	garlic salt
14	glucomannan powder (can omit)
14	pineapple extract

Meal Prep

June, Week 2 (Days 8-14)

Breakfast and Lunch:

- Pre-cook bacon
- Prepare Granola
- Pre-cook Crockpot Breakfast Casserole (can freeze if needed)
- Breakfast Cookies
- Peanut Butter Cookie Oatmeal

Dinner:

- Bake chicken breasts for Chicken Salad
- Chop veggies for Taco Salad Crunch
- Chop veggies for Side Salads

Can make ahead and freeze if needed:

- Turkey Meatballs

Shopping List

June, Week 3 (Days 15-21)

Meals

- 15 Tex Mex Skillet w/ Salad
- 16 Baked Chicken Thighs w/ Steamed Veggies
- 17 Lazy White Lasagna w/ Caesar Salad
- 18 Slow Cooker Pulled Chicken Over Salad (you can season as desired)
- 19 Sweet Potato Skillet (double this recipe to feed 6-8)
- 20 Taco Stack-Ups
- 21 Breakfast for Dinner (Eggs, bacon, sausage, berries, w/ protein shakes for dessert)

Days Used

Produce

- chives (optional, for eggs)
- 1 head of broccoli
- breakfast, lunch, 15, 19 1 head of garlic
- breakfast, 21 fruit (your choice)
- lunch, 15, 18 favorite salad ingredients (lettuce, tomatoes, cucumbers, etc.)
- 17 2 or 3 heads Romaine lettuce
- lunch, 15, 18, 19 4 onions
- 1 bunch celery
- 1 bunch carrots
- favorite snacking veggies (cucumbers, tomatoes, mini bell peppers, etc.)
- 15 1 green bell pepper
- 19 1 yellow bell pepper
- 15 1 lime
- 15 1 bunch cilantro (optional, garnish)
- 15 1 bunch green onions (optional, garnish)
- 19 2 sweet potatoes
- 19 fresh parsley (optional, garnish)
- 20 favorite taco toppings (lettuce, tomatoes, avocado, etc.)
- 21 berries

Frozen

- 16 1 large package favorite veggies
- 17 12 oz frozen spinach

Days Used

Refrigerated Section

breakfast, 17, 21	2 dozen eggs
	eggs (enough for 2 breakfasts for the family)
	1 lb. cheddar cheese
	unsweetened vanilla almond, coconut, or cashew milk
	0% Greek yogurt
	1 cup whipping cream
17	16 oz ricotta cheese
17	8 oz shredded mozzarella
19	8 oz light or part-skim mozzarella cheese
20	favorite taco toppings (cheese, sour cream, etc.)
	1 carton egg whites
	butter

Pantry

breakfast, 15	2 lbs old-fashioned oats (gluten-free if needed)
	3 lbs brown rice
	peanut butter
	1 lb. dry black beans
	1 jar of salsa
	1 quart vegetable broth (may sub chicken broth if desired)
	1 quart chicken broth
	1 lb. brown rice
	32 oz crushed tomatoes
15, 20	two 15 oz cans tomato sauce
17	16 oz jar Alfredo sauce (or ingredients to make your own)
17	Caesar salad dressing
	3 cans black beans

Meat & Fish

breakfast, 24	2-3 lbs bacon
	24 oz breakfast sausage links
	turkey or beef hot dogs
	2-3 large chicken breasts
	deli meat
16	bone-in, skin-on chicken thighs (enough for 1-2 per person)
18	3-4 lbs chicken pieces (skin on)
17, 19	3.5 lbs ground turkey or chicken
20	2 lbs ground beef

Days Used

Staples

	THM Super Sweet Blend
	cinnamon
	maple flavoring
	sea salt or mineral salt
	pepper
	pure stevia extract powder
	MCT Oil (optional)
	cocoa powder
	peanut flour (I recommend THM Peanut Flour)
	protein powder
	olive oil
	baking powder
	vanilla extract
	chili powder
	cumin
lunch, 18	oregano
	onion powder
	garlic powder
lunch, 16	dried basil
	dried thyme
16	dill weed
16	rosemary
16	dried cilantro
16	lemon pepper
17	dried minced garlic
17	dried minced onion
18	black peppercorns
18	1 bay leaf
19	red chili flakes
20	2 packets taco seasoning (gluten-free if needed, or ingredients to make your own)

Meal Prep

June, Week 3 (Days 15-21)

Breakfast and Lunch:

- Pre-cook bacon
- Prepare Granola
- Pre-cook Crockpot Breakfast Casserole (can freeze if needed)
- Breakfast Cookies
- Peanut Butter Cookie Oatmeal

Dinner:

- Chop veggies for Tex Mex Skillet
- Brown meat for Lazy White Lasagna
- Chop veggies for Caesar Salad
- Chop veggies for salads
- Chop veggies for Sweet Potato Skillet
- Grate cheese and prepare toppings for Taco Stack-Ups

8

Can make ahead and freeze if needed:

- Tex Mex Skillet
- Slow Cooker Pulled Chicken

Shopping List

June, Week 4 (Days 22-30)

Meals

- 22 Enchilada Casserole (I substitute THM Baking Blend for the rice flour)
- 23 Taco Soup
- 24 Sausage and Veggies
- 25 Burrito Bowls ****MEAL PREP**** Make and freeze chicken before?
- 26 Iron Man Frittata (double this recipe to feed 6-8)
- 27 Chicken Tacos - the Skillet version is best
- 28 Egg Roll in a Bowl
- 29 Leftover Salad Bar
- 30 Fiesta Chicken Bake

Days Used

Produce

- chives (optional, for eggs)
- 1 head of broccoli
- breakfast, lunch, 23, 28 1 head of garlic
- fruit (your choice)
- lunch, 30 favorite salad ingredients (lettuce, tomatoes, cucumbers, etc.)
- lunch, 22, 23, 28, 30 5 onions
- 1 bunch celery
- lunch, 28 1 bunch carrots
- favorite snacking veggies (cucumbers, tomatoes, mini bell peppers, etc.)
- 23 1 large poblano pepper
- 23 fresh cilantro (optional, garnish)
- 27 2-3 avocados
- 28 1 medium head cabbage OR 2 bags coleslaw mix
- 28 1 bunch of green onions
- 30 1 large green bell pepper
- 30 1 bunch fresh cilantro

Meat & Fish

- breakfast, 26 2 lbs bacon
- 12 oz breakfast sausage links
- turkey or beef hot dogs
- lunch, 22, 25, 27, 30 13 large chicken boneless skinless chicken breasts
- 23 1 lb. ground beef
- 28 2 lbs ground pork OR ground beef
- deli meat
- 24 sausage links (enough for the whole family)

Days Used

Dairy/Refrigerated Section

	eggs (enough for 2 breakfasts for the family)
breakfast, 26	4 dozen eggs
breakfast, 23, 26	2 lbs cheddar cheese
	unsweetened vanilla almond, coconut, or cashew milk
	0% Greek yogurt
breakfast, 27	24 oz cheddar cheese
22, 25	low-fat shredded cheese (optional)
23, 27	sour cream (optional topping)
30	fat-free sour cream (can substitute Greek yogurt)
	1 cup whipping cream
	1 carton egg whites
	butter

Pantry

	2 lbs old-fashioned oats (gluten-free if needed)
breakfast, 25	2 lbs brown rice
	peanut butter
	1 lb. dry black beans
lunch, 25	1 jar of salsa
	1 quart vegetable broth (may sub chicken broth if desired)
	1 quart chicken broth
	1 lb. brown rice
	32 oz crushed tomatoes
27	three 15 oz cans diced tomatoes
22	1 can fat-free refried beans
25	2 cans black or pinto beans
30	one 15 oz can pinto beans
30	enchilada sauce
30	1 can mild Rotel
	3 cans black beans

Frozen

22	corn
23	2 bags frozen cauliflower
24	1 large bag favorite frozen veggies
26	20 oz frozen spinach

Days Used

Staples

	THM Super Sweet Blend
	cinnamon
	maple flavoring
	sea salt or mineral salt
	pepper
	pure stevia extract powder
	MCT Oil (optional)
	cocoa powder
	peanut flour (I recommend THM Peanut Flour)
	protein powder
	olive oil
	baking powder
	vanilla extract
lunch, 22, 30	chili powder
lunch, 30	cumin
lunch, 22	oregano
	onion powder
lunch, 22, 30	garlic powder
	dried basil
	dried thyme
22	THM Baking Blend
22	white vinegar
23	taco seasoning (gluten-free if needed)
28	sesame oil
28	ground ginger
28	coconut aminos (can sub soy sauce)
28	red pepper flakes (optional)

Meal Prep

June, Week 4 (Days 22-30)

Breakfast and Lunch:

- Pre-cook bacon
- Prepare Granola
- Pre-cook Crockpot Breakfast Casserole (can freeze if needed)
- Breakfast Cookies
- Peanut Butter Cookie Oatmeal

Dinner:

- Brown onion, garlic, and meat for Taco Soup
- Bake chicken for Skillet version of Chicken Tacos and Burrito Bowls
- Chop veggies for Fiesta Chicken Bake
- Chop veggies for salads
- Chop veggies for Frittata
- Pre-cook rice and beans for Burrito Bowls if needed.

Can make ahead and freeze if needed:

- Taco Soup
- Iron Man Frittata

Shopping List

June, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

	chives (optional, for eggs)
	4 heads of broccoli
23, 28	4 heads of garlic
	fruit (your choice)
lunch, 2, 6, 13, 15, 18, 30	favorite salad ingredients (lettuce, tomatoes, cucumbers, etc.)
23, 28, 30	16 onions
lunch, 11	5 bunches celery
lunch, 1, 28	5 bunches carrots
lunch	favorite snacking veggies (cucumbers, tomatoes, mini bell peppers, etc.)
1, 5, 14, 15, 30	5 medium green bell peppers
19	1 yellow bell pepper
3, 28	2 large heads of cabbage or 4 bags coleslaw mix
5	1 zucchini
6	1 bunch fresh thyme
12, 17	4 heads of lettuce
9, 15	2 limes
9, 15, 23, 30	6 bunches fresh cilantro
9, 15, 28	5 bunches green onions
10	1 1/2 lbs fresh green beans
12, 17	3 tomatoes
12, 17	5 red onions
19	2 sweet potatoes
19	fresh parsley (optional, garnish)
20	favorite taco toppings (lettuce, tomatoes, avocado, etc.)
21	berries
23	1 large poblano pepper
27	2-3 avocados

Frozen

4	1 large package frozen broccoli
7	1 package frozen white corn
8, 16, 24	3 large packages favorite frozen veggies
17, 26	32 oz frozen spinach
22	corn
23	2 bags frozen cauliflower

Days Used

breakfast, 5, 26
breakfast, 24
lunch, 1, 7, 9, 14, 22, 25, 27, 30
2, 4
lunch
3, 20, 23
6
8
10, 11, 12, 17, 19
13
16
18
28
24

Meat & Fish

10 lbs bacon
60 oz breakfast sausage links
turkey or beef hot dogs, enough for four lunches
36 boneless skinless chicken breasts
8 lbs chicken strips or raw chicken tenders
deli meat
5 lbs ground beef
1 or 2 whole chickens (depending on how much or family will eat)
4 lb. pork loin
10.5 lbs lean ground turkey
3-4 lbs chicken wings (depending on how much your family will eat)
bone-in, skin-on chicken thighs (enough for 1-2 per person)
3-4 lbs chicken pieces (skin on)
2 lbs ground pork OR ground beef
sausages (enough for the whole family)

Dairy/Refrigerated Section

breakfast, 5, 17, 21, 26
breakfast, 5
5, 10
1, 4, 7, 19
17
22, 25
4
breakfast, 7, 23, 30
breakfast, 10
17
20
27

eggs (enough for 8 breakfasts for the family) plus extra for boiling
7 dozen eggs
4 to 6 lbs cheddar cheese
unsweetened vanilla almond, coconut, or cashew milk
small container unsweetened plain almond, coconut, or cashew milk
1 large container 0% Greek yogurt
4 cups whipping cream
24 oz part-skim mozzarella (you'll need a full 8 oz for Day 4)
8 oz shredded mozzarella
low-fat shredded cheese (optional)
8 oz cream cheese
butter
1 large container light or fat-free sour cream
2 large cartons egg whites
16 oz ricotta cheese
favorite taco toppings (cheese, sour cream, etc.)
favorite taco toppings (sour cream, cheese, etc.)
8 oz cheddar cheese

Pantry

breakfast, 10
breakfast, 1, 11, 14, 15, 25, 30
1, 9, 12
25
12, 30
22
11
7

8 lbs old-fashioned oats (gluten-free if needed)
8-10 lbs brown rice
peanut butter
1 lb. dry black beans
12-15 cans black beans
2 cans black or pinto beans
2 cans pinto beans
1 can fat-free refried beans
one 15 oz can red beans
2 cans white beans

Days Used

lunch, 1

lunch, 1, 7

lunch

7, 28

1, 7

2

8, 28

8

12

10, 13

10

14

14

30

30

9

Days Used

6

lunch, 10, 22, 30

lunch, 1, 7, 30

lunch, 2, 12, 18, 22

lunch, 2, 10

lunch, 2, 5, 7, 8, 10, 12, 13, 22, 30

lunch, 2

1, 2

4, 17

7

lunch, 9, 16

8

9

Pantry

3 large jars of salsa

4 quarts vegetable broth (may sub chicken broth if desired)

3 quarts chicken broth

32 oz crushed tomatoes

four 14.5 oz cans diced tomatoes

three 4 oz cans diced green chiles

1 jar mayonnaise

reduced sodium gluten-free soy sauce (or aminos)

liquid smoke (optional)

1 can whole kernel corn

1 large can of grated parmesan cheese

Dijon mustard

16 oz pineapple slices or chunks

1-2 cans sliced water chestnuts (optional)

10 oz enchilada sauce

10 oz mild Rotel

baked blue corn chips (optional)

Staples

THM Super Sweet Blend

cinnamon

maple flavoring

sea salt or mineral salt

coarse salt

pepper

pure stevia extract powder

MCT Oil (optional)

cocoa powder

peanut flour (I recommend THM Peanut Flour)

protein powder

olive oil

baking powder

vanilla extract

chili powder

cumin

oregano

onion powder

garlic powder

dried basil

dried thyme

cayenne pepper

dried minced garlic

Italian seasoning

dried basil

dried thyme

apple cider vinegar

red wine vinegar

Days Used

	<u>Staples</u>
12, 22	white vinegar
8	Worcestershire sauce
8, 16	dill weed
8, 14, 28	ground ginger
8	oat fiber (optional, for gravy)
8	xanthan gum (optional, for gravy)
10, 11	dried parsley
11	Cajun seasoning
11	ground sage
12, 23, 20	taco seasoning (gluten-free if needed, or ingredients to make your own)
12, 16	lemon pepper (optional)
13	garlic salt
14	glucomannan powder (can omit)
14	pineapple extract
16	rosemary
16	dried cilantro
17	dried minced onion
18	black peppercorns
18	1 bay leaf
19	red chili flakes
22	THM Baking Blend
28	sesame oil
28	red pepper flakes (optional)

Meal Planner

July

Breakfast

- 1 Turkey Sausage & Eggs
- 2 Avocado Bacon and Eggs
- 3 Paleo Egg Cups
- 4 Baked Oatmeal
- 5 Greek Yogurt w/ Stevia and Berries
- 6 Scrambled Eggs
- 7 Protein Shakes

Lunch

- 1 Brown Rice w/ Baked Chicken Breasts
- 2 Big Salad
- 3 Deli Meat and Cheese Roll-Ups w/ Veggies
- 4 Easy Pan Pizza
- 5 Baked Sweet Potatoes
- 6 Quinoa
- 7 Leftovers

Dinner

- 1 Italian Sausage Bake
- 2 Flank Steak w/ Veggies (use 4 lb steak to feed 6-8 and double the marinade)
- 3 Garlic Salmon in Foil w/ Green Beans (double this recipe to feed 6-8)
- 4 Barbecue Bacon Chicken Casserole
- 5 Burrito Bowls
- 6 Pork Loin & Salad
- 7 Cucumber Greek Salad (add another head of lettuce and 2 baked chicken breasts to double recipe)
- 8 Parmesan Spaghetti Squash (double this recipe to feed 8)
- 9 Grilled Chicken w/ Salad
- 10 Lemon Butter Chicken
- 11 Mediterranean Chicken Bake
- 12 Steak Fajitas
- 13 Tomato Basil Chicken (double the recipe to feed 6-8)
- 14 Turkey Taco Lettuce Wraps (double recipe to feed 6-8)
- 15 Meatballs, Sauce, and Zucchini or Spaghetti Squash Noodles
- 16 Burgers w/o Bun & Coleslaw
- 17 Chicken & Mushrooms double the recipe to feed 6-8)

Dinner (continued)

- 18 Black Bean Salad
- 19 Tacos
- 20 Café Rio Crockpot Chicken
- 21 Chicken Caesar Salad (double this recipe to feed 6-8)
- 22 Alfredo Casserole w/ Steamed Veggies
- 23 Mediterranean Topped Chicken w/ Side Salad (double this recipe to feed 6-8)
- 24 Italian Drip Beef w/ Side Salad (option 1)
- 25 Sausage and Peppers w/ Steamed Veggies
- 26 Cilantro Chicken w/ Salad (double this recipe to feed 6-8)
- 27 Easy Crockpot Gumbo
- 28 Mexican Grilled Chicken Cobb
- 29 Spaghetti Squash Carbonera
- 30 Taco Lime Chicken w/ Rice and Beans
- 31 Artichoke and Spinach Roasted Salmon w/ Green Beans (double this recipe to feed 6-8)

*See recipe cards

Shopping List

July, Week 1 (Days 1-7)

Meals

- 1 Italian Sausage Bake
- 2 Flank Steak w/ Veggies (use 4 lb steak to feed 6-8 and double the marinade)
- 3 Garlic Salmon in Foil w/ Green Beans (double this recipe to feed 6-8)
- 4 Barbecue Bacon Chicken Casserole
- 5 Burrito Bowls
- 6 Pork Loin & Salad
- 7 Cucumber Greek Salad (add another head of lettuce and 2 baked chicken breasts to double this recipe)

Days Used

Produce

- avocado (1 per person)
- chives (optional)
- 1 pint blueberries
- berries
- favorite salad stuff (1 lunch salad, 2 dinner salads)
- veggies to slice for lunches and snacks
- sweet potatoes (1 per person for lunch)
- 3, 6 3 lemons
- 3 1 head of garlic
- 3 fresh parsley (for garnish, optional)
- 3 1 1/2 lbs green beans (can sub frozen)
- 2, 6 5 limes
- 7 2 cucumbers
- 7 6 roma tomatoes
- 5, 7 red onion
- 5 one bunch fresh cilantro

Dairy/Refrigerated Section

- enough eggs for 4 breakfasts for the family
- 3 eggs
- 1 carton unsweetened almond milk
- 0% Greek yogurt
- 1 large carton egg whites
- cheese for meat roll-ups
- at least 12 oz shredded mozzarella
- butter
- 7 8 oz feta cheese
- 1 8 oz sliced provolone
- 4 6 oz cream cheese
- 4 sour cream

Days Used

Meat & Fish

- 4 1 lb lean ground beef
- breakfast, 4 3 lbs bacon
- lunch, 1, 4, 7 17-18 boneless chicken breasts
lean deli meat (1 lunch & snacks)
- 3 2-3 pounds salmon
- 5 rotisserie chicken or more breasts
- 6 2 lb pork loin filet
- 1 1 lb of Italian sausage
- 2 4 lbs flank steak

Frozen

- 2 1 large bag favorite frozen veggies
- 4 20 oz bag frozen cauliflower

Pantry

- 1/2 cup old-fashioned rolled oats per person
plus 1 lb. old fashioned oats
unsweetened applesauce
- breakfast, 5 2 lbs brown rice
pizza sauce
- 1 no-sugar-added marinara or spaghetti sauce
favorite pizza toppings (veggies, pepperoni, etc.)
1 lb. quinoa
- 5 salsa
- 5 3 cans black or pinto beans
- 2, 6 soy sauce or liquid aminos (gluten-free if needed)
- 7 black olives
- 4 1 jar mayonnaise

Days Used

Staples

- THM Super Sweet Blend 2, 5, 6 cumin
- Mineral Salt lunch, 2, 4 garlic powder
- vanilla extract 2, 4 chipotle chili powder
- Protein Powder 4 smoked paprika
- coconut oil cooking spray 4 dried rosemary
- baking powder 4 dried thyme
- cinnamon 5 chili powder
- clove
- Chia seeds (I've omitted these)
- favorite protein shake ingredients
- 4 onion powder
- pepper
- 3 red pepper flakes
- 2, 6 oregano
- olive oil
- 1 garlic salt
- THM Baking Blend (can sub almond flour/coconut flour mix if needed)

Meal Prep

July, Week 1 (Days 1-7)

Breakfast and Lunch:

- Pre-cook turkey sausage
- Make Baked Oatmeal
- Make a pot of brown rice
- Make a pot of quinoa

Dinner:

- Brown chicken and sausage for Italian Sausage Bake
- Marinade flank steak
- Pre-cook bacon for Barbecue Bacon Chicken Casserole
- Grate cheese for Barbecue Bacon Chicken Casserole
- Make a pot of rice for Burrito Bowls, if needed
- Make beans for Burrito Bowls

Can make ahead and freeze if needed:

- Italian Sausage Bake
- Barbecue Bacon Chicken Casserole

Shopping List

July, Week 2 (Days 8-14)

Meals

- 8 Parmesan Spaghetti Squash (double this recipe to feed 8)
- 9 Grilled Chicken w/ Salad
- 10 Lemon Butter Chicken
- 11 Mediterranean Chicken Bake
- 12 Steak Fajitas
- 13 Tomato Basil Chicken (double the recipe to feed 6-8)
- 14 Turkey Taco Lettuce Wraps (double recipe to feed 6-8)

Days Used

Produce

- avocado (1 per person)
- chives (optional)
- 1 pint blueberries
- berries
- favorite salad stuff (1 lunch salad, 2 dinner salads)
- veggies to slice for lunches and snacks
- sweet potatoes (1 per person for lunch)
- 10 1 1/2 lbs fresh green beans
- 10, 12, 14 1 head of garlic
- 10 3 lemons
- 10 baby spinach
- 11 1 bunch fresh basil
- 12 3 limes
- 12, 14 4 medium onions
- 12 4 bell peppers (pretty colors are nice, but I get what's on sale)
- 12 cilantro (optional, for topping)
- 13 zucchini for zoodles or 1 medium spaghetti squash
- 14 2 heads of romaine
- 14 2 tomatoes
- 14 1 red onion
- 14 avocado
- 8 2 med. or 1 large spaghetti squash
- 8 about 12 oz fresh spinach

Days Used

Dairy/Refrigerated Section

enough eggs for 4 breakfasts for the family

3 eggs

1 carton unsweetened almond milk

0% Greek yogurt

1 large carton egg whites

cheese for meat roll-ups

at least 12 oz shredded mozzarella

butter

10 4 oz heavy cream

10 1 wedge parmesan

11 2 cups shredded Italian cheese

12 cheese/sour cream/fajita toppings

13 8 oz mozzarella cheese

8 8 oz parmesan cheese

Pantry

1/2 cup old-fashioned rolled oats per person

plus 1 lb. old fashioned oats

unsweetened applesauce

1 lb. brown rice

pizza sauce

favorite pizza toppings

1 lb. quinoa

10, 14 1 quart chicken broth

11 14 oz can quartered artichoke hearts

11 2.5 oz can sliced black olives

11, 13 three 15 oz cans low-sugar marinara sauce (you can get just 2, but I like to use a little extra)

8 pine nuts (1/2 to 1 cup)

9 Italian salad dressing

Meat & Fish

one lb turkey sausage

breakfast, 8 3 lbs bacon

lunch, 13 20 boneless chicken breasts

lean deli meat (1 lunch & snacks)

10 8 bone-in skin on chicken thighs (buy more if you need more than one per person)

11 10 boneless, skinless chicken thighs

12 1 whole beef flank steak

14 2 lbs lean ground turkey

Days Used

Staples

THM Baking Blend (can sub almond flour/coconut flour mix if needed)

THM Super Sweet Blend

Mineral Salt

vanilla extract

Protein Powder

coconut oil cooking spray

baking powder

cinnamon

clove

Chia seeds (I've omitted these)

favorite protein shake ingredients

onion powder

Italian seasoning

pepper

10 smoked paprika

10 thyme

12 Worcestershire sauce

12 cumin

12 chili powder

12 red pepper flakes

12 salsa

13 onion powder

13 oregano

13 basil

13 rosemary

Meal Prep

July, Week 2 (Days 8-14)

Breakfast and Lunch:

- Pre-cook turkey sausage
- Make Baked Oatmeal
- Make a pot of brown rice
- Make a pot of quinoa

Dinner:

- Chop veggies for salads
- Chop veggies for fajitas
- Marinade steak for fajitas
- Grate optional cheese as a topping for fajitas

Can make ahead and freeze if needed:

- Mediterranean Chicken Bake

Shopping List

July, Week 3 (Days 15-21)

Meals

- 15 Meatballs, Sauce, and Zucchini or Spaghetti Squash Noodles
- 16 Burgers w/o Bun & Coleslaw
- 17 Chicken & Mushrooms double the recipe to feed 6-8)
- 18 Black Bean Salad
- 19 Tacos
- 20 Café Rio Crockpot Chicken
- 21 Chicken Caesar Salad (double this recipe to feed 6-8)

Days Used

Produce

- avocado (1 per person)
- chives (optional)
- 1 pint blueberries
- berries
- favorite salad stuff (1 lunch salad, 2 dinner salads)
- veggies to slice for lunches and snacks
- sweet potatoes (1 per person for lunch)
- 17, 21 2 lemons
- 17, 21 shallots
- 17 1/2 lb fresh mushrooms
- 17 fresh parsley
- 17 fresh broccoli (optional)
- 18 green onions
- 18 fresh cilantro
- 18 1 lime
- 19 tomato & avocado for tacos
- 21 2 avocados
- 20 1 head of garlic
- 21 2 heads of lettuce
- 16 16 oz bag shredded coleslaw

Meat & Fish

- one lb turkey sausage
- breakfast, 21 3 lbs bacon (breakfast)
- lunch, 20, 21 20 boneless chicken breasts
- lean deli meat (1 lunch & snacks)
- 17 6 boneless skinless chicken breasts or thighs
- 18 2 cups cooked chicken breast or white meat 1 rotisserie chicken, shredded
- 19 2 lbs ground beef or ground turkey
- 16 beef burger patties for the family (Sat)

Days Used

Frozen

16 your favorite frozen veggies

Dairy/Refrigerated Section

enough eggs for 4 breakfasts for the family

3 eggs

1 carton unsweetened almond milk

breakfast, 21 0% Greek yogurt

1 large carton egg whites

cheese for meat roll-ups

at least 12 oz shredded mozzarella

butter

17 8 oz heavy whipping cream OR

17 1 block cream cheese

19 favorite taco toppings

21 8 oz shaved parmesan

Pantry

1/2 cup old-fashioned rolled oats per person

plus 1 lb. old fashioned oats

unsweetened applesauce

1 lb. brown rice

pizza sauce

favorite pizza toppings

1 lb. quinoa

17 1 quart chicken stock

18, 20 4 cans black beans

18, 20 baked blue corn chips (optional)

20 8 oz zesty Italian dressing

21 1 can anchovy filets (optional) OR 1 can black olives

16 mayonnaise

16 apple cider vinegar

16 celery seed

16 no-sugar-added ketchup (optional burger topping)

16 mustard (optional burger topping)

16 pickles (optional)

Days Used

Staples

THM Baking Blend (can sub almond flour/coconut flour mix if needed))

THM Super Sweet Blend

Mineral Salt

vanilla extract

Protein Powder

coconut oil cooking spray

baking powder

cinnamon

clove

Chia seeds (I've omitted these)

favorite protein shake ingredients

onion powder

Italian seasoning

pepper

olive oil

18 red wine vinegar

18 dried basil

19 taco seasoning (gluten-free if needed, or ingredients to make your own)

20 no-sugar-added ranch dressing mix (or make your own)

20 chili powder

20 ground cumin

21 garlic powder

21 dried parsley

21 fish sauce (optional)

Meal Prep

July, Week 3 (Days 15-21)

Breakfast and Lunch:

- Pre-cook turkey sausage
- Make Baked Oatmeal
- Make a pot of brown rice
- Make a pot of quinoa

Dinner:

- Brown ground beef for Tacos
- Prepare meatballs
- Cook chicken breasts for Black Bean Salad

Can make ahead and freeze if needed:

- Cafe Rio Crockpot Chicken

Shopping List

July, Week 4 (Days 22-31)

Meals

- 22 Alfredo Casserole w/ Steamed Veggies
- 23 Mediterranean Topped Chicken w/ Side Salad (double this recipe to feed 6-8)
- 24 Italian Drip Beef w/ Side Salad (option 1)
- 25 Sausage and Peppers w/ Steamed Veggies
- 26 Cilantro Chicken w/ Salad (double this recipe to feed 6-8)
- 27 Easy Crockpot Gumbo
- 28 Mexican Grilled Chicken Cobb
- 29 Spaghetti Squash Carbonara
- 30 Taco Lime Chicken w/ Rice and Beans
- 31 Artichoke and Spinach Roasted Salmon w/ Green Beans (double this recipe to feed 6-8)

Days Used

Produce

- avocado (1 per person)
- chives (optional)
- 1 pint blueberries
- berries
- favorite salad stuff (1 lunch salad, 3 dinner salads)
- veggies to slice for lunches and snacks
- sweet potatoes (1 per person for lunch)
- 26, 28, 30 8 limes
- 26, 28 2 bunches cilantro
- 26, 28 5-7 avocados
- 22, 23, 26, 27, 28 2 heads of garlic
- 27 1 green bell pepper
- 27 1 large onion
- 27 2 stalks celery
- 27 small bunch fresh basil
- 28 1 jalapeno
- 28 4 heads romaine
- 28 1 ear of fresh corn (optional)
- 28 1 pint cherry or grape tomatoes
- 29 2 med/large spaghetti squash
- 31 small package baby spinach
- 31 1 lemon
- 31 1 1/2 lbs fresh green beans
- 22 1 onion
- 22 1 head of broccoli
- 23 1 red onion
- 23 small bunch fresh basil
- 23 1 pint grape tomatoes
- 23 2 cucumbers

Days Used

Meat & Fish

one lb turkey sausage
breakfast, 27, 29 4 lbs bacon
13-15 boneless chicken breasts
lean deli meat (1 lunch & snacks)
24 4 lb. chuck roast
26, 28, 30 7 lbs boneless skinless chicken breasts
27 1lb boneless, skinless chicken thighs
31 8 salmon filets
22 1 lb. ground beef
22 1 lb. bulk sausage
23 8 boneless skinless chicken breasts
25 2 packages low-carb sausage

Frozen

25 pepper and onion blend
27 1 lb. frozen medium or large shrimp
22 favorite frozen veggies

Dairy/Refrigerated Section

enough eggs for 4 breakfasts for the family
3 eggs
1 carton unsweetened almond milk
0% Greek yogurt
1 large carton egg whites
cheese for meat roll-ups
at least 12 oz shredded mozzarella
butter
28 8 oz monterey jack cheese
29, 31 1 medium sized wedge parmesan
31 1 block cream cheese
23 small container feta cheese
24 1 lb. sliced provolone

Pantry

28, 30 3 cans black beans (third can optional, for Day 28)
31 1 14.5 oz can artichoke hearts in water
1/2 cup old-fashioned rolled oats per person
plus 1 lb. old-fashioned rolled oats
unsweetened applesauce
1 lb. brown rice
parmesan cheese (green can is fine)
pizza sauce
favorite pizza toppings
1 lb. quinoa
24 1 can beef consomme or beef broth
24 16 oz jar pepperoncini peppers
27 two 14.5 oz cans stewed tomatoes

Days Used

Pantry

27 1 small can tomato paste
27, 29 3 14.5 oz cans chicken broth
23 1 jar or package pitted Kalamata olives
23 rice vinegar

Staples

THM Baking Blend (can sub almond flour/coconut flour mix if needed)
THM Super Sweet Blend
Mineral Salt
vanilla extract
Protein Powder
coconut oil cooking spray
baking powder
cinnamon
clove
Chia seeds (I've omitted these)
favorite protein shake ingredients
onion powder
24 Italian seasoning
pepper
olive oil
26 cumin
26 red wine vinegar
26 red pepper flakes
27 Cajun seasoning
27 cayenne pepper
28, 30 3 packages taco seasoning (gluten-free if needed, or ingredients to make your own)
23 dried basil
23 garlic powder
22, 23 oregano

Meal Prep

July, Week 4 (Days 22-31)

Breakfast and Lunch:

- Pre-cook turkey sausage
- Make Baked Oatmeal
- Make a pot of brown rice
- Make a pot of quinoa

Dinner:

- Chop veggies for side salad
- Chop veggies for Mexican Cobb salad
- Pre-cook bacon for Spaghetti Squash Carbonera

Can make ahead and freeze if needed:

- Easy Crockpot Gumbo
- Taco Lime Chicken

Shopping List

July, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

14, 21, 26, 28 19	avocado (1 per person per week) 10 avocados tomato & avocado for tacos chives (optional) 4 pints blueberries 4 pints berries favorite salad ingredients veggies to slice for lunches and snacks sweet potatoes (1 per person for four lunches)
3, 6, 10, 17, 21, 31	9 lemons
3, 10, 12, 14, 20, 22, 23, 26, 27, 28 3, 17	4 heads of garlic 2 bunches fresh parsley
3, 10, 31	4 1/2 lbs green beans
2, 6, 12, 18, 26, 28, 30 7, 23	17 limes 4 cucumbers
7, 14	8 roma tomatoes
23, 28	2 pints grape or cherry tomatoes
7, 14, 23	3 red onions
8, 10, 31	3 packages baby spinach
11, 23	2 bunches fresh basil
12, 14, 22, 27 12, 27	6 medium onions 5 bell peppers (pretty colors are nice, but I get what's on sale)
12, 18, 26, 28 13	4 bunches cilantro zucchini for zoodles or 1 medium spaghetti squash
14, 21, 28 8, 29	8 heads of romaine 4 med. or 2 large spaghetti squash
17	shallots
17	1/2 lb fresh mushrooms
17, 22	2 heads of broccoli
18	green onions
16	16 oz bag shredded coleslaw
27	2 stalks celery small bunch fresh basil
28	1 jalapeno
28	1 ear of fresh corn (optional)

Days Used

Meat & Fish

	4 lbs turkey sausage
21	1 lb. bulk sausage
1	1 lb of Italian sausage
25	2 packages low-carb sausage
breakfast, 4, 8, 21, 27, 29	10 lbs bacon
lunch, 1, 4, 7, 13, 20, 21, 23, 26, 28, 30	about 27 lbs boneless skinless chicken breasts
	lean deli meat (1 lunch & snacks)
3, 31	6 pounds salmon (or about 16 filets)
5, 18	2 rotisserie chickens
6	2 lb pork loin filet
2, 12	2 whole beef flank steaks (about 7 lbs total)
10	8 bone-in skin on chicken thighs (buy more if you need more than 1 per person)
11, 27	14 boneless, skinless chicken thighs
14	2 lbs lean ground turkey (Thurs)
19, 21	3 lbs ground beef or ground turkey
16	beef burger patties for the family (Sat)
24	4 lb. chuck roast

Frozen

2, 16, 22	3 large bags favorite frozen veggies
4	20 oz bag frozen cauliflower
25	pepper and onion blend
27	1 lb. frozen medium or large shrimp

Dairy/Refrigerated Section

	enough eggs for 16 breakfasts for the family
	1 dozen eggs; plus eggs to boil for snacks
	3 cartons unsweetened plain almond milk
	1 large container 0% Greek yogurt
	3 large cartons egg whites
	cheese for meat roll-ups
	56 oz shredded mozzarella
28	8 oz monterey jack cheese
8	8 oz parmesan cheese
4	8 oz cheddar cheese
7	8 oz feta cheese
1	8 oz sliced provolone
10	1 wedge parmesan
4	6 oz cream cheese
4	sour cream
10	4 oz heavy cream
11	2 cups shredded Italian cheese
12	cheese/sour cream/fajita toppings
	butter
17	8 oz heavy whipping cream OR
17	1 block cream cheese
19	favorite taco toppings

Days Used

21	
29, 31	
31	
23	
24	
	<u>Dairy/Refrigerated Section</u>
	8 oz shaved parmesan
	1 medium sized wedge parmesan
	1 block cream cheese
	small container feta cheese
	1 lb. sliced provolone
	<u>Pantry</u>
	2 cups old-fashioned rolled oats per person
	plus 4 lbs old fashioned oats
	1 jar unsweetened applesauce
breakfast, 5	5 lbs brown rice
	4 cans/ small jars pizza sauce
27	2 14.5 oz cans stewed tomatoes
27	1 small can tomato paste
1, 11, 15	four 15 oz cans or jars no-sugar-added marinara or spaghetti sauce
	favorite pizza toppings (veggies, pepperoni, etc.)
	4 lbs quinoa
5, 12	1 large jar salsa
5	3 cans black or pinto beans
2, 6	soy sauce or liquid aminos (gluten-free if needed)
7, 11	2 small cans black olives
23	1 jar or package pitted Kalamata olives
4, 16	1 jar mayonnaise
10, 14, 17, 27, 29	three 14.5 oz cans chicken broth, plus 2 quarts chicken broth
11	14 oz can quartered artichoke hearts
8	pine nuts (1/2 to 1 cup)
9, 20	16 oz zesty Italian dressing
18, 20	baked blue corn chips (optional)
21	1 can anchovy filets (optional) OR 1 can black olives
16	apple cider vinegar
16	celery seed
16	no-sugar ketchup
16	mustard (optional)
16	pickles (optional)
18, 20, 28, 30	7 cans black beans
31	1 14.5 oz can artichoke hearts in water
24	1 can beef consomme or beef broth
24	16 oz jar pepperoncini peppers
23	rice vinegar
21	fish sauce (optional)

Days Used

Staples

	THM Baking Blend (can sub almond flour/coconut flour mix if needed)
	THM Super Sweet Blend
	Mineral Salt
	vanilla extract
	Protein Powder
	coconut oil cooking spray
	baking powder
	cinnamon
	clove
	Chia seeds (I've omitted these)
	favorite protein shake ingredients
4, 13	onion powder
	pepper
3, 12, 26	red pepper flakes
2, 6, 13, 22, 23	oregano
	olive oil
1	garlic salt
2, 5, 12, 20, 26	cumin
lunch, 2, 4, 21, 23	garlic powder
2, 4, 5, 12, 20	chipotle chili powder
4, 10	smoked paprika
4, 13	dried rosemary
4, 10	dried thyme
12	Worcestershire sauce
13, 18, 23	basil
18, 26	red wine vinegar
20	no-sugar-added ranch dressing mix (or make your own)
21	dried parsley
24	Italian seasoning
27	Cajun seasoning
27	cayenne pepper
19, 28, 30	5 packages taco seasoning (GF if needed, or ingredients to make your own)

Meal Planner

August

Breakfast

- 1 Coffee Cake
- 2 Raspberry Cheesecake Shake
- 3 Cake Batter Protein Shake (I omit the pudding mix)
- 4 Bacon and Eggs*
- 5 Peanut Butter Blizzard
- 6 California Omelet
- 7 Eggs Scrambled w/ Cottage Cheese*

Lunch

- 1 Hot Dogs w/ Veggie Sticks*
- 2 Salad w/ Baked Chicken*
- 3 Cottage Cheese, Cucumber, and Tomato Salad
- 4 Easy Pan Pizza**
- 5 Deli Meat and Cheese Roll-ups w/ Protein Shake*
- 6 Leftovers
- 7 Baked Sweet Potatoes*

Dinner

- 1 Whole Roasted Chicken w/ Brown Rice
- 2 Pizza Casserole (double and freeze second portion uncooked)
- 3 Cobb Salad
- 4 Garlic Bomb Parmesan Wings w/ Side Salad (Make 6x recipe to feed 6-8 & freeze second portion uncooked)
- 5 Ham and Bean Soup
- 6 Carne Asada Steak w/ Side Salad*
- 7 Cheeseburgers (no buns) w/ Baked Green Beans *
- 8 Spaghetti Squash or Zucchini Noodles w/ Pioneer Woman's Alfredo Sauce
- 9 Chipotle Meatballs w/ Guacamole (double and freeze 2nd portion uncooked)
- 10 Chicken Fajitas (triple this recipe to feed 6-8)
- 11 Big Mac Salad (triple this recipe to feed 6-8)
- 12 Pollo Verde w/ Black Beans
- 13 Café Rio Crockpot Chicken
- 14 Bacon Ranch Chicken Casserole (double and freeze second portion uncooked)
- 15 Mexican Baked Eggs (add extra eggs to serve 6-8)
- 16 1-2 Whole Roasted Chickens w/ Steamed Green Beans*
- 17 Leftover Chicken Over Salad*
- 18 Crockpot Beans and Rice
- 19 White Lazy Lasagna w/ Salad
- 20 Chicken wings (frozen from week 1) w/ Grilled Zucchini*
- 21 Taco Stack Ups
- 22 Fried Eggs Over Spinach*
- 23 Pizza Casserole (from frozen)

Dinner (continued)

- 24 Chicken Tikki Masala (add 2 extra chicken breasts fo feed 6-8)
- 25 Chicken Cobb Salad
- 26 Tuscany Tomato Soup
- 27 Bacon Ranch Chicken Casserole (from frozen)
- 28 Crockpot Rice and Beans
- 29 Low-Carb Enchilada Bake
- 30 Santa Fe Quinoa (double quinoa to serve 6-8)
- 31 Chipotle Meatballs (from frozen)

*See recipe cards

**this recipe calls for a lot of THM Baking Blend, which can get expensive, so you may want to use the almond flour/coconut flour option instead

Shopping List

August, Week 1 (Days 1-7)

Meals

- 1 Whole Roasted Chicken w/ Brown Rice
- 2 Pizza Casserole (double and freeze second portion uncooked)
- 3 Cobb Salad
- 4 Garlic Bomb Parmesan Wings w/ Side Salad (Make 6x this recipe to feed 6-8, freeze 2nd portion uncooked)
- 5 Ham and Bean Soup
- 6 Carne Asada Steak w/ Side Salad
- 7 Cheeseburgers (no buns) w/ Baked Green Beans

Days Used

Produce

- 1 fresh thyme
- lunch, 1, 6 4 lemons
- 1, 4, 6 1 head of garlic
- 1, 5 2 yellow onions
- 1, 5 1 bunch of carrots
- 1 1 fennel bulb
- 2 green bell peppers
- lunch, 3 2 heads of lettuce
- 3 2 tomatoes
- breakfast, 3, 4-6 avocados
- 4-6 cucumbers
- sweet potatoes (1 per person)
- 1-2 apples
- celery
- 4 your favorite salad ingredients
- 7 1 1/2 lbs fresh green beans
- your favorite salad ingredients

Meat & Fish

- 1, 3 2 whole roasted chickens
- 2 2-3 lbs ground beef
- breakfast, 3 2 lbs bacon
- 4 about 120 frozen chicken wings (this is for two dinners plus leftovers)
- 5 1 1/2 cups lean ham
- 6 6 lbs flank steak
- lunch, 6 2 packages pepperoni
- natural hot dogs or turkey dogs
- deli turkey
- 7 burger patties or ground beef to make your own - I plan for 1 or 2 per person
- 2 2 lbs boneless skinless chicken breasts

Days Used

Frozen

1 package frozen raspberries

Dairy/Refrigerated Section

2 dozen Eggs (more for bigger family)

lunch, 2 1 lb. grated mozzarella
3 blue cheese
butter
low-fat cottage cheese (large container)
1 package cream cheese
16 oz sour cream
1 carton unsweetened almond or cashew milk
cheddar or monterey jack cheese
7 sliced cheese (optional, for burgers)

Pantry

lunch, 2 12-16 oz no-sugar-added pizza sauce
2 1 can black olives
5 1 can white beans
1, 2 2 cans black beans
1 brown rice
3 Ken's ranch dressing
5 old-fashioned oats
almond flour
flax seed meal
coconut flour
pecans or other favorite nuts for coffee cake
4 1 can parmesan

Staples

	sea salt		MCT oil or coconut oil
	pepper		no-sugar-added peanut butter
	olive oil	6, 12	cumin
5	white pepper	6, 12	chili powder
5	bay leaves	4	garlic salt
	baking powder		THM Baking Blend
	onion powder	6	apple cider vinegar
lunch, 4	garlic powder	6	oregano
	balsamic vinegar	6	chili powder
	THM Super Sweet Blend	6	cumin
	glucomannan or xanthan gum	6	white pepper
	ground cinnamon		
	baking soda		
	erythritol		
	vanilla extract		
	whey protein powder		
	Just Like Brown Sugar		
	butter or almond extract		

Meal Prep

August, Week 1 (Days 1-7)

Breakfast and Lunch:

- Make coffee cake
- Pre-cook bacon
- Chop veggies for salad
- Pre-cook pizza crust
- Pre-cook sweet potatoes

Dinner:

- Make a pot of brown rice
- Cook 4 lbs. chicken breasts for Pizza Casserole
- Chop veggies for Cobb salad
- Chop veggies for Bean and Ham Soup

Can make ahead and freeze if needed:

- Pizza Casserole
- Garlic Bomb Parmesan Wings
- Ham and Bean Soup

Shopping List

August, Week 2 (Days 8-14)

Meals

- 8 Spaghetti Squash or Zucchini Noodles w/ Pioneer Woman's Alfredo Sauce
- 9 Chipotle Meatballs w/ Guacamole (double and freeze 2nd portion uncooked)
- 10 Chicken Fajitas (triple this recipe to feed 6-8)
- 11 Big Mac Salad (triple this recipe to feed 6-8)
- 12 Pollo Verde w/ Black Beans
- 13 Café Rio Crockpot Chicken
- 14 Bacon Ranch Chicken Casserole (double and freeze second portion uncooked)

Days Used

Produce

- 9 1 lime
- breakfast, 9 2-3 avocados
- 10 2 bell peppers
- 10, 11 3 onions
- 11 3 heads of Romaine lettuce
- reakfast, Lunch, 1 roma tomatoes
- lunch cucumbers
- lunch green onions
- lunch 2 apples
- lunch sweet potatoes (1 per person)
- 8 1 large or 2 small spaghetti squash OR 2-3 zucchinis for zucchini noodles
- 14 2 or 3 lbs fresh broccoli (can sub frozen)
- lunch your favorite salad ingredients

Dairy/Refrigerated Section

- breakfast, lunch 2 dozen eggs (more if your family eats a lot of eggs) PLUS
- 3 eggs
- 8 1 cup heavy whipping cream
- 10, 11, 14 2 lbs cheddar cheese
- butter
- breakfast, 10, 14 32 oz sour cream
- 12 cotija or queso fresco cheese (optional, garnish)
- breakfast, lunch 1 large container cottage cheese
- breakfast cheddar or monterey jack cheese
- breakfast, 14 three 8 oz packages cream cheese
- 14 1 lb. cheddar cheese
- lunch 1 1/2 cups shredded mozzarella
- 1 carton unsweetened almond milk

Frozen

- breakfast 1 package frozen raspberries

Days Used

Meat & Fish

breakfast, 14 2 lbs bacon
10, 12, 14 10 lbs boneless skinless chicken breasts
11 ground beef or burger patties (1-2 per person)
9 2 lbs lean ground beef
lunch pepperoni (I buy turkey pepperoni)

Days Used

Pantry

9 Chipotles in adobe sauce
lunch no-sugar added pizza sauce
9 30 oz tomato sauce
breakfast, 9 almond flour
breakfast coconut flour
breakfast flax seed meal
11, 14 1 large jar mayonnaise
11 no-sugar-added ketchup
11 yellow mustard
11 dill pickle relish or pickle juice
12 28 oz green chile sauce
13 1 bottle low-carb zesty Italian dressing
pecans or other favorite nuts for coffee cake

Staples

9	chili garlic salt (optional)	lunch	almond flour (optional, if not using THM Baking Blend)
	pepper	lunch	coconut flour (optional, if not using THM Baking Blend)
	olive oil		flax meal
13	dried chives		
13, 14	dried parsley		
lunch, 13, 14	garlic powder		
14	minced onion		
14	dill		
13	onion powder		
	sea salt		
lunch	balsamic vinegar		
breakfast	ground cinnamon (breakfast)		
breakfast	stevia		
breakfast	baking soda		
breakfast	vanilla extract		
breakfast	baking powder		
breakfast	whey protein powder		
lunch	Just Like Brown Sugar		
breakfast	MCT oil or coconut oil		
breakfast	cocoa powder		
breakfast	no-sugar-added peanut butter		
lunch	THM Baking Blend		
breakfast	THM Super Sweet Blend		
breakfast	glucomannan or xanthan gum		

Meal Prep

August, Week 2 (Days 8-14)

Breakfast and Lunch:

- Make coffee cake
- Pre-cook bacon
- Chop veggies for salad
- Pre-cook pizza crust
- Pre-cook sweet potatoes

Dinner:

- Marinade Carne Asada
- Chop veggies for side salad & Big Mac Salad
- Chop veggies for Chicken Fajitas

Can make ahead and freeze if needed:

- Chipotle Meatballs (doubled)
- Chicken Fajitas

Shopping List

August, Week 3 (Days 15-21)

Meals

- 15 Mexican Baked Eggs (add extra eggs to serve 6-8)
- 16 1-2 Whole Roasted Chickens w/ Steamed Green Beans
- 17 Leftover Chicken Over Salad
- 18 Crockpot Beans and Rice
- 19 White Lazy Lasagna w/ Salad
- 20 Chicken wings (frozen from week 1) w/ Grilled Zucchini
- 21 Taco Stack Ups

Days Used

Produce

- 15, 16 2 large yellow onions
- 15, 21 cilantro (optional garnish)
- 16 1 lemon
- 16 1 onion
- 17, 19 your favorite salad ingredients
- 20 3-4 zucchini
- breakfast, 21 avocados
- lunch sweet potatoes (1 per person)
- breakfast, lunch 2 tomatoes
- breakfast green onions
- lunch cucumbers
- lunch apples
- lunch celery
- lunch your favorite salad ingredients

Pantry

- 15, 18 2 14 oz cans diced tomatoes
- 15, 18 2 4.5 oz cans diced green chiles
- 18 3 cans of beans (I usually use a mix of black beans and pinto beans)
- 21 2 16 oz cans tomato sauce
- 21 1 small can sliced black olives
- 18 brown rice
- pecans or other favorite nuts for coffee cake
- lunch no-sugar-added pizza sauce
- breakfast no-sugar-added peanut butter
- 19 16 oz Alfredo sauce

Frozen

- breakfast 1 package frozen raspberries
- 19 12 oz frozen spinach

Days Used

Dairy/Refrigerated Section

reakfast, 15, 1 3 dozen eggs (more for a bigger family if needed)
butter
reakfast, lunch 1 large container cottage cheese
lunch, 19 1.5 lbs mozzarella cheese
breakfast, 21 16 oz sour cream
1 carton unsweetened almond or cashew milk
1 block cream cheese
cheddar or monterey jack cheese
19 16 oz ricotta cheese

Meat & Fish

16 1-2 whole chickens
21 2 lbs ground beef
breakfast 1 lb. bacon
lunch sliced deli meat or turkey
19 1.5 lbs ground turkey or chicken
lunch pepperoni (I buy turkey pepperoni)

Staples

olive oil
15 ground cumin
15 chili powder
sea salt
breakfast ground cinnamon
pepper
breakfast breakfast
breakfast erythritol
breakfast vanilla extract
21 taco seasoning (gluten-free if needed, or ingredients to make your own)
lunch balsamic vinegar
breakfast baking soda
breakfast whey protein powder
breakfast almond extract (opt., for DashingDish.com shake)
breakfast stevia or THM Super Sweet Blend
lunch Just Like Brown Sugar
19 dried minced garlic
lunch garlic powder
breakfast THM Super Sweet Blend
breakfast glucomannan or xanthan gum
lunch THM Baking Blend
lunch almond flour (optional, if not using THM Baking Blend)
lunch coconut flour (optional, if not using THM Baking Blend)
flax meal
16 onion powder

Meal Prep

August, Week 3 (Days 15-21)

Breakfast and Lunch:

- Make coffee cake
- Pre-cook bacon
- Chop veggies for salad
- Pre-cook pizza crust
- Pre-cook sweet potatoes

Dinner:

- Cook 3 cups cubed chicken breasts for Bacon Chicken Ranch Casserole
- Pre-cook bacon for Bacon Chicken Ranch Casserole (you'll need 1/2 cup crumbled bacon, plus extra)
- Pre-mix seasoning for Bacon Chicken Ranch Casserole
- Brown ground turkey or chicken for White Lazy Lasagna
- Chop veggies for salads

Can make ahead and freeze if needed:

- Cafe Rio Crockpot Chicken
- Bacon Ranch Chicken Casserole

Shopping List

August, Week 4 (Days 22-31)

Meals

- 22 Fried Eggs Over Spinach
- 23 Pizza Casserole (from frozen)
- 24 Chicken Tikki Masala (add 2 extra chicken breasts to feed 6-8)
- 25 Chicken Cobb Salad
- 26 Tuscany Tomato Soup
- 27 Bacon Ranch Chicken Casserole (from frozen)
- 28 Crockpot Rice and Beans
- 29 Low-Carb Enchilada Bake
- 30 Santa Fe Quinoa (double quinoa to serve 6-8)
- 31 Chipotle Meatballs (from frozen)

Days Used

Produce

- 24, 29 3 large yellow onions
- breakfast, lunch 2 tomatoes
- breakfast, 29 green onions
- lunch cucumbers
- lunch apples
- lunch celery
- lunch sweet potatoes (1 per person)
- 29 4 large bell peppers
- 29 1 head of garlic
- breakfast, 29 avocados
- 24 fresh ginger
- 24 1 lime
- 22 1 large package baby spinach
- lunch your favorite salad ingredients

Meat & Fish

- 24 4 boneless chicken breasts
- breakfast, 25 2 lbs bacon
- lunch sliced deli meat or turkey
- 29 4-6 large chicken breasts
- lunch pepperoni (I buy turkey pepperoni)

Frozen

- breakfast 1 package frozen raspberries

Days Used

Dairy/Refrigerated Section

breakfast, 22	3 dozen eggs
	butter
breakfast	8 oz sour cream
breakfast, lunch	1 large container cottage cheese
29	1 lb cheddar cheese
breakfast	0% Greek yogurt
lunch	12 oz mozzarella cheese
breakfast	1 block cream cheese
	1 carton unsweetened vanilla almond milk

Pantry

29	30 oz tomato sauce
26	8 oz can tomato sauce
6	2 quarts chicken broth
27	2 cans black beans
27	2 cans diced tomatoes
27	1 small can green chiles
29	salsa
24, 27	brown rice
breakfast	pecans or other favorite nuts for coffee cake
breakfast	almond flour
breakfast	coconut flour
breakfast	flax meal
lunch	no-sugar-added pizza sauce
29	32 oz enchilada sauce

Staples

	olive oil	29	cumin
24	ground coriander	29	chili powder
24	paprika	breakfast	THM Super Sweet Blend
	salt	breakfast	glucomannan or xanthan gum
	pepper	lunch	THM Baking Blend
breakfast	ground cinnamon	lunch	almond flour (optional, if not using THM Baking Blend)
breakfast	stevia	lunch	coconut flour (optional, if not using THM Baking Blend)
breakfast	cocoa powder		
breakfast	erythritol		
breakfast	vanilla extract		
24	cayenne pepper		
lunch	balsamic vinegar		
breakfast	baking soda		
breakfast	whey protein powder		
breakfast	almond extract (opt., DashingDish.com shake)		
lunch	Just Like Brown Sugar or other on-plan brown sugar substitute		
24	1 cinnamon stick		
24, 27	ground cumin		
lunch, 27	garlic powder		
29	coriander		

Meal Prep

August, Week 4 (Days 22-31)

Breakfast and Lunch:

- Make coffee cake
- Pre-cook bacon
- Chop veggies for salad
- Pre-cook pizza crust
- Pre-cook sweet potatoes

Dinner:

- Brown ground beef for Taco Stack Ups
- Chop veggies for Chicken Cobb Salad
- Chop onion and garlic for Chicken Tikki Masala
- Chop veggies for Enchilada Bake

Can make ahead and freeze if needed:

- Low-Carb Enchilada Bake

Shopping List

August, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

1
lunch, 1, 16
9, 24
1, 4, 16, 24, 29
1, 5, 15, 16, 24, 29
10, 11
1, 5, 16
1, 16
2, 10, 29
lunch, 3, 11
breakfast, lunch, 3
breakfast, 3, 6, 9, 21
lunch
lunch
lunch
lunch
lunch, 4, 17, 19
7
lunch, 29
8
20
14
15, 21
24
22

fresh thyme
3 lemons
2 limes
4 heads of garlic
7 yellow onions
3 white onions
2 bunches of carrots
2 fennel bulbs
7 green bell peppers
5 heads of lettuce
5 tomatoes
11 avocados
8 cucumbers
sweet potatoes (enough for 1 per person for four lunches)
6-8 apples
celery
your favorite salad ingredients
1 1/2 lbs fresh green beans
green onions
1 large or 2 small spaghetti squash OR 2-3 zucchinis for zucchini noodles
3-4 zucchini
2 or 3 lbs fresh broccoli (can sub frozen)
cilantro (optional garnish)
fresh ginger
1 large package baby spinach

Frozen

breakfast
19
4 packages frozen raspberries or 2 large packages
12 oz frozen spinach

Meat & Fish

1, 3, 16
2, 9, 21
7, 11
19
breakfast, 3, 14, 25
4
5
3 whole chickens
8 lbs ground beef
burger patties or ground beef to make your own (I plan for 2-3 per person to cover both meal)
1.5 lbs ground turkey or chicken
6 lbs bacon
about 120 frozen chicken wings (this is for two dinners plus leftovers)
1 1/2 lbs lean ham

Days Used

Meat & Fish

6
lunch, 6
lunch
lunch
10, 12, 14, 24, 29

6 lbs flank steak
2-3 packages pepperoni (I buy turkey pepperoni)
6-8 packages natural hot dogs or turkey dogs
deli turkey (enough for 4 lunches)
14 lbs boneless skinless chicken breasts

Dairy/Refrigerated Section

breakfast, 15, 19, 22
lunch, 2
3
breakfast, lunch
breakfast, 14
breakfast, 10, 14, 21
breakfast
breakfast
lunch
7
8, 26
10, 11, 14
12
breakfast, 29
14, 21, 29
19

10 dozen eggs
4 lbs grated mozzarella
blue cheese
butter
low-fat cottage cheese (at least 2 16 oz containers)
6 packages cream cheese
48 oz sour cream
3-4 cartons unsweetened almond or cashew milk
cheddar or monterey jack cheese
light laughing cow - cheddar flavor (if you can't find cheddar, Swiss will also work)
sliced cheddar cheese
16 oz heavy whipping cream
2 lbs cheddar cheese
cotija or queso fresco cheese (optional, garnish)
1 lb. monterey jack
1.5 lbs cheddar cheese
0% Greek yogurt
16 oz ricotta cheese

Pantry

lunch, 2
2, 21
5
12, 18, 27
1, 18, 24, 27
3
13
5
breakfast, lunch, 9
breakfast
breakfast, lunch
breakfast
4
9
9, 21, 29, 26
11, 14
11
11
11
12

5-6 cans no-sugar-added pizza sauce
2 cans sliced black olives
1 can white beans
7 cans black beans, can sub pinto for up to 3 cans
3 lbs brown rice
Ken's ranch dressing
1 bottle low-carb zesty Italian dressing
old-fashioned oats
almond flour
flax seed meal
coconut flour
pecans or other favorite nuts for coffee cake
1 can parmesan
Chipotles in adobe sauce
98 oz tomato sauce
1 large jar mayonnaise
no-sugar-added ketchup
yellow mustard
dill pickle relish or pickle juice
28 oz green chile sauce

Days Used**Pantry**

15, 18, 27 3 4.5 oz cans diced green chiles
15, 18, 27 four 14 oz cans diced tomatoes
19 16 oz Alfredo sauce
26 2 quarts chicken broth
29 1 lb lean ground beef

Staples

sea salt
pepper
olive oil
5 white pepper
5 bay leaves
lunch baking powder
lunch, 13, 14 onion powder
lunch, 4, 13, 14, 27 garlic powder
lunch balsamic vinegar
breakfast THM Super Sweet Blend
lunch THM Baking Blend
breakfast glucomannan or xanthan gum
breakfast ground cinnamon
24 1 cinnamon stick
breakfast baking soda
breakfast erythritol
breakfast vanilla extract
breakfast whey protein powder
breakfast Just Like Brown Sugar
breakfast butter or almond extract (optional but recommended for DashingDish.com shake)
breakfast MCT oil or coconut oil
6, 12, 15, 24, 27, 29 cumin
6, 12, 15, 29 chili powder
4 garlic salt
9 chili garlic salt (optional)
13 dried chives
13, 14 dried parsley
14 dried minced onion
19 dried minced garlic
14 dill
breakfast cocoa powder
21 taco seasoning (gluten-free if needed, or ingredients to make your own)
24, 29 ground coriander
24 paprika
24 cayenne pepper

Meal Planner

September

Breakfast

- 1 Cake Batter Frappa
- 2 Cottage Cheese with Fruit*
- 3 Shamrock Shake
- 4 Scrambled Eggs*
- 5 Broccoli and Cheese Mini Omelets (double this recipe to feed 6-8)
- 6 Greek Yogurt w/ Stevia and Berries*
- 7 Scrambled Egg Whites Over Quinoa*

Lunch

- 1 Turkey, Cheese, and Veggie Roll-Ups with Berries*
- 2 Amazing Cottage Cheese Salad
- 3 Cheesy Hasselback Zucchini Pizzas (I quadruple this recipe to feed 6, and sprinkle some oregano on for an Italian flavor)
- 4 Raspberry Cheesecake Shake
- 5 Turkey Dogs & Veggies*
- 6 Brown Rice w/ Shredded Chicken*
- 7 Pear Waldorf Salad (serves 4-5; add extra cottage cheese to serve more)

Dinners

- 1 Chicken Tacos
- 2 Crockpot Red Beans and Rice
- 3 Salmon, Green Beans, and Salad*
- 4 Pot Roast w/ Salad
- 5 Dark Meat from 2 Whole Roasted Chickens w/ Broccoli & Cheese and Salad* (reserve white meat for tomorrow)
- 6 Santa Fe Quinoa Salad w/ Leftover White Meat (double recipe, make 2nd portion) omit tomatoes from 2nd portion and freeze
- 7 Steak w/ Garlic Butter and Green Beans*
- 8 Baked Chicken Breasts w/ Alfredo Sauce & Steamed Broccoli
- 9 Chicken Fajitas (quadruple to make 2 pans and freeze 2nd portion)
- 10 Low-Carb Pizza Chicken Bake (Double and Freeze Second Portion Uncooked)
- 11 Baked Chicken Breasts w/ Baked Sweet Potatoes*
- 12 Shakshuka (Eastern Egg Dish) (omit sugar, add more eggs if needed)
- 13 Fish w/ Buttered Peas
- 14 Frittata (double this recipe to feed 6-8)
- 15 Chicken Club Salad (double this recipe to feed 6-8)
- 16 Slow-Cooked Carnitas (no tortillas, and I sub 1/4 cup Bai5 Clementine drink for the orange)
- 17 Alice Springs Chicken Casserole (double this recipe to feed 6-8)
- 18 Caprese Salad with Chicken and Avocado (double this recipe to feed 6-8)
- 19 Paleo Mediterranean Chicken w/ Side Salad (double and freeze second portion)
- 20 Cheeseburgers w/ Green Beans*
- 21 Whole Roasted Chicken w/ Cheese Spaghetti Squash
- 22 Low-Carb Pizza Chicken Bake (from frozen)
- 23 Taco Stack-Ups

Dinner (continued)

- 24 Low-Carb Sausage w/ Salad *
- 25 Loaded Sweet Potatoes
- 26 Eggroll in a Bowl (I double this recipe to feed 6-8)
- 27 Biggest Loser Pancakes (I substitute low-glycemic sweetener for sugar)
- 28 Chicken Fajitas (Frozen from Week 1)
- 29 Black Bean Chicken Salad
- 30 Frozen Paleo Mediterranean Chicken (frozen from week 3)

*See recipe cards

Shopping List

September, Week 1 (Days 1-7)

Meals

- 1 Chicken Tacos
- 2 Crockpot Red Beans and Rice
- 3 Salmon, Green Beans, and Salad*
- 4 Pot Roast w/ Salad
- 5 Dark Meat from 2 Whole Roasted Chickens w/ Broccoli & Cheese and Salad
(reserve white meat for tomorrow)
- 6 Santa Fe Quinoa Salad w/ Leftover White Meat (double recipe, make 2nd portion)
(omit tomatoes from 2nd portion and freeze)
- 7 Steak w/ Garlic Butter and Green Beans*

Days Used

Produce

- spinach (for Shamrock shake)
- 1 large bag broccoli florets or 2 heads
- berries
- 6 small Persian cucumbers or 3 large
- 2 tomatoes
- lunch, 6 1 bunch green onions
- favorite veggies to slice for lunch side
- 2 ripe pears
- 2 lemons
- 4-6 zucchini squash
- lunch, 2 1 big bunch celery
- 1 avocado
- 2 1 large bell pepper
- 2, 4 3 white onions
- 2, 4 garlic
- fruit
- 3, 7 3 lbs fresh green beans (or frozen)
- 3, 4, 5 your favorite salad ingredients
- 6 2 jalapenos
- 4 6 carrots
- 6 2 cups cherry or grape tomatoes

Frozen

- 6 frozen corn
- 1 large package berries
- 5 broccoli

Days Used

Refrigerated Section

breakfast, lunch, 1, 5 1 block cheddar cheese
1 sour cream
butter
1 c unsweetened vanilla almond milk per person
1/4 cup lowfat cottage cheese per person
enough eggs for the family for one breakfast
8 eggs
1 large carton egg whites
8 oz reduced fat or regular shredded cheddar cheese
1 wedge good cheese (like Pecorino Romano)
sliced cheese for deli roll-ups

Pantry

breakfast, 6 1 lb quinoa
lunch, 1 sliced olives
lunch, 1 2 lbs brown rice
lunch, 1 walnuts
1 three 15 oz cans diced tomatoes
2 15 oz can red beans
3, 4, 5 low-carb salad dressing (or make your own)
4 1 quart beef broth
6 1 jar salsa
6 2 cans black beans

Meat & Fish

deli sliced turkey
turkey hot dogs
lunch, 1 5 chicken breasts
2 2 lbs lean ground turkey
3 salmon filets
4 4-5 lb pot roast
5 2 whole chickens
7 steaks
1 package pepperoni (I buy turkey pepperoni)

Staples

THM Super Sweet Blend	2	dried parsley
sea salt	2	Cajun seasoning
glucomannan	2	ground sage
vanilla protein powder		ground ginger
vanilla extract		red pepper flakes (optional)
mint extract		oregano (optional)
olive oil		baking powder
pepper		butter flavoring
coconut oil cooking spray		almond extract
Za'atar (optional, but GOOD!)		liquid stevia (can sub other stevia)
1, 6 cumin	5	onion powder

Meal Prep

September, Week 1 (Days 1-7)

Breakfast and Lunch:

- Pre-make Broccoli and Cheese Mini Omelets (you can double recipe and freeze extras if desired)
- Make a pot of quinoa

1

Dinner:

- Cook chicken breasts for Chicken Tacos
- Chop veggies for salads
- Make Garlic Butter or other flavored butter

8

Can make ahead and freeze if needed:

- Chicken Tacos

Shopping List

September, Week 2 (Days 8-14)

Meals

- 8 Baked Chicken Breasts w/ Alfredo Sauce & Steamed Broccoli
- 9 Chicken Fajitas (quadruple to make 2 pans and freeze 2nd portion)
- 10 Low-Carb Pizza Chicken Bake (Double and Freeze Second Portion Uncooked)
- 11 Baked Chicken Breasts w/ Baked Sweet Potatoes
- 12 Shakshuka (Eastern Egg Dish) (omit sugar) (add extra eggs if needed)
- 13 Fish w/ Buttered Peas
- 14 Frittata (double this recipe to feed 6-8)

Days Used

Produce

- 1 small package spinach
- 1 large bag broccoli florets or 2 heads
- breakfast, lunch berries (breakfast and lunch)
- 6 small Persian cucumbers or 3 large
- 2 tomatoes
- lunch, 13 2 bunches green onions
- favorite veggies to slice for lunch side
- 2 ripe pears
- lunch, 13 2 lemons
- 4-6 zucchini squash
- 1 big bunch celery
- 9, 1 for 11 5 green bell peppers
- 10 5 onions
- 12, 14 1 head of garlic
- fruit
- 9 4 cups mushrooms
- 9 your favorite salad ingredients
- 12, 14 1 bunch fresh parsley
- 14 favorite frittata veggies (zucchini, asparagus, extra onion, etc.)
- 13 freeze-dried dill (optional)

Meat & Fish

- deli sliced turkey (lunch, snacks)
- turkey hot dogs (lunch)
- lunch, 8, 10, 11 30 boneless skinless chicken breasts
- 9 4 lbs chicken tenders
- 13 2 lbs skinless fish (like halibut, tilapia, or mahi mahi)
- lunch, 10 2-3 packages pepperoni (I buy turkey pepperoni)

Days Used

Frozen

13 frozen peas
1 large package berries

Dairy/Refrigerated Section

breakfast, lunch, 1, 5 1 block cheddar cheese
9 sour cream
butter
1 c unsweetened vanilla almond milk per person
1/4 cup lowfat cottage cheese per person
enough eggs for the family for one breakfast
breakfast, 12, 14 4 dozen eggs
1 large carton egg whites
8 oz reduced fat or regular shredded cheddar cheese
1 wedge good cheese (like Pecorino Romano)
sliced cheese for deli roll-ups
8 1 cup heavy cream
8, 13, 14 3 1/2 cups freshly shredded parmesan cheese
10 12 oz part-skim mozzarella

Pantry

1 lb quinoa
sliced olives
1 lb brown rice
walnuts
9 1 large jar salsa
9 low-carb salad dressing (or make your own)
12 2 cans diced tomatoes
13 mayonnaise
13 tabasco sauce
10 2 jars no-sugar-added pizza sauce

Staples

THM Super Sweet Blend	11	Just Like Brown Sugar
mineral salt	12	chili powder
glucomannan	10	garlic powder
protein powder	12	paprika
vanilla extract	12	cayenne pepper
mint extract		
olive oil		
pepper		
coconut oil cooking spray		
Za'atar (optional, but SO GOOD!)		
12 cumin		
9 4 packets fajita seasoning		
ground ginger		
red pepper flakes (optional)		
lunch, 10 oregano		

Meal Prep

September, Week 2 (Days 8-14)

Breakfast and Lunch:

- Pre-make Broccoli and Cheese Mini Omelets (you can double recipe and freeze extras if desired)
- Make a pot of quinoa

Dinner:

- Chop veggies for chicken fajitas

8

Can make ahead and freeze if needed:

- Chicken Fajitas
- Frittata

Shopping List

September, Week 3 (Days 15-21)

Meals

- 15 Chicken Club Salad (double this recipe to feed 6-8)
- 16 Crockpot Carnitas
- 17 Alice Springs Chicken Casserole (double this recipe to feed 6-8)
- 18 Caprese Salad with Chicken and Avocado (double this recipe to feed 6-8)
- 19 Paleo Mediterranean Chicken w/ Side Salad (double and freeze second portion)
- 20 Cheeseburgers w/ Green Beans
- 21 Whole Roasted Chicken w/ Cheese Spaghetti Squash

Days Used

Produce

- spinach (for Shamrock shake)
- 1 large bag broccoli florets or 2 heads
- berries (breakfast and lunch)
- 6 small Persian cucumbers or 3 large
- 2 tomatoes
- 1 bunch green onions
- favorite veggies to slice for lunch side
- 2 ripe pears
- 1 lemon
- lunch 4-6 zucchini squash
- lunch, 15 1 big bunch celery
- fruit (breakfast, lunches)
- 15, 18 9 plum or roma tomatoes; 6 for Day 15 and 3 for Day 18
- 15, 19 2 red onions
- 15, 18 3 heads of Romaine lettuce; 1 for Day 15 and 2 for Day 18
- 16 1 onion
- 16 1 jalapeno
- 16, 18 5 avocados
- 18, 19 2 small bunches or 1 large bunch fresh basil
- 16 1 head of garlic
- 17 2 lbs mushrooms
- 19 your favorite salad ingredients

Frozen

- 1 large package berries
- 20 32 oz frozen green beans

Days Used

Dairy/Refrigerated Section

	butter	
	1 c unsweetened vanilla almond milk per person	
	1/4 cup lowfat cottage cheese per person	
	enough eggs for the family for one breakfast	
	4 dozen eggs	
	1 large carton egg whites	16, 17, 18, 21
	8 oz reduced fat or regular shredded cheddar cheese	
	1 wedge good cheese (like Pecorino Romano)	
20	sliced cheese for deli roll-ups and cheeseburgers	
	1 cup heavy cream	
21	3 1/2 cups freshly shredded parmesan cheese	
lunch, 17	20 oz part-skim mozzarella	
18	1 lb fresh mozzarella	
	favorite carnitas toppings (additional sour cream, cheese, etc)	
17	4 oz. sour cream	
17	1/2 cup Mexican blend cheese	
21	1 package feta cheese	
19	32 oz. shredded Italian cheese	

Meat & Fish

	deli sliced turkey (lunch, snacks)	
	turkey hot dogs (lunch)	
lunch, 14, 17, 20	7 lbs chicken breasts	
15	1 lb. bacon	
16	2 lbs boneless pork shoulder	
17	1/2 lb. lean ham	
20	ground beef patties (enough for 1 or 2 burgers per person)	
21	1 or 2 whole raw chickens	
19	20 boneless, skinless chicken thighs	

Pantry

	1 lb quinoa	
	sliced olives	
	1 lb brown rice	
	walnuts	
15	light mayonnaise	
15	white wine vinegar	
16	1 bottle Sobe LifeWater Zero (orange flavor)	
17	2 jars low-carb Alfredo sauce	
18	1 bottle low-carb balsamic dressing	
19	two 15 oz. cans tomato sauce	
20	1 can parmesan cheese	
19	28 oz canned artichokes	
19	5 oz sliced black olives	

Days Used

Staples

	THM Super Sweet Blend
	mineral salt
	glucomannan
	protein powder
	vanilla extract
	mint extract
	olive oil
	pepper
	coconut oil cooking spray
	Za'atar (optional, but SO GOOD!)
	ground ginger
	red pepper flakes (optional)
lunch, 16	oregano (optional)
20	garlic powder
20	nutritional yeast
16	ground cumin
17	dried sage
17	dried thyme
17	onion powder
21	garlic salt
16	healthy frying oil of your choice

Meal Prep

September, Week 3 (Days 15-21)

Breakfast and Lunch:

- Pre-make Broccoli and Cheese Mini Omelets (you can double recipe and freeze extras if desired)
- Make a pot of quinoa

Dinner:

- Chop veggies for Chicken Club Salad
- Chop veggies for Side Salad
- Grate cheese to serve with Carnitas
- Pre-cook chicken breasts and bacon for Alice Springs Chicken Casserole
- Chop veggies for Mediterranean Chicken

8

Can make ahead and freeze if needed:

- Paleo Mediterranean Chicken

Shopping List

September, Week 4 (Days 22-30)

Meals

- 22 Low-Carb Pizza Chicken Bake (from frozen)
- 23 Taco Stack-Ups
- 24 Low-Carb Sausage w/ Salad
- 25 Loaded Sweet Potatoes
- 26 Eggroll in a Bowl (I double this recipe to feed 6-8)
- 27 Biggest Loser Pancakes (I substitute low-glycemic sweetener for sugar)
- 28 Chicken Fajitas (Frozen from Week 1)
- 29 Black Bean Chicken Salad
- 30 Frozen Paleo Mediterranean Chicken (frozen from week 3)

Days Used

Produce

- spinach (for Shamrock shake)
- 1 large bag broccoli florets or 2 heads
- berries (breakfast and lunch)
- 6 small Persian cucumbers or 3 large
- 2 tomatoes
- lunch, 26, 29 3 bunches green onions
- favorite veggies to slice for lunch side
- 2 ripe pears
- 1 lemon
- 29 2 limes
- 4-6 zucchini squash
- 1 big bunch celery
- 23 avocado
- fruit (breakfast, lunches)
- 22 favorite pizza toppings
- 22, 24 your favorite salad ingredients
- 23 fresh tomatoes, cilantro, limes (optional toppings)
- 24 sweet potatoes (enough for the whole family)
- 26 2 heads of cabbage OR 2 bags coleslaw mix
- 26 2 onions
- 29 1 bunch fresh cilantro
- 26 1 bunch carrots
- 26 1 head of garlic

Frozen

- 1 large package berries

Days Used

Dairy/Refrigerated Section

- 8 oz reduced fat or regular shredded cheese
- butter
- 23 sour cream (optional, topping for Day 23)
- sliced cheese (lunch roll-ups)
- unsweetened nut milk
- breakfast, lunch, 27 1 large container cottage cheese
- enough eggs for the family for one breakfast
- 2 dozen eggs
- 1 carton egg whites
- 1 block cheddar cheese
- 1 wedge good cheese (like Pecorino Romano)
- 1 package sliced mozzarella cheese
- 22 1 lb. part-skim mozzarella

Pantry

- 1 lb quinoa
- lunch, 23 black olives
- 2 lbs brown rice
- walnuts
- 1 can parmesan
- 22 no-sugar-added pizza sauce
- 22, 24 low-carb salad dressing (or make your own)
- 23 one 14.5 oz can tomato sauce
- 24, 29 4 cans black beans
- 27 24 oz old fashioned rolled oats (gluten-free if needed)

Meat & Fish

- deli sliced turkey (lunch, snacks)
- turkey hot dogs (lunch)
- lunch, 29 6 large boneless skinless chicken breasts
- 23, 26 5 lbs ground beef (2 1/2 lbs for each day)
- 23 no-sugar-added, low-carb sausage or bratwurst links
- 1 package pepperoni (I buy turkey pepperoni)

Staples

- | | | |
|---|----|--|
| THM Super Sweet Blend | 23 | 2 packets taco seasoning (gluten-free if needed) |
| mineral salt | 24 | chili powder |
| glucomannan | 26 | garlic powder |
| protein powder | 26 | nutritional yeast |
| vanilla extract | 26 | cayenne pepper |
| mint extract | 26 | soy sauce or Bragg's Liquid Aminos |
| olive oil | 22 | Italian seasoning |
| pepper | 29 | red wine vinegar |
| coconut oil cooking spray | 27 | baking powder |
| Za'atar (optional, but GOOD!) | 29 | dried basil |
| 22, 26 onion powder | 26 | rice wine vinegar |
| 26 toasted sesame oil (optional - I add it to Egg Roll in a Bowl) | | |

Meal Prep

September, Week 4 (Days 22-30)

Breakfast and Lunch:

- Pre-make Broccoli and Cheese Mini Omelets (you can double recipe and freeze extras if desired)
- Make a pot of quinoa

Dinner:

- Brown ground beef for Taco Stack-Ups
- Chop veggies for side salad
- Pre-cook chicken breasts for Black Bean Chicken Salad (freeze if you won't be using within 1 or 2 days)

Can make ahead and freeze if needed:

- Pancakes

Shopping List

September, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

	1 large or 2 smaller containers baby spinach
	4 large bags broccoli florets or 8 heads
	berries (breakfast and lunch)
	18 small Persian cucumbers or 10-12 large
lunch, 15, 18	17 tomatoes
lunch, 6, 13, 26, 29	5 bunches green onions
	favorite veggies to slice for lunch side
	8 ripe pears
lunch, 13	5 lemons
lunch	24 zucchini squash
lunch, 2	4 bunches celery
1, 16, 18, 23	9 avocados
2, 9, 11	7 large bell peppers
2, 4, 9, 16, 26	10 white or yellow onions
2, 12, 16, 26	3 heads of garlic
breakfast, lunch	fruit (breakfast, lunches)
3, 7	3 lbs fresh green beans (or frozen)
3, 4, 5, 9, 19, 22, 24	your favorite salad ingredients
6, 16	3 jalapenos
4, 26	2 bunches carrots
6	2 cups cherry or grape tomatoes
9, 17	3 lbs mushrooms
12, 14	1 bunch fresh parsley
14	favorite frittata veggies (zucchini, asparagus, extra onion, etc.)
15, 19	2 red onions
15, 18	3 heads of Romaine lettuce; 1 for Day 15 and 2 for Day 18
18, 19	2 bunches fresh basil
29	2 limes
22	favorite veggie pizza toppings
23	fresh tomatoes, cilantro, limes (optional toppings)
4	chives (optional)
24	sweet potatoes (enough for the whole family)
26	2 heads of cabbage OR 2 bags coleslaw mix
29	1 bunch fresh cilantro

Meat & Fish

deli sliced turkey (lunch, snacks)

turkey hot dogs (enough for four lunches)

Days Used

Meat & Fish (continued)

lunch, 1, 8, 10, 11, 14, 17, 20	42 boneless skinless chicken breast halves OR about 25 boneless skinless breasts
2	2 lbs lean ground turkey (day 2)
23, 26	5 lbs ground beef (2 1/2 lbs for each day)
3	salmon filets (day 3)
4	4-5 lb pot roast (day 4)
5	2 whole chickens (day 5)
7	steaks (day 7)
9	4 lbs chicken tenders
13	2 lbs skinless fish (like halibut, tilapia, or mahi mahi)
lunch, 10	4-6 packages pepperoni (I buy turkey pepperoni)
15	1 lb. bacon
16	2 lbs boneless pork shoulder
17	1/2 lb. lean ham
20	ground beef patties (enough for 1 or 2 burgers per person)
21	1 or 2 whole raw chickens
23	no-sugar-added, low-carb sausage or bratwurst links
19	20 boneless skinless chicken thighs

Frozen

6	frozen corn
lunch	4 large packages berries
5	broccoli
13	frozen peas
20	32 oz frozen green beans

Dairy/Refrigerated Section

breakfast, lunch, 1, 5	3 lbs cheddar cheese
1, 9, 16, 17, 23	sour cream
	2 or 3 large containers 0% Greek yogurt
	sliced cheese (lunch roll-ups, enough for 4 lunches)
	3 or 4 containers unsweetened nut milk
breakfast, lunch, 27	at least 120 oz low-fat cottage cheese
breakfast, 12	9 dozen eggs
	5 cartons egg whites
	1 large wedge good cheese (like Pecorino Romano)
	4 packages sliced mozzarella cheese or 4 balls of cheese to slice
10, 22	3 lbs part-skim mozzarella cheese
17, 18	2 lbs mozzarella cheese
	butter
8, 13, 14	2 wedges or 2 packages pre-shredded parmesan
8	8 oz heavy cream
17	8 oz four-cheese Mexican cheese blend
21	1 small container feta cheese
19	32 oz. shredded Italian cheese

Days Used

breakfast, 6
1, 19, 23, lunch

lunch, 1
lunch, 1
1, 12
2
3, 4, 5, 9, 19, 22, 24
18
4
6, 9
6, 24, 29
13, 15
13
10, 22
15
16
17

20

19, 23
27

Pantry

3 lbs quinoa
4 cans sliced black olives (15 oz total)

3 or 4 lbs brown rice
walnuts
six 15 oz cans diced tomatoes
15 oz can red beans
low-carb salad dressing (or make your own)
1 bottle low-carb balsamic dressing
1 quart beef broth (day 4)
1 large jar salsa
6 cans black beans
light mayonnaise
tabasco sauce
2 large cans/jars no-sugar-added pizza sauce
white wine vinegar
1 bottle Sobe LifeWater Zero (orange flavor)
2 jars low-carb Alfredo sauce

1 can parmesan cheese

45 oz tomato sauce
24 oz old fashioned rolled oats (gluten-free if needed)

Staples

breakfast, lunch

lunch
breakfast, lunch
breakfast
breakfast

lunch
1, 6, 12, 16
2
2
2, 17
lunch
lunch
lunch, 10, 16
9
11
12, 24
10, 20, 26
20, 26

THM Super Sweet Blend
mineral salt
glucomannan
protein powder
vanilla extract
mint extract
olive oil
pepper
coconut oil cooking spray
Za'atar (optional, but SO GOOD!)
cumin
dried parsley
Cajun seasoning
ground sage
ground ginger
red pepper flakes (optional)
oregano (optional)
fajita seasoning
Just Like Brown Sugar
chili powder
garlic powder
nutritional yeast

Days Used

	<u>Staples</u>
17	dried thyme
21	garlic salt
17, 22, 26	onion powder
22	Italian seasoning
23	2 packets taco seasoning (gluten-free if needed, or ingredients to make your own)
26	cayenne pepper
26	soy sauce or Bragg's Liquid Aminos
26	toasted sesame oil (optional - I add it to Egg Roll in a Bowl, and it's really delicious!)
29	red wine vinegar
27	baking powder
29	dried basil
26	rice wine vinegar
16	healthy frying oil of your choice

Meal Planner

October

Breakfast

- 1 Fried Eggs*
- 2 Scrambled Eggs w/ Turkey Sausage*
- 3 Overnight Oatmeal
- 4 Biggest Loser Pancakes (sub stevia for sugar)
- 5 Omelet with Cheese & Tomatoes *
- 6 Peanut Butter Blizzard
- 7 Cinnamon Spice Muffins

Lunch

- 1 Salami, Olives, Artichoke Hearts, & Salad*
- 2 Quinoa w/ Chicken Breast*
- 3 Leftovers
- 4 Tomato Soup*
- 5 Protein Shake
- 6 Salad w/ Smoked Salmon and Almonds*
- 7 Hot Dogs w/ Salad*

Dinner

- 1 Crispy Chicken Stew (I sub chicken broth for white wine)
- 2 Caesar Salad w/ Chicken *
- 3 Tacos without Shell *
- 4 Chicken & Black Bean Salad
- 5 Spaghetti Squash w/ Meat Sauce*
- 6 Posse Stew - use lean ground turkey, omit hominy and cornstarch, season to taste (triple, divide into two pans, and freeze second portion)
- 7 Whole Roasted Chicken & Bone Broth w/ Salad
- 8 Paleo Chipotle Meatballs (Double and freeze second portion)
- 9 Pot Roast w/ Veggies
- 10 Chicken Tacos
- 11 Leftover Chicken from Tacos w/ Salad *
- 12 Chicken Jambalaya
- 13 Barbecue Bacon Chicken Casserole
- 14 Baked Crispy Chicken Thighs w/ Brussels Sprouts*
- 15 Crockpot Sloppy Joes w/ side salad (I increase the meat to 2lbs)
- 16 Steak Fajitas w/o tortillas*

Dinner (continued)

- 17 Baked Salmon w/ Salad & Broccoli w/ Cheese*
- 18 Whole Roasted Chicken & Bone Broth w/ Salad
- 19 Leftover Chicken w/ Salad & Green Beans*
- 20 Coconut Lime Skillet Chicken
- 21 Herb Chicken w/ Lemon Cream Sauce
- 22 Tacos *
- 23 Alfredo Sauce w/ Baked Chicken over Spaghetti Squash
- 24 Caesar Salad w/ Chicken*
- 25 Shake n' Bake Chicken w/ Salad
- 26 Low-Carb Pizza Chicken Bake w/ Green Beans
- 27 Posse Stew (frozen from week 2)
- 28 Chicken Divan Casserole
- 29 Paleo Chipotle Meatballs (frozen from week 2)
- 30 Baked Chicken Breasts and Brown Rice*
- 31 Leftover Salad Night

*See recipe cards

Shopping List

October, Week 1 (Days 1-7)

Meals

- 1 Crispy Chicken Stew (I sub chicken broth for white wine)
- 2 Caesar Salad w/ Chicken
- 3 Tacos W/O Shell
- 4 Chicken & Black Bean Salad
- 5 Spaghetti Squash w/ Meat Sauce
- 6 Posse Stew - use lean ground turkey, omit hominy and cornstarch
(triple, divide into two pans, and freeze second portion)
- 7 Whole Roasted Chicken & Bone Broth w/ Salad

Days Used

Produce

- | | |
|-----------|---|
| breakfast | favorite omelet veggies |
| lunch | favorite salad ingredients (for 4 salads) |
| lunch | cucumbers (for salads and snacks) |
| 1 | Brussels sprouts |
| 2 | lettuce and tomatoes |
| 3 | favorite taco toppings |
| 4 | 1 bunch green onions |
| 1 | 1 red onion |
| 4 | 1 bunch fresh cilantro |
| 4 | 1 lime |
| 5 | 1 large spaghetti squash or 2 medium spaghetti squash |
| 6, 7 | 3 onions |
| 7 | 6 carrots |
| 7 | 1 bunch celery |
| 1, 7 | 2 heads of garlic |
| 7 | fresh parsley |
| 7 | 1 large bunch fresh thyme |
| 1, 7 | 2 lemons |
| 7 | 1 large yellow onion |
| 7 | 1 bulb fennel |
| 1, 7 | fresh oregano |

Pantry

- | | |
|-----------|--|
| breakfast | no-sugar-added peanut butter |
| lunch | quinoa |
| lunch | 48 oz tomato sauce (tomato soup lunch) |
| lunch, 1 | 6 cups chicken broth |
| 1 | 1 small jar capers |
| lunch | salad dressing |
| lunch | favorite olives |

Days Used

Pantry

1	32 oz canned artichoke hearts
2	Caesar salad dressing (low-carb)
4	2 cans black beans
4	1 bag baked tortilla chips
5	no-sugar-added marinara sauce
1	1 jar Kalamata olives
6	two 14.5 oz cans diced tomatoes
6	2 cans chili beans
6	two 4 oz cans diced green chiles
6	two 16 oz cans whole kernel corn

Meat & Fish

breakfast	no-sugar-added breakfast sausage
lunch	salami or other favorite deli meat (for lunch and snacks)
lunch, 2, 4	8 chicken breasts
lunch	smoked salmon (or other favorite protein)
lunch	natural/organic hot dogs
1	4 lbs bone-in, skin-on chicken thighs
3,5	4 lbs ground beef
6	2 lbs ground beef or turkey
7	1 5-6 lb whole chicken

Dairy/Refrigerated Section

breakfast	enough eggs for 3 breakfasts + 1 dozen
breakfast	1 carton unsweetened nut milk
breakfast	1 large carton egg whites
breakfast	1 large container low-fat cottage cheese
breakfast, lunch	cheddar cheese for omelets + 1 1/2 cups for tomato soup
breakfast	cream cheese (optional, for icing on "S" muffins)
lunch	3/4 cup heavy cream (tomato soup lunch)
	salted butter
2	shaved parmesan cheese
3	sour cream & favorite taco toppings

Staples

breakfast	old-fashioned oats (1/2 cup per person); + 1 lb
breakfast	pure stevia extract powder
breakfast	cocoa powder
breakfast	THM Super Sweet Blend
breakfast	pure vanilla extract
breakfast	protein powder
breakfast	MCT Oil
breakfast	sea salt
breakfast	THM Baking Blend
breakfast	coconut oil
breakfast	ground ginger

Days Used

Staples

breakfast	ground cinnamon
breakfast	ground nutmeg
breakfast	ground cloves
	pepper
lunch	cayenne pepper (optional)
breakfast	THM Gentle Sweet
3	taco seasoning (gluten-free if needed)
	olive oil
4	red wine vinegar
4	dried basil
1, 6	garlic powder
6	chili powder
6	cumin
7	apple cider vinegar
1	oregano

Meal Prep

October, Week 1 (Days 1-7)

Breakfast and Lunch:

- Pre-cook turkey sausage
- Prepare overnight oatmeal
- Make pancakes
- Make Cinnamon Spice Muffins (single serve, multiply ingredients as needed to make more)
- Make a pot of quinoa
- Pre-cook chicken breasts for lunch
- Chop veggies for salads

Dinner:

- Chop onions and garlic for Crispy Chicken Stew
- Chop veggies for Caesar Salad
- Pre-cook chicken for Caesar Salad
- Pre-cook chicken for Chicken & Black Bean Salad
- Brown ground beef for Meat Sauce
- Chop onion and brown ground turkey for Posse Stew

Can make ahead and freeze if needed:

- Crispy Chicken Stew (this is better when made fresh, but it can be frozen)
- Taco Meat
- Meat Sauce
- Posse Stew

Shopping List

October, Week 2 (Days 8-14)

Meals

- 8 Paleo Chipotle Meatballs (Double and freeze second portion)
- 9 Pot Roast w/ Veggies
- 10 Chicken Tacos PREP TIP** Add more chicken for tomorrow
- 11 Leftover Chicken from Tacos w/ Salad
- 12 Chicken Jambalaya
- 13 Barbecue Bacon Chicken Casserole
- 14 Baked Chicken Thighs w/ Brussels Sprouts

Days Used

Produce

- breakfast favorite omelet veggies
- lunch favorite salad ingredients (for 5 salads)
- lunch cucumbers (for salads and snacks)
- 8 4 avocados
- 8, 10 4 limes
- 9, 12 3 onions
- 9 1 bunch carrots (at least six)
- 9 fresh rosemary
- 9 fresh thyme
- 10 1 head of garlic
- 12 1 bunch of celery
- 12 1 bell pepper
- 14 1 to 1.5 lbs Brussels sprouts or other favorite veggie side

Meat & Fish

- breakfast no-sugar-added breakfast sausage
- 13 1 small package bacon
- lunch salami or other favorite deli meat (for lunch and snacks)
- lunch, 10, 12, 13 9 or 10 boneless skinless chicken breasts
- lunch smoked salmon (or other favorite protein)
- lunch natural/organic hot dogs
- 8 2 lbs ground beef
- 9 3-5 lb. chuck roast
- 12 Andouille sausage (optional)
- 14 bone-in, skin-on chicken thighs (one or two per person)

Frozen

- 9 favorite frozen veggies
- 13 20 oz bag frozen cauliflower

Days Used

Dairy/Refrigerated Section

breakfast	enough eggs for 3 breakfasts + 1 dozen
breakfast	1 carton unsweetened nut milk
breakfast	1 large carton egg whites
breakfast	1 large container low-fat cottage cheese
breakfast, lunch	cheddar cheese for omelets + 1 1/2 cups for tomato soup
breakfast, 13	2 blocks cream cheese
lunch	3/4 cup heavy cream (tomato soup lunch)
	salted butter
10, 13	sour cream
10, 13	1 lb. cheddar cheese

Pantry

breakfast	no-sugar-added peanut butter
lunch	quinoa
lunch	48 oz tomato sauce (tomato soup lunch)
lunch, 8, 12	5 quarts chicken broth
9	1 quart beef broth
lunch	salad dressing
lunch	sliced or slivered almonds; extra for snacks
lunch	good quality olives
lunch	1 jar artichoke hearts
8	1 small can chipotle peppers in adobo sauce
8	30 oz tomato sauce
8	chili garlic sauce (optional)
12	5 oz tomato paste
12	Worcestershire sauce
12	1 lb. brown rice
13	mayonnaise

Staples

breakfast	old-fashioned oats (1/2 cup per person); + 1 lb		olive oil
breakfast	pure stevia extract powder	10	dried parsley
breakfast	cocoa powder	10	cumin
breakfast	THM Super Sweet Blend	8, 10	oregano
breakfast	pure vanilla extract	8	almond flour
breakfast	protein powder	8, 13	onion powder
breakfast	MCT Oil	8, 12, 13	garlic powder
breakfast	sea salt	12	Cajun seasoning
breakfast	THM Baking Blend	12	bay leaves
breakfast	coconut oil	13	smoked paprika
breakfast	ground ginger	13	chipotle powder
breakfast	ground cinnamon	13	dried rosemary
breakfast	ground nutmeg	13	dried thyme
breakfast	ground cloves		
	pepper		
lunch	cayenne pepper (optional)		
breakfast	THM Gentle Sweet		

Meal Prep

October, Week 2 (Days 8-14)

Breakfast and Lunch:

- Pre-cook turkey sausage
- Prepare overnight oatmeal
- Make pancakes
- Make Cinnamon Spice Muffins (single serve, multiply ingredients as needed to make more)
- Make a pot of quinoa
- Pre-cook chicken breasts for lunch
- Chop veggies for salads

Dinner:

- Pre-cook chicken breasts for Chicken Tacos (cook an extra 2-3 chicken breasts to serve over salad for dinner on Day 11)
- Chop veggies for Jambalaya
- Grate cheese for Barbecue Bacon Chicken Casserole
- Cook bacon and chicken for Barbecue Bacon Chicken Casserole

Can make ahead and freeze if needed:

- Paleo Chipotle Meatballs
- Chicken Tacos
- Chicken Jambalaya
- Barbecue Bacon Chicken Casserole

Shopping List

October, Week 3 (Days 15-21)

Meals

- 15 Crockpot Sloppy Joes w/ side salad (I increase the meat to 2lbs)
- 16 Steak Fajitas w/o tortillas
- 17 Baked Salmon w/ Salad & Broccoli w/ Cheese
- 18 Whole Roasted Chicken & Bone Broth w/ Salad
- 19 Leftover Chicken w/ Salad & Green Beans
- 20 Coconut Lime Skillet Chicken
- 21 Herb Chicken w/ Lemon Cream Sauce

Days Used

Produce

- breakfast favorite omelet veggies
- lunch favorite salad ingredients (for 4 salads)
- lunch cucumbers (for salads and snacks)
- 15, 16 4 green bell peppers
- 15, 16, 18 5 onions
- 17, 21 3 lemons
- 15, 21 1 head of garlic
- 15 1 bunch of celery
- 19 1 1/2 lbs green beans
- 20 2 limes
- 20 1 red onion
- 20 1 bunch fresh cilantro

Dairy/Refrigerated Section

- breakfast enough eggs for 3 breakfasts + 1 dozen
- breakfast 1 carton unsweetened nut milk
- breakfast 1 large carton egg whites
- breakfast 1 large container low-fat cottage cheese
- breakfast, lunch cheddar cheese for omelets + 1 1/2 cups for tomato soup
- breakfast cream cheese (optional, for icing on muffins)
- lunch, 21 16 oz heavy cream
- lunch, 21 salted butter
- 22 favorite taco toppings (cheese, sour cream, etc.)

Frozen

- 17 1 large package frozen broccoli
- 20 1 large back frozen stir-fry veggies (no broccoli)

Days Used

Pantry

breakfast, 20	no-sugar-added peanut butter
lunch	quinoa
lunch	48 oz tomato sauce (tomato soup lunch)
lunch, 20, 21	4 quarts chicken broth (you may omit if you made chicken broth this week)
lunch	good quality olives
lunch	good quality jarred artichokes
lunch	salad dressing
lunch	sliced or slivered almonds; extra for snacks
15	two 14.5 oz cans tomato sauce
20	two 15 oz cans full-fat coconut milk
20	olive oil
15	no-sugar-added ketchup

Meat & Fish

breakfast	no-sugar-added breakfast sausage
lunch	salami or other favorite deli meat (for lunch and snacks)
lunch	2 boneless skinless chicken breasts
lunch	smoked salmon (or other favorite protein)
lunch	natural/organic hot dogs
15, 22	4 lbs ground beef
16	at least 2 lbs steak for fajitas
17	salmon filets
20	5 lbs chicken breasts or thighs
21	8-10 bone-in skin-on chicken thighs

Staples

breakfast	old-fashioned oats (1/2 cup per person); + 1 lb	15	blackstrap molasses
breakfast	pure stevia extract powder	15	yellow mustard
breakfast	cocoa powder	15	apple cider vinegar
breakfast, 15	THM Super Sweet Blend	15	Worcestershire sauce
breakfast	pure vanilla extract	15	chili powder
breakfast	protein powder	21	Dijon mustard
breakfast	MCT Oil	21	dried thyme
breakfast	sea salt	21	dried rosemary
breakfast	THM Baking Blend	21	dried basil
breakfast	coconut oil	16	oregano
breakfast	ground ginger	16	steak seasoning
breakfast	ground cinnamon		
breakfast	ground nutmeg		
breakfast	ground cloves		
	pepper		
lunch	cayenne pepper (optional)		
breakfast	THM Gentle Sweet		
	olive oil		
20	ground ginger		
20, 21	crushed red pepper		
22	2 packets taco seasoning (gluten-free if needed)		

Meal Prep

October, Week 3 (Days 15-21)

Breakfast and Lunch:

- Pre-cook turkey sausage
- Prepare overnight oatmeal
- Make pancakes
- Make Cinnamon Spice Muffins (single serve, multiply ingredients as needed to make more)
- Make a pot of quinoa
- Pre-cook chicken breasts for lunch
- Chop veggies for salads

Dinner:

- Chop veggies for side salads
- Chop veggies for Steak Fajitas
- Grate cheese for Broccoli w/ Cheese
- Chop red onion and cilantro for Cilantro Lime Skillet Chicken.
- Chop veggies for Crockpot Sloppy Joes

Can make ahead and freeze if needed:

- Crockpot Sloppy Joes
- Steak Fajitas

Shopping List

October, Week 4 (Days 22-31)

Meals

- 22 Tacos
- 23 Alfredo Sauce w/ Baked Chicken over Spaghetti Squash
- 24 Caesar Salad w/ Chicken
- 25 Shake n' Bake Chicken w/ Salad
- 26 Low-Carb Pizza Chicken Bake w/ Green Beans
- 27 Posse Stew (frozen from week 2)
- 28 Chicken Divan Casserole
- 29 Paleo Chipotle Meatballs (frozen from week 2)
- 30 Baked Chicken Breasts and Brown Rice
- 31 Leftover Salad Night

Days Used

Produce

- favorite omelet veggies
- lunch, 25, 31 favorite salad ingredients (for 3 salads)
- cucumbers (for salads and snacks)
- 22 favorite veggies for tacos (red onion, lettuce, avocado, etc.)
- 24, 31 5 heads Romaine lettuce
- 28 1 small yellow onion
- 27 jalapeno pepper (optional)
- 28 1 lemon
- 28 1 head of garlic
- 23 1 large or 2 small spaghetti squash

Meat & Fish

- no-sugar-added breakfast sausage
- salami or other favorite deli meat (for lunch and snacks)
- 2 boneless skinless chicken breasts
- smoked salmon (or other favorite protein)
- natural/organic hot dogs
- lunch, 23, 24, 26, 28, 30 18 boneless skinless chicken breasts
- 25 one or two cut-up chickens OR 2-3 lbs chicken drumettes, wings, or drumsticks
- 26 1 package pepperoni or turkey pepperoni

Frozen

- 28 10 oz frozen broccoli florets
- 26 1 bag frozen green beans

Days Used

Dairy/Refrigerated Section

enough eggs for 3 breakfasts + 1 dozen
1 carton unsweetened nut milk
1 large carton egg whites
1 large container low-fat cottage cheese
breakfast, lunch, 28 2 lbs cheddar cheese
cream cheese (optional, for icing on "S" muffins)
lunch, 23, 28 16 oz heavy cream
salted butter
22 favorite taco toppings (cheese, sour cream, etc.)
26 6 oz piece of part-skim mozzarella
23 1 wedge parmesan cheese

Pantry

breakfast, 20 no-sugar-added peanut butter
quinoa
48 oz tomato sauce (tomato soup lunch)
lunch, 28 4 quarts chicken broth (you may omit if you made chicken broth this week)
good quality olives
good quality jarred artichokes
salad dressing
sliced or slivered almonds; extra for snacks
26 14 oz no-sugar-added pizza sauce
28 mayonnaise
24 Caesar salad dressing

Staples

old-fashioned oats (1/2 cup per person); + 1 lb 28 dried parsley
pure stevia extract powder 26 oregano
cocoa powder 25 paprika
THM Super Sweet Blend 25 rubbed sage
pure vanilla extract 25 nutritional yeast (optional)
protein powder
MCT Oil
sea salt
breakfast, 25, 28 THM Baking Blend
coconut oil
ground ginger
ground cinnamon
ground nutmeg
ground cloves
pepper
lunch, 27 cayenne pepper
THM Gentle Sweet
olive oil
22 2 packets taco seasoning (gluten-free if needed, or ingredients to make your own)
26, 27, 28 garlic powder
28 onion powder

Meal Prep

October, Week 4 (Days 22-31)

Breakfast and Lunch:

- Pre-cook turkey sausage
- Prepare overnight oatmeal
- Make pancakes
- Make Cinnamon Spice Muffins (single serve, multiply ingredients as needed to make more)
- Make a pot of quinoa
- Pre-cook chicken breasts for lunch
- Chop veggies for salads

Dinner:

- Brown ground beef for tacos
- Bake Chicken for Alfredo Sauce
- Chop veggies for salad and bake chicken for Caesar Salad with Chicken
- Prep seasoning for Shake n' Bake
- Make Cream of Chicken Soup for Chicken Divan Casserole
- Make a pot of brown rice for Day 30

Can make ahead and freeze if needed:

- Chicken Divan Casserole
- Low-Carb Pizza Chicken Bake

Shopping List

October, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

breakfast	favorite omelet veggies for 4 meals
lunch, 2, 7, 11, 15, 17, 18, 19, 24, 25, 31	favorite salad ingredients (for 14 salads)
lunch	cucumbers (for salads and snacks)
1, 14	Brussels sprouts
3, 22	favorite veggies for tacos (red onion, lettuce, avocado, etc.)
4	1 bunch green onions
1	1 red onion
4	1 bunch fresh cilantro
4, 8, 10	5 limes
5, 23	2 large spaghetti squash or 4 medium spaghetti squash
6, 7, 9, 15, 16, 18, 28	11 onions
7, 9, 18	2-3 bunches of carrots
7, 12, 15, 18	3 bunches of celery
1, 7, 10, 15, 18, 21	4 heads of garlic
7, 18	2 bunches fresh parsley
7, 9, 18	3 bunches fresh thyme
1, 7, 18, 21, 28	5 lemons
7, 18	2 bulbs fennel
1	fresh oregano
8	4 avocados
9	fresh rosemary
12, 15, 16	5 green bell peppers
19	1 1/2 lbs fresh green beans
24, 31	5 heads Romaine lettuce
27	jalapeno pepper (optional)

Frozen

9	favorite frozen veggies
13	20 oz bag frozen cauliflower
17, 28	2 large packages frozen broccoli florets
20	1 large bag frozen stir-fry veggies (no broccoli)
26	1 bag frozen green beans

Days Used

Meat & Fish

breakfast	4 lbs no-sugar-added breakfast sausage
lunch	salami or other favorite deli meat (for lunch and snacks)
lunch, 2, 4, 10, 12, 13, 23, 24, 26, 28, 30	38 chicken breasts
1, 14, 21	8 lbs bone-in, skin-on chicken thighs, plus one or two per person for one dinner
18	one or two 5-6 lb roasting chickens
20	5 lbs chicken breasts or thighs
25	one or two cut-up chickens OR 2-3 lbs chicken drumettes, wings, or drumsticks
lunch	smoked salmon (or other favorite protein)
lunch	natural/organic hot dogs (enough for four lunches)
7	1 5-6 lb whole chicken
3, 5, 8, 15, 22	10 lbs ground beef
6, 27	4 lbs ground turkey
13	1 small package bacon
9	3-5 lb. chuck roast
12	Andouille sausage (optional)
16	at least 2 lbs steak for fajitas
17	salmon filets
26	1 package pepperoni or turkey pepperoni

Dairy/Refrigerated Section

breakfast	enough eggs for 12 breakfasts + 5 dozen
breakfast	4 cartons unsweetened nut milk
breakfast	4 large cartons egg whites
breakfast	4 large containers low-fat cottage cheese
breakfast, lunch	1 large block cheddar cheese for omelets and soup PLUS
10, 13, 28	2 lbs cheddar cheese
breakfast, 13	3 blocks of cream cheese
	butter
23	1 wedge parmesan cheese
2	shaved parmesan cheese
3, 22	sour cream & favorite taco toppings
10, 13	sour cream
lunch, 21, 23, 28	48 oz heavy cream
26	6 oz piece of part-skim mozzarella

Pantry

breakfast, 20	1 large jar no-sugar-added peanut butter
lunch	2 lbs quinoa
lunch, 8, 15, 22	250 oz tomato sauce (tomato soup lunch)
lunch, 1, 8, 12, 21, 28	16 quarts chicken broth
1	1 small jar capers
lunch	salad dressing
lunch	sliced or slivered almonds; extra for snacks
1	32 oz canned artichoke hearts
2, 24	Caesar salad dressing (low-carb)
4	2 cans black beans
4	1 bag baked tortilla chips

Days Used

5	
1	
6, 27	
6	
6	
6	
9	
lunch	
lunch	
8	
8	
12	
12,15	
12, 27	
13, 28	
20	
15	
26	
breakfast	
breakfast	
breakfast	
breakfast	
breakfast	
breakfast	
breakfast	
breakfast	
breakfast, 25, 28	
breakfast	
breakfast, 20	
breakfast	
breakfast	
breakfast	
breakfast	
breakfast	
3, 22	
4	
4, 21	
1, 6, 8, 13, 26, 27, 28	
6, 15, 27	
6, 10, 27	
7, 15	
10, 28	
1, 8, 10, 26	
8	

Pantry

no-sugar-added spaghetti sauce
Kalamata olives
four 14.5 oz cans diced tomatoes
2 cans chili beans
two 4 oz cans diced green chiles
two 16 oz cans whole kernel corn
1 quart beef broth
1 jar good quality olives
1 jar artichoke hearts
1 small can chipotle peppers in adobo sauce
chili garlic sauce (optional)
3 cans tomato paste
Worcestershire sauce
2 lbs brown rice
mayonnaise
two 15 oz cans full-fat coconut milk
no-sugar-added ketchup
14 oz no-sugar-added pizza sauce

Staples

old-fashioned oats (1/2 cup per person); + 2 lbs
pure stevia extract powder
cocoa 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
THM Gentle Sweet
3 packets taco seasoning (gluten-free if needed, or ingredients make your own)
olive oil
red wine vinegar
dried basil
garlic powder
chili powder
cumin
apple cider vinegar
dried parsley
oregano
almond flour

Days Used

8, 13, 28
12
12
13, 25
13
13, 21
13, 21
20, 21, 27
15
15
21
lunch, 27
25
25
16
16

Staples

onion powder
Cajun seasoning
bay leaves
smoked paprika
chipotle powder
dried rosemary
dried thyme
crushed red pepper
blackstrap molasses
yellow mustard
Dijon mustard
cayenne pepper
rubbed sage
nutritional yeast (optional)
steak seasoning
oregano

Meal Planner

November

Breakfast

- 1 Scrambled Eggs & Bacon*
- 2 Pumpkin Applesauce Muffins (I'm not a fan of xylitol, so I subbed 3 Tbsp + 1 tsp THM Gentle Sweet)
- 3 Turkey Sausage, Cheddar Cheese, & Sliced Tomatoes*
- 4 Greek Yogurt w/ Stevia & Berries*
- 5 Low-Carb Pancakes (serves 4; double to feed 6-8)
- 6 Blueberry Muffin in a Mug (Single Serve)
- 7 Scrambled Egg Whites Over Quinoa*

Lunch

- 1 Salad w/ Deli Meat*
- 2 Buffalo Chicken Soup (double this recipe to feed 6-8)
- 3 Peanut Butter Blizzard Protein Shake (single serve)
- 4 Garlic Parmesan Chicken (double this recipe to feed 6-8)
- 5 Baked Sweet Potatoes w/ Side of Canned Tuna or Chicken*
- 6 Shredded, Baked Chicken Breast w/ Beans & Salsa*
- 7 Leftovers

Dinner (continued)

- 1 Whole Roasted Chicken (I make 2 to get leftovers) w/ Steamed Veggies*
- 2 Leftover Chicken with Mexican Caesar Salad
- 3 Egg Roll in a Bowl (double this recipe to feed 6-8)
- 4 Posse Stew - use lean ground turkey, omit hominy and cornstarch, season to taste (triple, divide into two pans, and freeze second portion)
- 5 Garlic Soup, Salad w/ Baked Crispy Chicken Thighs
- 6 Crockpot Verde Chicken & Rice*
- 7 Spaghetti Squash w/ Meat Sauce*
- 8 Zesty Chicken Casserole (I double the chicken and beans in this recipe to feed 6-8)
- 9 Cajun Chicken Strips w/ Side Salad (double Cajun chicken recipe to feed 6-8)
- 10 Cabbage Beef Skillet (2 lbs. beef to feed 6-8)
- 11 Pizza Casserole
- 12 Cheddar Frittata
- 13 Garlicky Roast Chicken w/ Steamed Veggies
- 14 White Bean Chili
- 15 One Pot Lemon-Herb Chicken and Rice

Dinner

- 16 Italian "Eggs in Purgatory" (I add 2-6 extra eggs to feed 6-8)
- 17 Chicken Tacos
- 18 Chicken Asparagus Skillet (add extra chicken breasts to serve 6-8)
- 19 Chicken Avocado Lime Soup
- 20 Whole Roasted Chicken w/ Frozen Vegetables & Side Salad*
- 21 Paleo Chipotle Meatballs (S) (double this recipe to feed 6-8 with leftovers)
- 22 Thai Soup
- 23 Burgers w/ Salad*
- 24 Jalapeno Popper Soup
- 25 Balsamic Chicken w/ Brown Rice
- 26 Bacon Chicken Ranch Casserole (I had to make extra chicken to feed 6-8)
- 27 Low-Carb Zuppa Toscana Soup
- 28 Beef & Broccoli Stir-Fry (double this recipe to feed 6-8)
- 29 Loaded Sweet Potatoes
- 30 Crockpot Mexican Chicken Soup

*See recipe cards

Shopping List

November, Week 1 (Days 1-7)

Meals

- 1 Whole Roasted Chicken (I make 2 to get leftovers) w/ Steamed Veggies
- 2 Leftover Chicken with Mexican Caesar Salad
- 3 Egg Roll in a Bowl (double recipe to feed 6-8) PREP TIP: Cook 4 extra lbs ground turkey for tomorrow
- 4 Posse Stew - use lean ground turkey, omit hominy and cornstarch
(triple, divide into two pans, and freeze second portion)
- 5 Garlic Soup, Salad w/ Baked Chicken Thighs
- 6 Salsa Verde Crockpot Chicken
- 7 Spaghetti Squash w/ Meat Sauce PREP TIP: Brown extra 2 lbs of ground beef for Tuesday

Days Used

Produce

- Roma tomatoes
- 2 packages fresh berries (or frozen)
- lunch, 2 4-6 heads of lettuce (enough for 1 big lunch salad plus 1 big dinner salad)
- lunch, 5 favorite salad veggies (enough for 1 lunch plus one dinner salad)
- 1 bunch celery
- lunch, 2, 3, 5 6 heads of garlic
- enough sweet potatoes for the whole family
- 2 2 medium Anaheim Chiles (or 1 can Hatch diced mild chiles)
- 2 2 medium bunches cilantro
- 3 small chunk fresh ginger
- 1, 3, 4, 5 7 onions
- 3 1 large head green cabbage OR 2 bags coleslaw mix
- 3 1 bunch carrots (omit if using coleslaw mix above)
- 3 1 bunch green onions
- red onion (optional)
- 1 bunch cilantro (optional)
- 1 1 lemon
- 5 1 bunch parsley (optional,)
- 5 fresh chives (optional)
- 5 1 lemon (optional, for garnish)
- 7 1 large or 2 small/medium spaghetti squash

Frozen

- frozen blueberries
- 1 1-2 packages favorite frozen veggies

Days Used

Dairy/Refrigerated Section

enough eggs for 1 breakfast for the family; plus extra to boil for snacks

1 dozen eggs

good cheddar or other favorite cheese

0% Greek yogurt

2 packages cream cheese

1 carton egg whites

butter

1 cup half and half (can sub heavy cream)

unsweetened vanilla almond milk

5 unsweetened plain almond, coconut, or other nut milk

light Laughing Cow cheese

2 5 oz cotija cheese

Meat & Fish

1 lb bacon (or more if necessary for one breakfast)

1 lb turkey sausage (or more if necessary for one breakfast)

1 lb deli meat

1 1-2 whole chickens, uncooked, or rotisserie chickens

3, 4, 7 5 lbs ground turkey

5 bone-in chicken thighs (enough for 1 per person plus leftovers if desired)

6 1 1/2 - 2 lbs skinless chicken tenders

6 chicken breasts, or pre-cooked or rotisserie chicken

Pantry

oat flour, or old-fashioned rolled oats to grind into flour

1 can of pumpkin puree

1 jar of unsweetened applesauce

low-carb or unsweetened syrup (optional)

1 lb. quinoa

salad dressing

Frank's Red Hot Sauce

blue cheese dressing (look for under 2g carbs)

lunch, 5 2 quarts chicken broth

creamy peanut butter

1-2 cans chicken or tuna (optional)

2 cans black beans

1 jar of salsa

2 1 jar of mayonnaise

2 pepitas (green raw pumpkin seeds)

2 1 jar roasted red peppers (optional)

4 2 14.5 oz cans diced tomatoes

4 1 can diced green chiles (buy 2 cans of omitting Anaheim chiles above)

4 2 cans whole kernel corn (can substitute frozen)

4 2 cans black, pinto, or chili beans

6 1 16 oz jar roasted salsa verde

7 1-2 jars no-sugar-added marinara or spaghetti sauce (my family uses 2 jars)

6 1 lb. brown rice

Days Used

Staples

	salt
	pepper
breakfast, lunch	protein powder
breakfast	baking powder
breakfast	baking soda
breakfast	cinnamon
	sea salt
breakfast	pumpkin pie spice
breakfast, lunch	THM Gentle Sweet and/or Super Sweet Blend
breakfast	vanilla extract
breakfast	pure stevia extract (optional)
breakfast	cinnamon
	coconut oil
	almond flour
	coconut oil
	ground flax
lunch	MCT Oil
lunch	cocoa powder
2, 5	olive oil
2	red wine vinegar
3	rice wine vinegar
3	liquid aminos or soy sauce (gluten-free if needed)
5	dried thyme
5, 6	dried oregano
5	dried basil
6	garlic powder
6	ground cumin
1	onion powder

Meal Prep

November, Week 1 (Days 1-7)

Breakfast and Lunch:

- Pre-cook bacon
- Make Pumpkin Applesauce Muffins
- Pre-cook turkey sausage
- Make Low-Carb Pancakes
- Make Blueberry Muffin (single serve, so multiply ingredients for more servings as needed)
- Make a pot of quinoa
- Chop veggies for salads
- Make Buffalo Chicken Soup
- Bake chicken breasts to serve in burrito bowls

Dinner:

- Chop veggies and make dressing for Mexican Caesar Salad
- Chop onion and sauté with ground turkey for Posse Stew
- Chop veggies for side salad
- Make Garlic Soup
- Make a pot of brown rice for Crockpot Verde Chicken & Rice
- Brown ground beef for Meat Sauce

Can make ahead and freeze if needed:

- Posse Stew
- Crockpot Verde Chicken
- Meat Sauce

Shopping List

November, Week 2 (Days 8-14)

Meals

- 8 Zesty Chicken Casserole (I double the chicken and beans in this recipe to feed 6-8)
9 Cajun Chicken Strips w/ Side Salad (double Cajun chicken recipe to feed 6-8)
10 Cabbage Beef Skillet (2 lbs beef to feed 6-8)
11 Pizza Casserole **PREP TIP: STICK EXTRA CHICKEN IN OVEN FOR NOV 11**
12 Cheddar Frittata
13 Garlicky Roast Chicken w/ Steamed Veggies **ADD INGREDIENTS***
14 White Bean Chili

Days Used

Produce

- Roma tomatoes
2 packages fresh berries (or frozen)
lunch, 9 3-4 heads of lettuce
lunch, 9 favorite salad veggies for 1 lunch salad and 1 side dinner salad
1 bunch celery
lunch, 13 2 heads of garlic
enough sweet potatoes for the whole family
snacks, 8, 12 4 bell peppers
8, 10, 12, 14 4 onions
8, 10 3 medium carrots
10 2 heads of cabbage OR 2 bags of pre-shredded cabbage
12 1 medium zucchini
13 1 bunch fresh thyme
red onion (optional)
1 bunch cilantro (optional, for burrito bowls)

Frozen

- frozen blueberries
13 1-2 bags favorite frozen veggies
14 1 package frozen corn

Meat & Fish

- breakfast, 12 2 lb bacon
1 lb turkey sausage (or more if necessary for one breakfast)
1 lb deli meat
8 3 boneless skinless chicken breasts or 1 rotisserie chicken
9, 11, 14 9 lbs boneless, skinless chicken tenders or chicken breasts
10 2 lbs ground beef
13 1-2 whole uncooked chickens
6 chicken breasts, or pre-cooked or rotisserie chicken

Days Used

Dairy/Refrigerated Section

enough eggs for 1 breakfast for the family; plus extra to boil for snacks

breakfast, 12	2 dozen eggs
12	8 oz cheddar cheese
	good cheddar or other favorite cheese
	0% Greek yogurt
breakfast, lunch, 11	3 packages cream cheese
	1 carton egg whites
	butter
	1 cup half and half (can sub heavy cream)
	unsweetened vanilla almond milk
12	unsweetened plain almond or other nut milk
8, 14	part-skim or light mozzarella cheese
14	light or fat-free sour cream; can substitute 0% Greek yogurt

Pantry

oat flour, or old-fashioned rolled oats to grind into flour

	1 can of pumpkin puree
	1 jar of unsweetened applesauce
	low-carb or unsweetened syrup (optional)
	1 lb quinoa
	salad dressing
	Frank's Red Hot Sauce
	blue cheese dressing (look for under 2g carbs)
lunch, 8, 14	3 quarts chicken broth
	creamy peanut butter
	1-2 cans chicken or tuna (optional)
	1-2 cans black beans
lunch, 8	2 jars of salsa
	nuts or seeds
	favorite protein shake ingredients, if not already listed
8	1 lb. brown rice
8, 14	two 4 oz cans diced green chiles
8	2 15 oz cans black beans
9	mayonnaise
11	1 jar no-sugar-added marinara or spaghetti sauce
14	2 cans white beans
14	one 14.5 oz can diced tomatoes

Staples

	salt
13	coarse salt
	pepper
	protein powder
	baking powder
	baking soda
	cinnamon
	sea salt

Days Used

Staples

	pumpkin pie spice
	THM Gentle Sweet and/or Super Sweet Blend
	vanilla extract
	pure stevia extract (optional)
	cinnamon
	coconut oil
	almond flour
	coconut oil
	ground flax
	MCT Oil
	cocoa powder
8	cumin
8	cayenne pepper (optional)
9	Cajun seasoning OR ingredients to make your own:
9	cayenne pepper (if omitting Cajun seasoning above)
9	paprika (if omitting Cajun seasoning above)
9, 12, 14	garlic powder
9	onion powder (if omitting Cajun seasoning above)
9	oregano (if omitting Cajun seasoning above)
9	thyme (if omitting Cajun seasoning above)
11	dried minced garlic

Meal Prep

November, Week 2 (Days 8-14)

Breakfast and Lunch:

- Pre-cook bacon
- Make Pumpkin Applesauce Muffins
- Pre-cook turkey sausage
- Make Low-Carb Pancakes
- Make Blueberry Muffin (single serve, so multiply ingredients for more servings as needed)
- Make a pot of quinoa
- Chop veggies for salads
- Make Buffalo Chicken Soup
- Bake chicken breasts

Dinner:

- Make a pot of brown rice for Zesty Chicken Casserole
- Chop veggies for Zesty Chicken Casserole
- Chop veggies for side salad
- Cook 2 lbs chicken breasts and slice for Pizza Casserole
- Cook bacon, chop veggies, and grate cheese for Cheddar Frittata
- Chop onion and garlic for White Bean Chili

Can make ahead and freeze if needed:

- Zesty Chicken Casserole
- Pizza Casserole
- Cheddar Frittata
- White Bean Chili

Shopping List

November, Week 3 (Days 15-21)

Meals

- 15 One Pot Lemon-Herb Chicken and Rice
- 16 Italian "Eggs in Purgatory" (I add 2-6 extra eggs to feed 6-8)
- 17 Chicken Tacos
- 18 Chicken Asparagus Skillet (add extra chicken breasts to serve 6-8)
- 19 Chicken Avocado Lime Soup
- 20 Whole Roasted Chicken w/ Frozen Vegetables & Side Salad
- 21 Paleo Chipotle Meatballs (S) (double this recipe to feed 6-8 with leftovers)

Days Used

Produce

- breakfast, 19 Roma tomatoes + 2 additional for Day 19
- 2 packages fresh berries (or frozen)
- lunch, 20 1-2 heads of lettuce (for 1 lunch salad and 1 dinner side salad)
- favorite salad veggies
- 1 bunch celery
- lunch, 19 1 head of garlic
- enough sweet potatoes for the whole family
- 15, 20 2 lemons
- 16 1 red onion
- 16 1 bunch basil
- 17, 19 7 avocados (2 for Day 17, 3 for Day 19, 2 for Day 21)
- 18 1 lb. asparagus
- 18 1 small yellow summer squash or zucchini
- 18, 19 2 bunches green onions
- 19 2 jalapenos (optional)
- lunch, 19 2 bunches cilantro
- 19 2 limes
- 1 red onion (optional)

Dairy/Refrigerated Section

- enough eggs for 1 breakfast for the family
- breakfast, 16, 21 3 dozen eggs
- good cheddar or other favorite cheese
- 0% Greek yogurt
- 2 packages cream cheese
- 1 carton egg whites
- butter
- 1 cup half and half (can sub heavy cream)
- unsweetened vanilla almond milk
- 16 caciotta cheese (can sub monterey jack)
- 17, 19 favorite taco toppings (sour cream, cheese, etc.)

Days Used

Meat & Fish

breakfast, 18	2 lb bacon (or more if necessary for breakfast)
	1 lb turkey sausage (or more if necessary for one breakfast)
	1 lb deli meat
15, 17, 19	10-12 large boneless skinless chicken breasts
18	12-16 boneless, skinless chicken thighs
20	1-2 whole uncooked chickens
21	2 lbs ground beef
lunch	6 chicken breasts, or pre-cooked or rotisserie chicken

Frozen

	frozen blueberries
20	1-2 packages favorite frozen veggies

Pantry

	oat flour, or old-fashioned rolled oats to grind into flour
	1 can of pumpkin puree
	1 jar of unsweetened applesauce
	low-carb or unsweetened syrup (optional)
	1 lb quinoa
	salad dressing
	Frank's Red Hot Sauce
	blue cheese dressing (look for under 2g carbs)
lunch, 15, 18, 19, 21	5 quarts chicken broth (we are using quarts instead of cans)
	creamy peanut butter
	1-2 cans chicken or tuna (optional)
	1-2 cans black beans
	1 jar of salsa
	nuts or seeds
	favorite protein shake ingredients, if not already listed
15	1 lb brown rice
16	1 jar Gaeta olives (I subbed plain black olives)
16	one 28 oz can peeled tomatoes
17	three 14.5 oz cans diced tomatoes
21	1 can chipotle peppers in adobo sauce
21	30 oz tomato sauce

Staples

salt
pepper
protein powder
baking powder
baking soda
cinnamon
sea salt
pumpkin pie spice
THM Gentle Sweet and/or Super Sweet Blend
vanilla extract

Days Used

Staples

	pure stevia extract (optional)
	cinnamon
breakfast, 21	coconut oil
	almond flour
	coconut oil
	ground flax
	MCT Oil
	cocoa powder
15	Italian seasoning
17, 19	cumin
21	oregano
20, 21	onion powder
21	garlic powder
21	chili garlic salt (can omit)

Meal Prep

November, Week 3 (Days 15–21)

Breakfast and Lunch:

- Pre-cook bacon
- Make Pumpkin Applesauce Muffins
- Pre-cook turkey sausage
- Make Low-Carb Pancakes
- Make Blueberry Muffin (single serve, so multiply ingredients for more servings as needed)
- Make a pot of quinoa
- Chop veggies for salads
- Make Buffalo Chicken Soup
- Bake chicken breasts

Dinner:

- Bake chicken breasts for Chicken Tacos
- Chop veggies for side salad
- Chop veggies for Chicken Avocado Lime Salad

Can make ahead and freeze if needed:

- Chicken Tacos
- Paleo Chipotle Meatballs

Shopping List

November, Week 4 (Days 22-30)

Meals

- 22 Thai Soup
- 23 Burgers w/ Salad
- 24 Jalapeno Popper Soup
- 25 Balsamic Chicken w/ Brown Rice
- 26 Bacon Chicken Ranch Casserole (I had to make extra chicken to feed 6-8)
- 27 Low-Carb Zuppa Toscana Soup
- 28 Beef & Broccoli Stir-Fry (double this recipe to feed 6-8)
- 29 Loaded Sweet Potatoes
- 30 Crockpot Mexican Chicken Soup

Days Used

Produce

- Roma tomatoes
- 2 packages fresh berries (or frozen)
- lunch, 23 3-4 heads of lettuce for 1 lunch salad and 1 dinner salad
- lunch, 23 favorite salad veggies for 1 lunch salad and 1 dinner salad
- 23 favorite veggies for burgers (red onions, lettuce, tomato, etc.)
- lunch, 25 1 bunch celery
- lunch, 24, 27 2 heads of garlic
- lunch, 25, 29 enough sweet potatoes for the whole family for TWO meals + 4 medium
- 22 1 small chunk fresh ginger
- 22 1 stalk lemongrass
- 22 1/2 lb mushrooms, sliced
- 22 1 lime
- 22 fresh cilantro
- 24, 25, 27 3 onions
- 24, 29 3 red bell peppers
- 25 1 carrots
- 25 1 head of broccoli
- 26 additional 2 heads of broccoli, OR frozen (I used frozen)
- 1 bunch cilantro (optional)
- 27 4 cups fresh kale
- 27 2 heads of cauliflower, or buy frozen
- lunch, 29 2 red onions
- 29 1 bunch green onions
- 24 8 jalapeno peppers

Days Used

Frozen

- frozen blueberries
- 24 2 bags frozen cauliflower
- 26, 28 4 bags frozen broccoli (or you can use fresh) (2 for Day 26, 2 for Day 28)
- 27 1.5 lbs frozen cauliflower (or you can buy fresh)
- 28 2 bags frozen veggie medley or stir-fry veggies

Dairy/Refrigerated Section

- enough eggs for 1 breakfast for the family; plus extra to boil for snacks
- 1 dozen eggs
- good cheddar or other favorite cheese
- 26 8 oz cheddar
- 0% Greek yogurt
- breakfast, lunch, 24, 25 4 packages cream cheese
- 1 carton egg whites
- butter
- 1 cup half and half (can sub heavy cream)
- unsweetened vanilla almond milk
- light Laughing Cow cheese
- 23 sliced cheese for burgers (optional)
- 26 one small container sour cream (can sub 0% Greek yogurt)
- 27 12 oz heavy cream
- 29 low-fat Mexican cheese blend OR you can use light Laughing Cow cheese
- 30 16 oz Monterey or Pepper Jack cheese

Meat & Fish

- breakfast, 26, 27 3lbs bacon
- 1 lb turkey sausage (or more if necessary for one breakfast)
- 1 lb deli meat
- 22 1 lb raw, peeled and deveined shrimp
- 23 enough burger patties to feed the whole family for 1 dinner
- lunch 6 chicken breasts, or pre-cooked or rotisserie chicken
- 26 3 lbs boneless skinless chicken breasts
- 27 1 lb sausage
- 28 3-4 lbs steak strips (the cheaper cuts work great)
- 30 3 lbs boneless skinless chicken thighs

Pantry

- oat flour, or old-fashioned rolled oats to grind into flour
- 1 can of pumpkin puree
- 1 jar of unsweetened applesauce
- low-carb or unsweetened syrup (optional)
- 1 lb quinoa
- salad dressing
- Frank's Red Hot Sauce
- blue cheese dressing (look for under 2g carbs)
- lunch, 22, 24, 25, 30 2 quarts chicken broth
- creamy peanut butter

Days Used

Pantry

	1-2 cans chicken or tuna (optional)
	1-2 cans black beans
lunch, 24	2 12 oz jars of salsa
22	red curry paste
22	fish sauce (gluten-free if needed)
22	3 cans coconut milk
24	two 14-oz cans diced tomatoes
24, 29	2 cans black beans
24, 29, 30	32+ ounces of salsa
25	1 lb. brown rice
25	balsamic dressing OR balsamic vinegar
26	mayonnaise
27	chicken bouillon cubes

Staples

	salt
	pepper
	protein powder
	baking powder
	baking soda
	cinnamon
	sea salt
	pumpkin pie spice
	THM Gentle Sweet and/or Super Sweet Blend
	vanilla extract
	pure stevia extract (optional)
	cinnamon
	coconut oil
	almond flour
	coconut oil
	ground flax
	MCT Oil
	cocoa powder
22	brown sugar substitute like Just Like Brown Sugar
24, 29	chili powder
24, 29	cumin
26	garlic powder
26	minced onion
26	dill
26	parsley
28	liquid stevia
28	minced garlic paste (or make your own by mincing 2 garlic cloves)
28	ginger
28	crushed red pepper
28	liquid aminos or soy sauce (gluten-free if needed)
29	taco seasoning (gluten-free if needed, or ingredients to make your own)
29	olive oil
29	paprika

Meal Prep

November, Week 4 (Days 22-31)

Breakfast and Lunch:

- Pre-cook bacon
- Make Pumpkin Applesauce Muffins
- Pre-cook turkey sausage
- Make Low-Carb Pancakes
- Make Blueberry Muffin (single serve, so multiply ingredients for more servings as needed)
- Make a pot of quinoa
- Chop veggies for salads
- Make Buffalo Chicken Soup
- Bake chicken breasts

Dinner:

- Grate ginger and slice mushrooms for Thai Soup
- Prepare burgers
- Chop veggies for Salad
- Pre-cook 2 lbs chicken breasts for Jalapeño Popper Soup
- Pre-cook 3 lbs chicken breasts and 1 lb bacon for Bacon Chicken Ranch Casserole
- Prepare seasoning mix for Bacon Chicken Ranch Casserole
- Make a pot of brown rice for Balsamic Chicken
- Chop veggies for Balsamic Chicken
- Pre-cook sausage and bacon for Zuppa Toscana Soup

Can make ahead and freeze if needed:

- Balsamic Chicken Ranch Casserole
- Crockpot Mexican Chicken Soup

Shopping List

November, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

breakfast, 19	Roma tomatoes (enough for four breakfasts), plus 2 for Day 19
	4 lbs fresh berries (or frozen)
lunch, 2, 5, 9, 20, 23	heads of lettuce (enough for 4 lunch salads plus 3 dinner salads)
lunch, 2, 5, 9, 12, 20, 23	favorite salad veggies (enough for 4 lunch plus 3 dinner salads)
lunch, 25	4 bunches celery
lunch, 2, 3, 5, 13, 19, 24, 27	10 heads of garlic
	enough sweet potatoes for the whole family for four lunches; PLUS
25, 29	enough sweet potatoes for the whole family for one dinner and 4 extra
	cucumbers
8, 12	4 green bell peppers
24, 29	3 red bell peppers
2	2 medium Anaheim Chiles (or 1 can Hatch diced mild chiles)
lunch, 2, 19, 22	6 medium bunches cilantro
3, 22	1 medium piece fresh ginger
3, 4, 5, 8, 10, 12, 14, 24, 25, 27	13 onions
3, 10	3 large heads green cabbage OR 4 bags coleslaw mix
3, 8, 10, 25	2 bunches carrots
3, 18, 19, 29	4 bunches green onions
5	1 bunch parsley (optional)
5	fresh chives (optional)
5, 15	3 lemons
7	1 large or 2 small/medium spaghetti squash
12	1 medium zucchini
18	1 small yellow summer squash or zucchini
13	1 bunch fresh thyme
luch, 16, 29	6 red onions (4 are optional, for Burrito Bowls)
16	1 bunch basil
17, 19	7 avocados (2 for Day 17, 3 for Day 19, 2 for Day 21)
18	1 lb. asparagus
19	2 jalapenos (optional)
19, 22	3 limes
23	favorite veggies for burgers (red onions, lettuce, tomato, etc.)
22	1 stalk lemongrass
22	1/2 lb mushrooms, sliced
25	1 head of broccoli
26	additional 2 heads of broccoli, OR frozen (I used frozen)
27	4 cups fresh kale
27	2 heads of cauliflower, or buy frozen

Days Used

breakfast, 12, 18, 26, 27

27

1, 13, 20

3, 4, 7

10, 21

5

6, 9, 11, 14

lunch, 8, 15, 17, 19, 26

18, 30

22

23

28

Meat & Fish

7 lbs bacon

4 lbs turkey sausage

1 lb. pork or turkey sausage

4 lbs deli meat

4-6 whole chickens, uncooked, or rotisserie chickens

5 lbs ground turkey

4 lbs ground beef

bone-in chicken thighs (enough for 1 per person plus leftovers if desired)

11 lbs skinless chicken tenders

about 15 lbs boneless skinless chicken breasts

5 lbs boneless, skinless chicken thighs

1 lb raw, peeled and deveined shrimp

enough burger patties to feed the whole family for 1 dinner

3-4 lbs steak strips (the cheaper cuts work great in this recipe)

Frozen

2-3 packages frozen blueberries

6 packages favorite frozen veggies

1 package frozen corn

1, 13, 20

14

24, 26, 28

27

28

6 bags frozen broccoli (or you can use fresh) (2 for Day 26, 2 for Day 28)

1.5 lbs frozen cauliflower (or you can buy fresh)

2 bags frozen veggie medley or stir-fry veggies

Dairy/Refrigerated Section

enough eggs for 4 breakfasts for the family; plus extra to boil for snacks

7 dozen eggs

good cheddar or other favorite cheese

1 lb. cheddar cheese

0% Greek yogurt

10 packages cream cheese

4 cartons egg whites

butter

1 cup half and half (can sub heavy cream)

unsweetened vanilla almond milk

unsweetened plain almond, coconut, or other nut milk

light Laughing Cow cheese

5

2

5 oz cotija cheese

4 cups half and half (can sub heavy cream)

27

12 oz heavy cream

unsweetened vanilla almond milk

unsweetened plain almond or other nut milk

12

light Laughing Cow cheese

8, 14

part-skim or light mozzarella cheese

14

light or fat-free sour cream; can substitute 0% Greek yogurt

16

caciotta cheese (can sub 8 oz. monterey jack)

17, 19

favorite taco toppings (sour cream, cheese, etc.) optional

23

sliced cheese for burgers (optional)

Days Used

Dairy/Refrigerated Section

- 26 one small container sour cream (can sub Greek yogurt)
- 29 low-fat Mexican cheese blend OR you can use light Laughing Cow cheese
- 30 16 oz Monterey or Pepper Jack cheese

Pantry

- oat flour, or old-fashioned rolled oats to grind into flour
- 4 cans of pumpkin puree
- 2 jars of unsweetened applesauce
- low-carb pancake syrup(optional, or make your own)
- 2 lbs quinoa
- salad dressing
- Frank's Red Hot Sauce
- blue cheese dressing (look for under 2g carbs)

lunch, 5, 8, 14, 15, 18, 19, 21, 22,
24, 25, 30

- 14 quarts chicken broth + 1 can
creamy peanut butter
- 4-6cans chicken or tuna (optional)

lunch, 8, 24, 29
4

- 10 cans black beans
- 2 cans black, pinto, or chili beans
- 2 cans white beans

14

lunch, 8, 24, 29, 30
6

- at least 1 quart salsa
- one 16 oz jar roasted salsa verde
- 1 large jar of mayonnaise
- pepitas (green raw pumpkin seeds)
- 1 jar roasted red peppers (optional)

2, 9, 26

2

2

4, 14, 17, 24

- eight 14.5 oz cans diced tomatoes
- 3 cans diced green chiles (buy 4 cans of omitting Anaheim chiles from Produce)
- 2 cans whole kernel corn (can substitute frozen)

4, 8, 14

4

7, 11

- 4 jars no-sugar-added marinara or spaghetti sauce

6, 8, 15, 25

- 4 lbs brown rice

16

- 1 jar Gaeta olives (I couldn't find these, so I used small black olives)

16

- one 28 oz can peeled tomatoes

21

- 1 can chipotle peppers in adobo sauce

21

- 30 oz tomato sauce (or two 14.5 oz cans)

22

- red curry paste

22

- fish sauce (gluten-free if needed)

22

- 3 cans coconut milk

25

- balsamic dressing (check for hidden carbs!) OR balsamic vinegar

27

- chicken bouillon cubes

Staples

- sea salt or mineral salt
- 13 coarse salt
- pepper
- protein powder
- baking powder
- baking soda

Days Used

Staples

	cinnamon
	pumpkin pie spice
	THM Gentle Sweet and/or Super Sweet Blend
	vanilla extract
	pure stevia extract (optional)
breakfast, 21	almond flour
	coconut oil
	ground flax
	MCT Oil
	cocoa powder
2, 5, 29	olive oil
2	red wine vinegar
3	rice wine vinegar
3, 28	liquid aminos or soy sauce (gluten-free if needed)
5, 9	dried thyme
5, 6, 9, 21	dried oregano
5	dried basil
6, 9, 12, 14, 21, 26, 24, 29	garlic powder
6, 8, 17, 19	ground cumin
9	Cajun seasoning OR ingredients to make your own:
8, 9	cayenne pepper
9, 29	paprika (if omitting Cajun seasoning above)
9, 21	onion powder (if omitting Cajun seasoning above)
11	dried minced garlic
15	Italian seasoning
21	chili garlic salt (can omit)
22	brown sugar substitute
24, 29	chili powder
26	minced onion
26	dill
26	parsley
28	liquid stevia
28	minced garlic paste (or make your own by mincing 2 garlic cloves)
28	ginger
29	taco seasoning (gluten-free if needed, or ingredients to make your own)

Meal Planner

December

Breakfast

- 1 Scrambled Egg Whites w/ Quinoa*
- 2 Scrambled Eggs w/ Bacon*
- 3 Coconut Yogurt w/ Berries
- 4 Fried Eggs*
- 5 Peanut Butter Blizzard
- 6 Sausage & Egg Breakfast Bowls (single serve recipe;
I add 1 dozen eggs and one lb of sausage to feed 6-8)
- 7 Baked Western Omelet (I substitute plain unsweetened
coconut milk for regular milk)

Lunch

- 1 Sliced Veggies w/ Italian Dressing & Roast Beef*
- 2 Quinoa w/ Greek Seasoning and Grilled Chicken*
- 3 Pizza in a Bowl (single-serve, I make a full pound of beef
and a full pound of mozzarella to feed the whole family)
- 4 Leftovers
- 5 Cake Batter Shake
- 6 Crockpot Rice and Beans
- 7 Tuscan Soup (single serve, I add 2 cups chicken broth
and season to taste to feed the whole family)

Dinner

- 1 Posse Stew - use lean ground turkey, omit hominy and cornstarch, season to taste
(triple, divide into two pans, and freeze second portion)
- 2 1 or 2 Whole Roasted Chickens and Baked Brussels Sprouts
(reserve as much white chicken as possible for dinner tomorrow)
- 3 Leftover White Chicken (or supplement with baked chicken breasts) w/ Quinoa*
- 4 Spaghetti Squash w/ Tomato Sauce and Ground Beef*
- 5 Chicken Fajita Soup
- 6 Crockpot Salsa Chicken w/ Brown Rice*
- 7 Egg Roll in a Bowl (double this recipe to feed 6-8, add 2 T sesame oil to make it extra delicious)
- 8 Low-Carb Meatloaf w/ Side Salad (double this recipe to make two, freeze the second portion)
- 9 Pot Roast w/ Veggies
- 10 Brazilian Shrimp Stew Moqueca
- 11 Paleo Hawaiian Crockpot Chicken (I substitute Just Like Brown Sugar
for the coconut sugar and serve with a side of brown rice)
- 12 Chicken Tacos (Skillet Version), omit tortillas and stack into a bowl with favorite toppings
- 13 Turkey Soup (make two and freeze second portion)
- 14 Slow-Cooker Chicken, Squash, & Sweet Potatoes (4x recipe, cook & serve 2 portions, freeze the other 2 uncooked)

Dinner (continued)

- 15 Low-Carb Greek Soup
- 16 Slow-Cooked Carnitas (no tortillas, and I sub 1/4 cup Bai5 Clementine drink for the orange)
- 17 Pan-Roasted Chicken w/ Leeks (I double this recipe to feed 6-8 and substitute THM Baking Blend for flour)
- 18 Beef and Mushroom Stew (substitute THM Baking Blend for flour, beef broth for red wine, and serve with side of roasted spaghetti squash)
- 19 Baked Crispy Chicken Thighs w/ Frozen Veggies*
- 20 Zesty Salsa Chicken and Black Bean Casserole
(I double the chicken and beans in this recipe to feed 6-8)
- 21 Whole Roasted Chicken w/ Buttered Steamed Broccoli & Salad*
- 22 Big Dinner Salad w/ Leftover Chicken*
- 23 Taco Stack-Ups
- 24 Baked Pesto Chicken
- 25 Rosemary and Garlic Roast Beef w/ Bacon & Brussels Gratin
- 26 Posse Stew (from frozen)
- 27 Mexican Lime Chipotle Soup (I omit tortilla chips and add 2 extra pieces of chicken to feed 8)
- 28 Slow-Cooker Chicken, Squash, and Sweet Potatoes (from frozen)
- 29 Turkey Soup (from frozen)
- 30 Meatloaf (from frozen)
- 31 Appetizers (choose your favorites, not included on shopping list)

*See recipe cards

Shopping List

December, Week 1 (Days 1-7)

Meals

- 1 Posse Stew - use lean ground turkey, omit hominy and cornstarch (triple, divide into two pans, and freeze second portion)
- 2 1 or 2 Whole Roasted Chickens and Baked Brussels Sprouts (reserve as much white chicken as possible for dinner tomorrow)
- 3 Leftover White Chicken (or supplement with baked chicken breasts) w/ Quinoa
- 4 Spaghetti Squash w/ Tomato Sauce and Ground Beef
- 5 Chicken Fajita Soup
- 6 Crockpot Salsa Chicken w/ Brown Rice
- 7 Egg Roll in a Bowl (double this recipe to feed 6-8, add 2 T sesame oil to make it extra delicious)

Days Used

Produce

- | | |
|--------------------|---|
| breakfast, 1, 5, 7 | 6 onions |
| | 1 green bell pepper |
| | 1 red bell pepper |
| 5 | 1 yellow bell pepper |
| 5 | 1 orange bell pepper |
| | fresh chives (optional, for garnish) |
| | favorite sliced veggies (cucumbers, tomatoes, bell peppers, etc.) |
| | 1 zucchini |
| | 1 bunch baby spinach |
| | 1 bunch fresh basil |
| 2 | 2 lemons |
| 2, 5, 7 | 3 heads of garlic |
| 2 | fresh thyme |
| 2 | 1 lb. Brussels sprouts |
| 4 | 1 large or 2 medium spaghetti squash |
| 5 | 6 oz mushrooms |
| 5 | fresh cilantro |
| 7 | 2 packages coleslaw mix |
| 7 | 1 bunch celery |
| 7 | 1 section fresh ginger |

Dairy/Refrigerated Section

- butter
- 1 carton egg whites
- 4 dozen eggs
- 1 carton unsweetened plain coconut milk
- 1 carton unsweetened vanilla nut milk
- 1 lb. cheddar cheese
- 1 lb. shredded mozzarella cheese

Days Used

Meat & Fish

	1 lb bacon
	1 lb breakfast sausage
	8 oz cooked ham
lunch, 5, 6	9 boneless skinless chicken breasts
lunch, 4	2 lbs ground beef
	1 package pepperoni or turkey pepperoni
1	3 lbs ground beef or turkey
2	1 or 2 whole raw chickens

Pantry

breakfast, lunch, 3	1 lb quinoa
	1 can full-fat coconut milk
	probiotic supplements (optional, for homemade yogurt)
	no-sugar-added peanut butter
	1 bottle low-carb salad dressing (or make your own)
	2 cans or jars no-sugar-added pizza sauce, or make your own
	1 lb dried black beans or 3 cans black beans
lunch, 6	1 lb. brown rice
lunch, 1, 5	5 cans of diced tomatoes
	1 can diced green chiles
	hot sauce (optional)
	1 small can tomato paste
	1 lb lean ground beef
	1 can garbanzo beans
1	3 cans chili beans
1	1-3 cans diced green chiles, depending on your family's tolerance for spicy food
1	1 lb lean ground beef
4	1 large jar no-sugar-added marinara or spaghetti sauce
4	parmesan cheese (optional topping, Day 4)
5	1 lb lean ground beef
6	one 16 oz jar salsa verde
7	soy sauce or Bragg's Liquid Aminos (make sure it's gluten-free if needed)
	1 lb lean ground beef

Staples

vanilla extract		cumin
almond extract		garlic powder
butter extract		cayenne pepper (optional)
protein powder		nutritional yeast
THM Super Sweet Blend		Italian seasoning
pure stevia powder	2	lemon pepper
MCT Oil	5	1 packet taco seasoning (gluten-free if needed)
sea salt	7	toasted sesame oil
pepper	7	rice wine vinegar
cocoa powder		
Greek seasoning		
oregano		

Meal Prep

December, Week 1 (Days 1-7)

Breakfast and Lunch:

- Make a pot of quinoa
- Pre-cook bacon
- Pre-cook sausage for Breakfast Bowls
- Grate cheese and chop veggies for Western Omelet
- Slice snack veggies for lunch
- Cook ground beef for Pizza in a Bowl
- Make Tuscan Soup

Dinner:

- Cook ground turkey and onion for Posse Stew
- Cook ground beef for Meat Sauce
- Make a pot of quinoa (if needed)
- Make a pot of brown rice for Crockpot Verde Chicken
- Chop veggies for Chicken Fajita Soup

Can make ahead and freeze if needed:

- Posse Stew
- Meat Sauce
- Chicken Fajita Soup
- Crockpot Verde Chicken

Shopping List

December, Week 2 (Days 8-14)

Meals

- 8 Low-Carb Meatloaf w/ Side Salad (double this recipe to make two, freeze the second portion)
- 9 Pot Roast w/ Veggies
- 10 Brazilian Shrimp Stew Moqueca
- 11 Paleo Hawaiian Crockpot Chicken
(I substituted Just Like Brown Sugar for the coconut sugar and served with a side of brown rice)
- 12 Chicken Tacos (Skillet Version), omit tortillas and stack into a bowl with favorite toppings
- 13 Turkey Soup (make two and freeze second portion)
- 14 Slow-Cooker Chicken, Squash, and Sweet Potatoes
(quadruple this recipe, cook and serve two portions and freeze the other two uncooked)

Days Used

Produce

- breakfast, 8, 9, 10, 13 9 onions
- breakfast, 11 2 green bell peppers
- 1 red bell pepper
- fresh chives (optional, for garnish)
- favorite sliced veggies (cucumbers, tomatoes, bell peppers, etc.)
- 1 zucchini
- 1 bunch baby spinach
- 1 bunch fresh basil
- 8 your favorite salad ingredients for side salad
- 10, 14 1 head of garlic
- 10 1 bunch fresh cilantro (reserve some for topping on Day 12, if desired)
- 10 1 lime
- 12 2-3 ripe avocados
- 13 1 bunch of celery
- 13, 14 4 lbs sweet potatoes
- 13, 14 fresh parsley (reserve half for Day 14)
- 14 fresh basil
- 13 fresh thyme
- 14 1 large butternut squash or 2 medium

Frozen

- 9 1 large bag favorite frozen veggies
- 10 1.5 or 2 lbs shrimp (if you didn't get fresh shrimp in the meat department)
- 13 at least 12 oz frozen sweet peas

Days Used

Meat & Fish

	1 lb bacon
	1 lb breakfast sausage
	8 oz cooked ham
lunch, 11, 12, 14	11 boneless skinless chicken breasts
lunch, 8	3 lbs ground beef
	1 package pepperoni or turkey pepperoni
9	3-4 lbs boneless chuck roast
10	1.5 or 2 lbs raw shrimp (I buy it frozen, already peeled and deveined)
13	2 or 3 lbs cooked turkey breast (can sub chicken if needed)

Dairy/Refrigerated Section

	butter
	1 carton egg whites
breakfast, 8	4 dozen eggs (or more if your family needs more than 1 dozen per breakfast)
	1 carton unsweetened plain coconut milk
	1 carton unsweetened vanilla nut milk
	1 lb. cheddar cheese
	1 lb. shredded mozzarella cheese
12	favorite taco toppings (sour cream, cheese, etc.)

Pantry

	1 lb quinoa
	1 can full-fat coconut milk
	probiotic supplements (optional, for homemade yogurt)
	no-sugar-added peanut butter
	1 bottle low-carb salad dressing (or make your own)
	2 cans or jars no-sugar-added pizza sauce, or make your own
	1 lb dried black beans or 3 cans black beans
lunch, 11	1.5 to 2 lbs brown rice
lunch, 12	4 cans of diced tomatoes
	1 can diced green chiles
	hot sauce (optional)
	1 small can tomato paste
	1 can tuna in water
	1 can garbanzo beans
8	1 lb. old-fashioned oats (gluten-free if necessary)
8	8 oz tomato juice
8	no-sugar-added ketchup
8	yellow mustard
8	liquid smoke (optional)
9	beef stock or broth
14	4 cups chicken broth or stock
13	8 cups turkey stock (can sub more chicken broth)
9	4 oz tomato sauce
10	1 jar roasted red peppers
10	one 14 oz can diced tomatoes w/ green chiles

Days Used

Pantry

- 10 8 oz canned coconut milk (may increase to 2 cans if you want to make more servings)
- 10 Sriracha hot sauce
- 11 soy sauce or Bragg's Liquid Aminos (gluten-free if needed)
- 11 one 10 oz can pineapple rings

Staples

- vanilla extract
- almond extract
- butter extract
- protein powder
- THM Super Sweet Blend
- pure stevia powder
- MCT Oil
- sea salt
- pepper
- cocoa powder
- Greek seasoning
- oregano
- lunch, 12 cumin
- garlic powder
- cayenne pepper (optional)
- nutritional yeast
- Italian seasoning
- 8 black strap molasses
- 9 steak rub
- 9 olive oil
- 9 balsamic vinegar
- 11 Just Like Brown Sugar

Meal Prep

December, Week 2 (Days 8-14)

Breakfast and Lunch:

- Make a pot of quinoa
- Pre-cook bacon
- Pre-cook sausage for Breakfast Bowls
- Grate cheese and chop veggies for Western Omelet
- Slice snack veggies for lunch
- Cook ground beef for Pizza in a Bowl
- Make Tuscan Soup

Dinner:

- Chop onion for meatloaf
- Pre-cook chicken breasts for Chicken Tacos
- Chop veggies and meat for Turkey Soup

Can make ahead and freeze if needed:

- Low-Carb Meatloaf
- Paleo Hawaiian Crockpot Chicken
- Chicken Tacos
- Turkey Soup

Shopping List

December, Week 3 (Days 15-21)

Meals

- 15 Low-Carb Greek Soup
16 Slow-Cooked Carnitas
(no tortillas, and I sub Bai5 Clementine drink for orange, but you don't have to do that)
17 Pan-Roasted Chicken w/ Leeks (double the recipe to feed 6-8, substitute THM Baking Blend for flour)
18 Beef and Mushroom Stew
(substitute THM Baking Blend for flour, beef broth for red wine, and serve with roasted spaghetti squash)
19 Baked Chicken Thighs w/ Frozen Veggies
20 Zesty Salsa Chicken and Black Bean Casserole (double chicken and beans in this recipe to feed 6-8)
21 Whole Roasted Chicken w/ Buttered Steamed Broccoli & Salad

Days Used

Produce

- breakfast, 16, 20 3 onions
breakfast, 20 2 green bell peppers
1 red bell pepper
fresh chives (optional, for garnish)
favorite sliced veggies (cucumbers, tomatoes, bell peppers, etc.)
1 zucchini
1 bunch baby spinach
1 bunch fresh basil
15, 17, 20 3 lemons
15, 17 fresh parsley
15, 18 2 medium spaghetti squash
16, 17, 18 1 head of garlic
16 1 jalapeno
17 1 bunch leeks
18 shallots
18 8 oz cremini or white button mushrooms
18 fresh thyme
20 1 carrot
21 your favorite salad ingredients for 1 dinner side salad
21 1 onion

Frozen

- 19 1 large bag favorite frozen veggies
21 1 large package frozen broccoli

Days Used

Meat & Fish

breakfast, 17	2 lbs bacon
	1 lb breakfast sausage
	8 oz cooked ham
lunch, 20	6 boneless skinless chicken breasts
	1 lb. ground beef
	1 package pepperoni or turkey pepperoni
15	1 rotisserie chicken or 4-5 chicken breasts
16	2 lbs boneless pork shoulder
17	4 lbs chicken drumsticks
18	2 lbs beef stew meat
19	bone-in, skin-on chicken thighs (enough for 1 or 2 per person)
21	1 or 2 whole raw chickens (you'll need leftovers for Day 22)

Dairy/Refrigerated Section

	butter
	1 carton egg whites
breakfast, 15	4 dozen eggs
	1 carton unsweetened plain coconut milk
	1 carton unsweetened vanilla nut milk
	1 lb. cheddar cheese
	1 lb. shredded mozzarella cheese
20	part-skim mozzarella cheese
15	1 small wedge parmesan cheese
17	8 oz half-and-half or heavy cream

Pantry

	1 lb quinoa
	1 can full-fat coconut milk
	probiotic supplements (optional, for homemade yogurt)
	no-sugar-added peanut butter
lunch, 21	1 bottle low-carb salad dressing (or make your own)
	2 cans or jars no-sugar-added pizza sauce, or make your own
	1 lb dried black beans or 3 cans black beans
lunch, 20	2 lbs brown rice
	1 can of diced tomatoes
lunch, 20	2 cans diced green chiles
	hot sauce (optional)
	1 small can tomato paste
	1 can tuna in water
	1 can garbanzo beans
16	1 bottled Sobe LifeWater Zero in orange flavor or Bai5 Clementine flavor
17, 20	32 oz chicken broth
18	1 can beef consomme
20	1 jar salsa
20	one 15 oz can black beans

Days Used

Staples

	vanilla extract
	almond extract
	butter extract
	protein powder
	THM Super Sweet Blend
	pure stevia powder
	MCT Oil
	sea salt
	pepper
	cocoa powder
	Greek seasoning
lunch, 16	oregano
lunch, 16, 20	cumin
	garlic powder
	cayenne pepper (optional)
	nutritional yeast
	Italian seasoning
16	healthy oil of your choice for frying
17, 18	THM Baking Blend
20	cayenne pepper (optional)
16	healthy frying oil of your choice
21	onion powder

Meal Prep

December, Week 3 (Days 15-21)

Breakfast and Lunch:

- Make a pot of quinoa
- Pre-cook bacon
- Pre-cook sausage for Breakfast Bowls
- Grate cheese and chop veggies for Western Omelet
- Slice snack veggies for lunch
- Cook ground beef for Pizza in a Bowl
- Make Tuscan Soup

Dinner:

- Cook chicken for Low-Carb Greek Soup and shred it
- Chop veggies for Zesty Salsa Chicken

Can make ahead and freeze if needed:

- Zesty Chicken and Black Bean Casserole

Shopping List

December, Week 4 (Days 22-31)

Meals

- 22 Big Dinner Salad w/ Leftover Chicken
- 23 Taco Stack-Ups
- 24 Baked Pesto Chicken
- 25 Rosemary and Garlic Roast Beef Bacon and Brussels Gratin (omit breadcrumbs)
Garlic Parmesan Biscuits
- 26 Posse Stew (from frozen)
- 27 Mexican Lime Chipotle Soup (I omit tortilla chips and add 2 extra pieces of chicken to feed 8)
- 28 Slow-Cooker Chicken, Squash, and Sweet Potatoes (from frozen)
- 29 Turkey Soup (from frozen)
- 30 Meatloaf (from frozen)
- 31 Appetizers (choose your favorites, not included on shopping list)

Days Used

Produce

- breakfast, 27 2 onions
- 1 green bell pepper
- 1 red bell pepper
- fresh chives (optional, for garnish)
- favorite sliced veggies (cucumbers, tomatoes, bell peppers, etc.)
- 1 zucchini
- 1 bunch baby spinach
- 1 bunch fresh basil
- 22 your favorite salad ingredients for a big salad
- 23, 27 avocados (optional, for topping)
- 23 your favorite taco toppings (cilantro, tomatoes, lettuce, red onion, etc.)
- 25 fresh rosemary
- 25, 27 6 heads of garlic
- 25 4 cups mushrooms (a variety of different types works well)
- 25 1 lb. Brussels sprouts
- 27 1 bunch fresh cilantro
- 27 2 limes

Meat & Fish

- breakfast, 25 2 lbs bacon
- 1 lb breakfast sausage
- 8 oz cooked ham
- lunch, 24 6 boneless skinless chicken breasts
- lunch, 23 3 lbs ground beef
- 1 package pepperoni or turkey pepperoni
- 25 3 lbs boneless Rib Eye roast
- 27 8 boneless, skinless chicken thighs

Days Used

Dairy/Refrigerated Section

	butter
	1 carton egg whites
breakfast, 25	5 dozen eggs (or more if your family needs more than 1 dozen per breakfast)
	1 carton unsweetened plain coconut milk
	1 carton unsweetened vanilla nut milk
	1 lb. cheddar cheese
lunch, 24	1.5 lbs shredded mozzarella cheese
23	your favorite taco toppings (sour cream, cheese, etc.)
24	pesto
25	4 oz heavy cream
25	8 oz white cheddar cheese

Pantry

	1 lb quinoa
	1 can full-fat coconut milk
	probiotic supplements (optional, for homemade yogurt)
	no-sugar-added peanut butter
	1 bottle low-carb salad dressing (or make your own)
	2 cans or jars no-sugar-added pizza sauce, or make your own
	1 lb dried black beans or 3 cans black beans
	1 lb. brown rice
	1 can of diced tomatoes
	1 can diced green chiles
	hot sauce (optional)
	1 small can tomato paste
	1 can tuna in water
	1 can garbanzo beans
23	one 14.5 oz can tomato sauce
23	salsa (optional, topping)
25	1 can parmesan cheese
27	48 oz chicken broth or stock
25	1 can parmesan cheese
27	1 can chipotle peppers in adobo sauce
25	1 can beef broth

Staples

vanilla extract
almond extract
butter extract
protein powder
THM Super Sweet Blend
pure stevia powder
MCT Oil
sea salt
pepper
cocoa powder
Greek seasoning

Days Used

Staples

	oregano
	cumin
	garlic powder
	cayenne pepper (optional)
	nutritional yeast
	Italian seasoning
23	2 packets taco seasoning (gluten-free if needed, or ingredients to make your own)
25	red pepper flakes
25	almond flour
25	coconut flour
25	coconut oil
25	dried parsley
27	olive oil
25	baking powder

Meal Prep

December, Week 4 (Days 22-31)

Breakfast and Lunch:

- Make a pot of quinoa
- Pre-cook bacon
- Pre-cook sausage for Breakfast Bowls
- Grate cheese and chop veggies for Western Omelet
- Slice snack veggies for lunch
- Cook ground beef for Pizza in a Bowl
- Make Tuscan Soup

Dinner:

- Brown ground beef for Taco Stack-Ups
- Grate cheese for Taco Stack-Ups
- Pre-cook bacon for Bacon & Brussels Gratin

Can make ahead and freeze if needed:

- Baked Pesto Chicken
- Mexican Lime Chipotle Soup

Shopping List

December, Monthly List (Weeks 1-4)

Days Used

Produce

**I don't always buy every ingredient fresh, because they don't last for an entire month.

You may want to refer to the weekly shopping lists for fresh produce.**

breakfast, 1, 5, 7, 8, 9, 10, 13, 16, 20, 27	20 onions
breakfast, 11, 20	6 green bell peppers
	4 red bell peppers
5	1 yellow bell pepper
5	1 orange bell pepper
	fresh chives (optional, for garnish)
	favorite sliced veggies (cucumbers, tomatoes, bell peppers, etc.)
	4 zucchini
	1 large container baby spinach
lunch, 14	2-4 bunches fresh basil
2, 15, 17	4 lemons
10, 27	3 limes
2, 5, 7, 10, 14, 16, 17, 18, 25, 27	11 heads of garlic
2, 13, 18	3 bunches fresh thyme
2, 25	2 lbs Brussels sprouts
4, 15, 18	3 large or 4 medium spaghetti squash
5, 18	14 oz mushrooms
25	4 cups mushrooms (a variety of different types works well)
5, 10, 27	3 bunches fresh cilantro
7	2 packages coleslaw mix
7, 13	2 bunches celery
7	1 section fresh ginger
8, 21, 22	your favorite salad ingredients
12, 23, 27	5 avocados
13, 14	4 lbs sweet potatoes
13, 14, 15, 17	3 bunches fresh parsley
14	1 large butternut squash or 2 medium
16	1 jalapeno
17	1 bunch leeks
18	shallots
20	1 carrot
23	your favorite taco toppings (cilantro, tomatoes, lettuce, red onion, etc.)
25	fresh rosemary

Days Used

breakfast, 17, 25

lunch, 5, 6, 11, 12, 14, 20, 24

lunch, 4, 8, 23

1

2, 21

9

10

13

15

16

17

18

19

25

27

9, 19

10

13

21

breakfast, 8, 25

lunch, 25

12, 23

20

15

17, 25

24

25

breakfast, lunch, 3

breakfast, 10

Meat & Fish

6 lbs bacon

4 lbs breakfast sausage

32 oz cooked ham

32 boneless skinless chicken breasts

9 lbs ground beef

4 packages pepperoni or turkey pepperoni

3 lbs ground beef or turkey

3-4 whole raw chickens

3-4 lbs boneless chuck roast

1.5 or 2 lbs raw shrimp (I buy it frozen, already peeled and deveined)

2 or 3 lbs cooked turkey breast (can sub chicken if needed)

1 rotisserie chicken or 4-5 chicken breasts

2 lbs boneless pork shoulder

4 lbs chicken drumsticks

2 lbs beef stew meat

bone-in, skin-on chicken thighs (enough for 1-2 per person, plus extra if desired)

3 lbs boneless Rib Eye roast

8 boneless, skinless chicken thighs

Frozen

2 large bags favorite frozen veggies

1.5 or 2 lbs shrimp (if you didn't get fresh shrimp in the meat department)

at least 12 oz frozen sweet peas

1 large package frozen broccoli

Dairy/Refrigerated Section

butter

4 cartons egg whites

17 dozen eggs (or more if your family needs more than 1 dozen per breakfast)

3-4 cartons unsweetened plain coconut milk

3-4 cartons unsweetened vanilla nut milk

4 lbs cheddar cheese

5 lb. shredded mozzarella cheese

favorite taco toppings (sour cream, cheese, etc.)

part-skim mozzarella cheese

1 small wedge parmesan cheese

16 oz heavy cream

pesto

8 oz white cheddar cheese

Pantry

4 lbs quinoa

6 cans full-fat coconut milk

probiotic supplements (optional, for homemade yogurt)

no-sugar-added peanut butter

2-3 bottles low-carb salad dressing (or make your own)

Baked salmon

Serves 6-8

INGREDIENTS

- 6-8 salmon fillets, about 3 lbs.
- 1 lemon (optional)
- butter
- salt & pepper
- 2 teaspoons dried basil
- 4 cloves of garlic, minced

DIRECTIONS

1. Preheat oven to 450°.
2. Prepare a baking sheet with parchment paper.
3. Place salmon skin side down on parchment-lined baking sheet, top with one pat of butter, and season with salt & pepper to taste.
4. Sprinkle with dried basil and fresh minced garlic.
5. Bake 12-15 minutes or until salmon is flaky and cooked through.
6. Serve topped with lemon slices, if desired.

QUICK MEXICAN BLACK BEANS

Serves 6-8

INGREDIENTS

- 3 cans black beans
- 1 can mild Rotel diced tomatoes
- 1 tablespoon cumin
- 1 tablespoon chili powder

DIRECTIONS

1. Combine all ingredients in a sauce pot.
2. Simmer over low heat until heated through and flavor

CAULIFLOWER RICE

Serves 6-8

INGREDIENTS

- 2 large heads cauliflower, cut into 1" florets
- salt
- 1 medium onion, diced small
- fresh parsley
- 1 lemon
- 2 tablespoons olive oil

DIRECTIONS

1. Trim the florets, removing and discarding stems.
2. In batches, put the cauliflower into a food processor and pulse. When you're done, the cauliflower should look like couscous.
3. Heat olive oil in a pan or skillet over medium heat. When it's very hot, add diced onions and sauté until soft and translucent.
4. Add cauliflower and stir, then sprinkle with salt.
5. Stir often and cook until cauliflower is soft, about 5 minutes.
6. Remove cauliflower/onion mixture from heat and pour into a serving dish. Squirt lemon juice over the dish and season with salt to taste.
7. Top with finely chopped fresh parsley, if desired.

Greek YOGURT W/ Berries

Serves 6-8

INGREDIENTS

- 3/4 cup 0% Greek yogurt
- 3-6 drops liquid stevia (I like vanilla flavored stevia drops) OR 1 tsp THM Super Sweet, powdered in a clean coffee grinder (or more to taste)
- fresh berries

DIRECTIONS

1. Start with just a small amount of sweetener and stir into Greek yogurt until well-combined.
2. Taste and adjust, adding more sweetener if desired.
3. Top with fresh berries.

DELI meat ROLL-UPS

Serves 6-8

INGREDIENTS

- 1 to 2 lbs. deli meat of choice
- 6 oz. spreadable (or just softened) cream cheese or 6 wedges laughing cow cheese
- bell peppers or cucumbers cut into matchsticks OR pickles, cut into quarters

DIRECTIONS

1. Lay lunch meat out flat on a cutting board and spread thinly with cream cheese or Laughing Cow cheese.
2. Stuff with either veggies OR 1 pickle quarter, roll-up, and serve.

Baked Green Beans

Serves 6-8

INGREDIENTS

- 2 lbs. green beans with ends trimmed
- olive oil
- salt & pepper

DIRECTIONS

1. Preheat oven to 400°.
2. Wash green beans and pat dry with paper towels.
3. Spread green beans out on a parchment-lined baking sheet.
4. Lightly coat with 2 tablespoons olive oil.
5. Season with salt & pepper to taste.
6. Roast 20-25 minutes or until the beans are starting to show brown spots.

CROCKPOT VERDE CHICKEN

Serves 6-8

INGREDIENTS

- 3 large boneless skinless chicken breasts
- one 16 oz. jar salsa verde
- coconut oil spray

DIRECTIONS

1. Lightly spray crockpot with coconut oil spray.
2. Place chicken breasts in crockpot.
3. Pour salsa over rice.
4. Cook on high for four hours, or on low for 6-8 hours.
5. When cooked through, shred chicken and serve with brown rice and Mexican beans. Top with 0% Greek yogurt if desired.

FRIED EGGS OVER SPINACH

Serves 6-8

INGREDIENTS

- 1 lb. baby spinach
- 1 clove garlic, minced
- 1 dozen eggs
- butter
- salt & pepper

DIRECTIONS

1. Heat two skillets or pans over medium-high heat.
2. Melt 1 tablespoon butter in one pan.
3. Working in batches, crack eggs into skillet, lightly season with salt and pepper, and fry until they are cooked as desired. Continue until all eggs are cooked.
4. In second pan, melt 1 tablespoon of butter. Reduce the heat to medium-low. Add minced garlic and cook 1-2 minutes, stirring constantly.
5. Add spinach to pan with garlic, stir to coat with garlic and butter, and sauté until spinach just starts to wilt.
6. Divide spinach onto plates, top with fried eggs, and serve.

caesar salad

Serves 6-8

INGREDIENTS

- 2 heads romaine, torn into bite-sized pieces
- 4 cloves garlic
- 1/2 cup olive oil, divided
- 3 tablespoons fresh lemon juice
- salt & freshly ground black pepper to taste
- 1/2 teaspoon Worcestershire sauce
- 3 tablespoons mayonnaise
- 6 oz. freshly grated parmesan, plus more for serving
- 2 cups cooked chicken breasts

DIRECTIONS

1. In a large bowl, toss lettuce with 2 tablespoons olive oil, salt, and pepper, coating the lettuce really well.
2. Pulse garlic cloves in a food processor or blender, slowly pouring remaining olive oil in as it pulses. Continue for about 1 minute. Strain about 1/2 of the garlic out of the garlic oil mixture, then return remaining garlic and garlic oil mixture back to the food processor.
3. Add mayonnaise, lemon juice, and Worcestershire to food processor and pulse until combined well to make Caesar dressing.
4. Add the dressing to the lettuce and toss, then add parmesan.
5. Toss with cooked chicken before serving, and top with extra parmesan if desired.

FLAVORED BUTTER

GARLIC BUTTER

1 cup butter, softened
1 tablespoon fresh minced garlic
1 teaspoon Italian seasoning
1 tablespoon garlic salt (if you're using salted butter, omit garlic salt and add 1 teaspoon garlic powder instead)
1/4 teaspoon black pepper

Combine all ingredients well and refrigerate until chilled and firm.

BASIL BUTTER

1 cup butter, softened
4 cloves of garlic
1 bunch of fresh basil (about 12 leaves)
1/2 teaspoon black pepper

Pulse garlic in food processor until broken down and chopped small. Add the rest of the ingredients and process until combined. Refrigerate until chilled and firm.

HERB BUTTER

- 1 cup butter, softened
- 4 cloves of garlic
- 4 tablespoons fresh parsley
- 4 tablespoons fresh chives

Pulse garlic in food processor until broken down and chopped small. Add the rest of the ingredients and process until combined. Refrigerate until chilled and firm.

MEAL IDEA!

BURRITO BOWLS

Serves 6-8

INGREDIENTS

- 1 lb. rice, cooked (you can always add more if you think your family will eat more!)
- 3 cans black beans
- 2-3 cups shredded chicken breasts
- salsa
- 0% Greek yogurt (optional, for topping)
- fresh cilantro (optional, for topping)
- 1 red onion (optional, for topping)
- cumin
- chili powder

DIRECTIONS

1. Prepare beans by heating in a pot with 2 tsp cumin and 1 tsp chili powder. You can add more seasoning if desired.
2. Heat rice and chicken if you are using leftovers.
3. Layer rice, beans, chicken, salsa in a bowl for a yummy Mexican feast!

MEAL IDEAL

carne Asada STEAK

*This meal needs to marinate
- please plan ahead!

Serves 6-8

INGREDIENTS

- 1 or 2 gallon-sized ziplock bags
- 2/3 cup lime or lemon juice
- 2 cloves garlic, minced
- 1 cup water
- 1 cup apple cider vinegar
- 1 tablespoon oregano
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon white pepper
- 1 tablespoon salt
- 6 lbs. flank steak
- Optional toppings: chopped onions, cilantro, avocado, lime wedges, sour cream, cheese

DIRECTIONS

1. Combine lime juice, garlic, water, vinegar, and seasoning in a ziplock bag.
2. Put the steak into the marinade and cover. Seal tightly and refrigerate for 12-24 hours.
3. Remove from bag and grill until cooked as desired, OR pour marinade and steak into crockpot sprayed with coconut oil spray and cook on low 8-10 hours, or until meat shreds easily with a fork.
4. Top as desired and serve.

MEAL IDEA!

ANTIPASTO PLATTER

Serves 6-8

INGREDIENTS

- 2 lbs. cured meats (salami, soppressata, capicola, prosciutto, etc)
- 1 lb deli meat (turkey, ham, etc.)
- 1-2 favorite cheeses (brie, gouda, cheddar, goat cheese, etc.)
- vegetables (ripe tomatoes, sliced cucumbers, mini sweet peppers, etc.)
- nuts (I like marcona almonds)

DIRECTIONS

Arrange on a platter and serve.

STEAK

INGREDIENTS

- 1 eight to ten oz. steak per person
- salt
- pepper
- high-heat oil

DIRECTIONS

1. Bring steak to room temperature.
2. Put a cast-iron skillet in the oven for about 20 minutes at 500°.
3. Drizzle room-temperature steak with oil and sprinkle with salt and pepper.
4. Turn a burner on the stovetop on high heat, and VERY CAREFULLY (with oven mitts!), remove skillet from oven and place on stovetop.
5. Sear steak for 30 seconds on each side.
6. Place cast-iron skillet back in oven and cook steak for 2 minutes on each side for medium-rare (depending on thickness of steak), or 3-4 minutes each side for medium.
7. Remove from oven, transfer steak to a plate, tent with foil, and let sit for at least 5 minutes.

BRUSSELS SPROUTS

Serves 6-8

INGREDIENTS

- 1 to 1.5 pounds brussels sprouts
- salt
- pepper
- garlic powder
- olive oil

DIRECTIONS

1. Pre-heat oven to 350°.
2. Slice sprouts in half and spread them out on a parchment-lined baking sheet.
3. Drizzle brussels sprouts with oil and sprinkle with salt and pepper to taste.
4. Sprinkle with 1/2 teaspoon garlic powder.
5. Bake for 25-30 minutes or until they are as crispy as desired. To avoid soggy sprouts, start checking at 20 minutes.

ROASTED SPAGHETTI SQUASH

Serves 6-8

INGREDIENTS

- one large spaghetti squash
- salt
- pepper
- 1 Tbsp olive oil

DIRECTIONS

1. Cut spaghetti squash in half width-wise.
2. Remove seeds.
3. Brush with olive oil and sprinkle with salt and pepper.
4. Put the squash in a baking or casserole dish, cut side up, and place it on the middle rack of a cold oven.
5. Turn the oven on at 450°.
6. Check the squash after about 30 minutes; depending on size, you may want to let it cook for up to an hour.
7. The squash is cooked when the outside is tender and the strands can be pulled out easily with a fork.

BAKED CHICKEN BREASTS

INGREDIENTS

- boneless, skinless chicken breasts
- salt
- pepper
- olive oil, butter, or coconut oil spray
- favorite seasonings - I like 21 Seasoning Salute from Trader Joe's

DIRECTIONS

1. Pre-heat oven to 400°.
2. Prepare two sheets of parchment paper: very lightly spray both sheets with coconut oil spray or very lightly grease with oil or butter.
3. Place one sheet of parchment paper on the baking sheet.
4. Dry the chicken (pat dry with paper towels).
5. Arrange chicken in a single layer on the parchment-lined baking sheet and season as desired.
6. Place the second sheet, greased side down, over the chicken breasts, and fold the edges down (tuck it under the chicken, if necessary).
7. Bake 30-40 minutes or until internal temperature is 165°.

Baked Crispy Chicken Thighs

INGREDIENTS

- bone-in skin-on chicken thighs (1-2 per person)
- salt
- pepper
- olive oil, butter, or coconut oil spray
- favorite seasonings - I like 21 Seasoning Salute from Trader Joe's

DIRECTIONS

1. Pre-heat oven to 475°.
2. Line a roasting pan with foil, add a sheet of parchment paper, and grease parchment paper with oil, butter, or coconut oil spray.
3. Dry the chicken (pat dry with paper towels).
4. Season both sides of chicken and arrange in a single layer (skin-side-up) on baking sheet.
5. Bake chicken thighs for 20 minutes, then reduce temperature to 400°.
6. Bake 30 minutes more at 400°, or until internal temperature is 165°. When cooked, the skin should be crispy, the meat shouldn't be pink at the bone, and juices should run clear.

CHEESEBURGERS

Serves 6-8

INGREDIENTS

- 2 pounds ground beef or turkey, one to two patties per person
- butter or oil
- salt or seasoned salt and pepper
- favorite burger toppings: sliced cheese, sliced onions, sliced pickles, ketchup, mustard, etc.

DIRECTIONS

1. Break ground beef into 8 or more equal sections.
2. Form sections into disks (create a slight indent in the middle of each patty).
3. Season both sides of the burger patties.
4. Set a skillet or pan on the oven and heat over medium-high heat.
5. Add small amount of oil or butter.
6. When pan is hot, and you can see a tiny bit of smoke, add burgers to pan. Arrange them close together (they should sizzle when they hit the pan).
7. Cook the burgers for 3-5 minutes on each side.

FROZEN VEGGIES

Serves 6-8

INGREDIENTS

- 1 bag frozen veggies

DIRECTIONS

Please read package directions first! Here are a few other options to prepare frozen vegetables:

To Steam:

Pour veggies into microwave-safe dish and add water as package directs. Microwave in 90-second intervals until done and season as desired.

To Sauté:

Add two teaspoons oil to a pan or skillet. Pour frozen veggies into the pan or skillet, season as desired, and cook for 3-5 minutes over medium/high heat.

Bacon

Serves 6-8

INGREDIENTS

- 1 or 2 lbs. bacon

DIRECTIONS

1. Line 1 or 2 baking sheets with foil and lay a piece of parchment paper over the foil.
2. Arrange the bacon in a single layer on parchment paper.
3. Place the baking sheets in a cold oven and close the door.
4. Heat the oven to 400° and start the timer for 18 minutes.
5. At 15 minutes, check the bacon to see if it's done. You should see tiny bubbles all over each piece, but please make sure it's completely cooked before consuming. Thin bacon slices can cook in as little as 12-15 minutes; I prefer thicker bacon and slices and those usually take 20-25 minutes.

Quinoa

Serves 8-10

INGREDIENTS

- 2 cups uncooked quinoa

DIRECTIONS

1. Rinse the quinoa in a fine-mesh strainer. Rinse it thoroughly for about 2 minutes. Swish the quinoa around with your hand while you're rinsing it, and drain thoroughly.
2. Put quinoa in a pot with 4 cups of water or broth and bring to a rolling boil.
3. Lower the heat, cover the pot, and simmer on low for 15 minutes.
4. Remove quinoa from heat and let it stand for 5 minutes, still covered.
5. Fluff with fork, season as desired, and eat.

WHOLE ROASTED CHICKEN

Serves 8-10

INGREDIENTS

- two 3 lb. chickens, giblets removed
- salt
- pepper
- 2 tsp onion powder
- 1/3 cup butter
- 1 lemon, cut in half
- 1 onion, cut in half

DIRECTIONS

1. Preheat oven to 450°.
2. Place chickens breast-side-up in roasting pans (if you have a large pan you may be able to fit two chickens in one pan) and pat them dry with paper towels.
3. Put 1 Tbsp butter in each chicken cavity; then melt the rest and pour over skin of chicken.
3. Rub salt and pepper inside chicken cavities and all over the skin.
4. Place 1/2 onion and 1/2 lemon into each chicken cavity.
4. Sprinkle 1 tsp onion powder over the skin of each chicken.
5. Lower the oven temperature to 400°, put the chickens in the oven, and roast for 50 minutes.
6. When juices run clear, temperature in thickest part of the thigh reads 165°, the chicken is done.
7. Remove the chickens and let them rest at least 15 minutes before cutting and serving.

CROCKPOT Salsa Verde CHICKEN

Serves 8-10

INGREDIENTS

- 4 boneless skinless chicken breasts
- one 16 oz. jar salsa verde

DIRECTIONS

1. Pour salsa into crockpot.
2. Place chicken breasts on top of salsa.
3. Cook on low 6-8 hours or on high 3-5 hours.
4. Serve with rice or beans if desired.

Meat sauce

Serves 6-8

INGREDIENTS

- 2 jars no-sugar-added marinara or spaghetti sauce
- 1-2 lbs. ground beef

DIRECTIONS

1. Brown ground beef in a skillet until cooked through.
2. Remove from heat and carefully drain the grease.
3. Combine ground beef with 2 jars of marinara or spaghetti sauce in a pot and simmer over low heat until sauce is heated through.

sautéed Green Beans

Serves 6-8

INGREDIENTS

- 1.5 to 2 lbs. green beans
- 3 tablespoons olive oil
- 1/4 cup sliced or slivered almonds
- 4 oz. goat cheese (optional)
- salt & pepper

DIRECTIONS

Optional: Parboil the green beans for faster sauté time and softer green beans:

1. Bring a large pot of water to a boil.
2. Prepare a large bowl of ice water.
3. Boil green beans for 2 minutes, drain, and immediately plunge the beans into ice water.
4. Drain the beans when cool.

To Sauté:

1. Heat oil in a skillet over medium heat and add the green beans.
2. Cook 2-3 minutes, season to taste, and cook for another 2-3 minutes.
3. Remove green beans from pan and toss in a serving dish with almonds and goat cheese.

BOILED Green Beans

Serves 6-8

INGREDIENTS

- 1.5 to 2 lbs. green beans
- 4 Tbsp. butter
- salt & pepper to taste

DIRECTIONS

1. Bring a large pot of water to a boil.
2. Boil green beans for 5-7 minutes or until crisp-tender.
3. Drain the beans and immediately toss with butter, salt, and pepper.
4. Serve hot.

SALAD WITH QUINOA

Serves 6-8

INGREDIENTS

For the Salad:

- 1/2 cup cooked quinoa
- 2 cucumbers peeled and sliced
- 1 small red onion, cut into slices
- 1 large tomato, cored, seeded, and diced
- 3 heads Romaine lettuce, chopped

For the Dressing:

- 2 Tbsp olive oil
- 1 clove crushed garlic
- 2 Tbsp red wine vinegar
- 2 Tbsp water
- 1/2 tsp oregano
- 1/4 tsp black pepper
- 2 pinches of salt

DIRECTIONS

1. Combine salad ingredients and toss.
2. Pulse salad dressing in a food processor several times until smooth.
3. Pour dressing over salad and toss before serving.

oatmeal

Single Serve

INGREDIENTS

- 1/2 cup old-fashioned oats (gluten-free if needed)
- 1 cup unsweetened nut milk
- 2 egg whites or 6 T egg white substitute
- ' pinch of cinnamon
- pinch of salt
- pure stevia extract or other low-glycemic sweetener to taste
- 1/2 tsp vanilla extract

DIRECTIONS

1. Place oats in a microwave-safe bowl and pour almond milk over the top.
2. Stir.
3. Microwave for 2 to 2 1/2 minutes (my microwave overcooks everything so I cook mine for less time).
4. Remove from microwave and stir in egg whites, spices, vanilla, and sweetener and combine well.
5. Microwave 2 to 3 minutes longer and add toppings if desired.

POT ROAST

Serves 6-8

INGREDIENTS

- 3 1/2 lbs. beef chuck roast
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 Tbsp oil
- 2 carrots, chopped
- 2 ribs of celery, chopped
- 1 onion, diced
- 1/2 stick of butter
- 1 1/2 teaspoons dried rosemary

DIRECTIONS

1. Preheat oven to 275°.
2. Heat oil in an oven-safe pot on medium heat.
3. Season roast with salt and pepper, then brown roast on all sides in oil.
4. Transfer roast to a plate, add onions, carrots and celery to pot and stir about 3-5 minutes.
5. Add butter to pot, stir in with the vegetables, and cook until onions are translucent. Stir vegetables, return the roast to the pot, and sprinkle rosemary over roast and vegetables.
6. Cover the pot with a tight-fitting lid, and put the pot in the oven and cook for 2 1/2 - 3 hours, or until roast is really tender.

STEAMED BROCCOLI

Serves 6-8

INGREDIENTS

- 1 large bunch broccoli (about 1 1/2 lbs.) OR
- 1 large bag frozen broccoli
- salt and pepper
- 1 tablespoon olive oil
- juice from 1 lemon

DIRECTIONS

1. Start a pot of water boiling.
2. If using frozen broccoli, go to step 3. If using fresh broccoli, cut off the lower-third of the broccoli stem and discard. Then cut remaining stem into small pieces, and cut broccoli into 2-inch florets.
3. Place the broccoli in a steamer basket, set it over the boiling water, cover the pot with a lid and steam 4-5 minutes. If broccoli is crisp-tender, it's done. If not, you can return the basket and steam 1-3 minutes more.

ROASTED BUTTERNUT SQUASH

Serves 6-8

INGREDIENTS

- 1 butternut squash
- 1 Tablespoon olive oil
- 2 cloves garlic
- salt & pepper

DIRECTIONS

1. Preheat oven to 400°.
- Peel, seed, and dice squash into 1" cubes.
2. Mince garlic cloves.
 3. Toss squash, olive oil, and garlic in a large bowl.
 4. Arrange on a parchment-lined baking sheet.
 5. Season with salt and pepper.
 6. Roast until tender and just starting to brown, 25-30 minutes.

TACOS

Serves 6-8

INGREDIENTS

- 2-3 lbs. ground beef or turkey (depending on how much your family will eat)
- 2 packets taco seasoning (find gluten-free if needed; or make your own)
- Favorite taco toppings: tomatoes, red onion, fresh cilantro, avocado, sour cream, cheese, sliced olives, etc.
- 1 head romaine lettuce for serving, if desired

DIRECTIONS

1. Heat a skillet or pan over medium-high heat.
2. Brown ground beef until cooked through, then add taco seasoning and stir to coat; cook an additional 2-3 minutes.
3. Serve stacked up with desired toppings and wrap in lettuce leaves if desired.

BAKED WHITE FISH

Serves 6-8

INGREDIENTS

- 6-8 white fish fillets, at least 3 lbs. (haddock, cod, halibut, tilapia, etc).
- 2 lemons, seeded and sliced
- 2 teaspoons dried rosemary
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons olive oil
- foil
- parchment paper (optional)

DIRECTIONS

1. Place a parchment-lined baking sheet in the oven.
2. Preheat oven to 450°.
3. Mix spices in a small bowl.
4. Place each piece of fish on a large square of foil (if you aren't a fan of baking with foil, you can line it with a piece of parchment paper) and sprinkle mixture of spices on each piece.
5. Drizzle with small amount of olive oil on each piece and top with lemon slices.
6. Fold edges of foil together and pinch closed, forming packets.
7. Put the packets on the preheated baking sheet and bake for 15 minutes or until fish is cooked through and flakey.

BROWN RICE

Serves 6-8

INGREDIENTS

- 2 cups long-grain brown rice
- 1 tsp butter (optional)
- 1 1/2 tsp salt
- 4 cups water or chicken broth

DIRECTIONS

1. Place rice in a fine-mesh strainer and rinse well.
2. Add rice to a sauce pan or pot, then add water or broth.
3. Stir in rice and butter (optional).
4. Bring rice to a boil. Once it's boiling, reduce the heat to low and cover with a lid.
5. Check the rice at 45 minutes - nearly all of the water or broth should have been absorbed. If there is a lot of liquid in the bottom of the pot, continue to cook for 5 minutes more, and check every 5 minutes until rice is tender and liquid is mostly absorbed.
6. When rice is cooked, re-cover and let stand for another 10 minutes.
7. Fluff with a fork and serve.

Baked Sweet Potatoes

Serves 6-8

INGREDIENTS

- 6-8 sweet potatoes

DIRECTIONS

1. Put a foil-lined pan on the bottom rack of your oven - this is just to catch drips from the potatoes.
2. Wash the sweet potatoes, scrubbing the outside.
3. Completely dry the potatoes.
4. Poke holes in the potatoes.
5. Place potatoes directly on upper oven rack and heat oven to 425°.
6. Bake potatoes for 45 minutes to an hour. Thicker potatoes will be done closer to an hour and ten minutes.
7. After cooking time is up, turn the oven off but leave the potatoes in the oven. Let them sit in the oven for 30 minutes to an hour.
8. Remove from the oven and serve, topping as desired.

omelets

Serves 6-8

INGREDIENTS

- 12-16 eggs (2 per person)
- Water (2 Tbsp. per person)
- salt & pepper
- butter
- optional filling: shredded cheese, diced ham, bell peppers, mushrooms, baby spinach, onions, avocado, etc.

DIRECTIONS

1. Whisk eggs, salt, pepper, and water together in a bowl until combined well.
2. Heat butter in an omelet pan or skillet over medium-high heat.
3. When pan is hot, tilt to make sure butter is coating the entire pan.
4. Pour in egg mixture - pan should be hot enough that the egg mixture should start to set at the edges immediately.
5. Push cooked sections from edges (very carefully) toward the center of the pan with a spatula so that the uncooked eggs have a chance to cook against the hot surface of the pan. Tilt the pan and continue to move cooked portions towards the middle.
6. When all visible wet spots appear cooked, add optional fillings of your choice on just one side, then fold the omelet in half with spatula. Slide omelet onto plate and return to step 2 to make more omelets.

ZUCCHINI NOODLES

Serves 6-8

INGREDIENTS

- 12 zucchini (this makes a huge pile to serve 8, you can make less if needed).
- salt

EQUIPMENT

- 1 vegetable spiralizer

DIRECTIONS

1. Follow spiralizer instructions to make zucchini noodles.
2. Spread zucchini noodles out on paper towels, lightly salt, and cover with another layer of paper towels, lightly pressing down to make sure paper towels will absorb liquid.
3. After 15 minutes to an hour (the longer the better), roll up the whole bundle of zucchini noodles and paper towels and gently squeeze or press to get more moisture out.
4. Heat a skillet or pan over medium-high heat. Add 1 tablespoon of oil and stir-fry for 4-5 minutes in batches. Alternatively, you can microwave in a microwave-safe covered dish in batches for 2-3 minutes or until hot and cooked through.

MEAL IDEA!

BURRITO BOWLS

Serves 6-8

INGREDIENTS

- 1 lb. rice, cooked (you can always add more if you think your family will eat more!)
- 2 or 3 cans black beans
- 2-3 cups shredded chicken breasts
- salsa
- 0% Greek yogurt (optional, for topping)
- fresh cilantro (optional, for topping)
- 1 red onion (optional, for topping)
- 1 lime (optional, for serving)
- cumin
- chili powder

DIRECTIONS

1. Prepare beans by heating in a pot with 2 tsp cumin and 1 tsp chili powder. You can add more seasoning if desired.
2. Heat rice and chicken if you are using leftovers.
3. Layer rice, beans, chicken, salsa, onions, and cilantro in a bowl for a yummy Mexican feast! Serve with lime wedges if desired.

MEAL IDEA!

FRIED EGGS & AVOCADO

Single Serve

INGREDIENTS

- 1 or 2 eggs
- 1 ripe avocado
- salt & pepper
- butter

DIRECTIONS

1. Melt 1 tablespoon butter in a skillet over medium heat.
2. Crack eggs into skillet, lightly season with salt and pepper, and fry until they are cooked as desired.
3. Mash avocado and lightly season with salt.
4. Serve fried egg over mashed avocado.

MEAL IDEAL!

QUINOA BREAKFAST BOWL

Serve 6-8

INGREDIENTS

- 5 cups cooked quinoa
- 1 large carton of egg whites OR 10-12 egg whites
- coconut oil spray
- salt & pepper
- salsa (optional, for topping)
- fresh cilantro (optional, for topping)
- red onion (optional, for topping)

DIRECTIONS

1. Lightly spray skillet with coconut oil spray.
2. Whisk egg whites, lightly season with salt and pepper, and cook until cooked through.
3. Heat quinoa til warm if using leftovers, divide into 6-8 bowls, and top with divided scrambled egg whites (there's already protein in the quinoa, so you don't need much of the egg whites per person to make a filling meal).
4. Top with salsa, fresh cilantro, red onion, or other favorite low-fat toppings to add flavor.

MEAL IDEA!

BURGERS WITH FRIED EGGS

Serve 6-8

INGREDIENTS

- Cooked burgers
- 1 egg per person
- butter
- optional salt & pepper

DIRECTIONS

1. Fry eggs in butter in a pan over medium heat. Cook until the whites are totally firm and yolks are thick. The whites should be set while the yolks aren't runny, but not hard yet, either.
2. Place egg over warm cooked burgers; add cheese and bacon if desired.

70 LOW-CARB SNACK IDEAS

sunflower seeds
dill pickles
pumpkin seeds
pistachios
boiled eggs
deli meat
coconut chips
tuna on sliced tomatoes
almonds
walnuts
pecans
avocado
cucumber, deli meat, and cheese sandwiches
celery w/ cream cheese
celery w/ peanut butter
deviled eggs
sliced cucumbers spread w/ cream cheese and dipped in salsa
bacon
cheese slices
salami
0% Greek yogurt w/ stevia and berries
pork rinds
egg salad
deli meat & cheese roll-ups
deli meat & cream cheese roll-ups
cucumbers and Greek yogurt dip
cottage cheese with berries
string cheese
mini bell peppers and Greek yogurt dip
mini bell peppers and guacamole
bacon-wrapped jalapeño cream cheese bites
zucchini chips
kale chips
baked cheese slices
baked parmesan crisps

baked pepperoni chips
baked pepperoni, pizza sauce, and mozzarella bites
protein shakes
low-carb cheesecake
low-carb muffin in a mug
dill pickles rolled up in cream cheese & deli meat
smoked salmon
low-carb trail mix
olives
scrambled eggs
low-carb Canadian bacon pizzas
bacon chips w/ guacamole
low-carb sausage balls
low-carb meatballs
low-carb stevia-sweetened chocolate
salami, cream cheese, and sliced bell pepper roll-ups
side salad w/ protein
homemade low-carb ice cream
homemade low-carb cookies
low-carb chicken salad on cucumber slices
homemade low-carb crepes w/ berries
low-carb fat bombs
store-bought low-glycemic protein bars
no-sugar-added beef jerky
no-sugar-added sausage
store-bought protein packs
olive tapenade w/ cucumber slices
low-carb pizza zucchini bites
homemade low-carb fudge
leftover cooked meat
roasted radish chips
bulletproof
BLT Wraps - bacon, tomato, and mayo wrapped in lettuce
low-carb nachos (use mini peppers instead of chips)
homemade low-carb cloud bread

oatmeal ideas

BASIC OATMEAL FOR ONE:

1. Combine $\frac{1}{3}$ cup old-fashioned rolled oats (gluten-free if needed) with $\frac{2}{3}$ cup water or plain unsweetened nut milk in a saucepan and bring to a boil.
2. Reduce heat and simmer for about 5 minutes, or until most of the liquid is absorbed.
3. Whisk in 1 teaspoon vanilla or almond extract.
4. Stir in 1 scoop protein powder (optional).
5. Top as desired.

OATMEAL TOPPINGS:

- diced apples
- sliced bananas
- pomegranate seeds
- berries
- kiwi
- diced peaches
- spices: cinnamon, nutmeg, ground cloves
- low-fat granola (make sure it's made with healthy ingredients that won't derail your healthy diet)
- canned pumpkin (I like to heat mine first)

LOW-FAT QUINOA IDEAS

Diced, cooked chicken breasts are a great addition to any of these recipes!

To warm, cooked quinoa, add:

MEDITERRANEAN QUINOA SALAD:

chopped cucumbers	garnish of low-fat feta	diced red onion
diced tomatoes	chopped roasted red peppers	low-fat vinaigrette

SOUTHWEST QUINOA SALAD:

black beans	diced tomatoes	salsa
corn	chopped roasted red peppers	

BALSAMIC CHICKEN QUINOA:

juice of 1/2 lemon	halved grape tomatoes	low-fat balsamic vinaigrette
grilled chicken breasts	chopped, fresh flat-leaf parsley	

QUICK CORN QUINOA:

juice of 1/2 lemon	chopped green onions
fresh corn kernels	salt & pepper

CUCUMBER QUINOA SALAD:

To cooked quinoa add:	diced red onion	low-fat vinaigrette
chopped cucumbers	fresh, chopped basil	fresh, chopped basil

RICE IDEAS

TRY COOKING THE RICE IN CHICKEN BROTH FOR EXTRA FLAVOR!

ADD TO THE RICE BEFORE COOKING (CHOOSE ONE):

- Curried Rice: 1 tsp of curry powder to chicken broth
- Lemon Rice: 1/2 tsp salt, juice of 1/2 lemon, 1 tsp lemon zest

OR MIX IN TO THE RICE AFTER IT'S COOKED (CHOOSE ONE):

- 1 teaspoon butter per serving w/ salt to taste
- lime juice & fresh cilantro
- 1 can cooked black beans w/ diced tomatoes
- omit salt & add 2 tsp soy sauce, scrambled egg whites, and sliced green onions
- wilted spinach
- diced peas & carrots
- salsa
- diced cucumber, tomatoes, basil, and light salad dressing

SCRAMBLED EGG WHITE IDEAS

BASIC SCRAMBLED EGG WHITES:

1. Lightly spray pan with coconut oil spray.
2. Whisk egg whites with salt and pepper, with 1 teaspoon or so of unsweetened plain almond, cashew, or coconut milk if desired. Add additional mix-ins if desired.
3. Pour eggs into pan and let them sit without stirring for about 20 seconds.
4. Stir, lifting the uncooked eggs from the bottom of the pan, and let them sit without stirring for 10 seconds at a time. Repeat until cooked through.

SCRAMBLE THE EGGS WITH...

- roasted red peppers
- sun-dried tomatoes and fresh basil

OR TOP THE SCRAMBLED EGGS WITH:

- smoked salmon
- fresh tomatoes
- black beans
- quinoa
- fresh chives

Scrambled Egg Ideas

BASIC SCRAMBLED EGGS:

1. Melt 2 Tablespoons of butter in a pan.
2. Whisk eggs with 2 Tablespoons heavy cream per egg. Add additional mix-ins if desired.
3. Pour eggs into melted butter and let them sit without stirring for about 20 seconds.
4. Stir, lifting the uncooked eggs from the bottom of the pan, and let them sit without stirring for 10 seconds at a time. Repeat until cooked through.

SCRAMBLE THE EGGS WITH...

- bacon grease and top with cheddar
- sautéed garlic and onions
- wilted spinach and butter
- wilted spinach and goat cheese
- butter and fresh herbs (chives, fresh rosemary, dill, etc)
- roasted red peppers
- sun-dried tomatoes and fresh basil

OR TOP THE SCRAMBLED EGGS WITH:

- avocado and fresh tomatoes
- salsa
- smoked salmon, goat cheese, and chives
- green onions
- sautéed mushrooms

SIDE DISH IDEAS

LOW-CARB SIDE DISHES:

mushrooms sautéed in butter
green beans w/ butter and salt
brussels sprouts w/ olive oil
broccoli & cheese
salad w/ oil-based dressing
Caprese salad
zucchini & cheese
mashed cauliflower
riced cauliflower w/ butter
creamed spinach
Greek salad w/ feta cheese
loaded spaghetti squash
roasted spaghetti squash
roasted asparagus w/ olive oil
coleslaw with mayonnaise

LOW-FAT SIDE DISHES:

quinoa
fruit
roasted sweet potatoes
brown rice
oven-roasted tomatoes
brussels sprouts without oil
salad w/ low-fat dressing
roasted spaghetti squash
roasted asparagus without oil
broccoli without oil
coleslaw with light vinaigrette
roasted carrots
butternut squash
cooked beans
refried beans

snack LUNCH IDEAS

COMBINE YOUR FAVORITE SNACKS FOR AN EASY LUNCH:

- boiled eggs
- deviled eggs
- cottage cheese w/ fruit or fresh veggies
- protein shakes
- small portions of leftovers
- deli meat
- smoked salmon
- favorite cheeses
- sliced cucumbers with ranch dressing
- sliced cucumbers spread with cream cheese and dipped in salsa
- mini bell peppers
- nuts & seeds
- fresh fruit
- olives
- sliced tomatoes sprinkled w/ salt
- sliced avocado

SWEET POTATO IDEAS

Topping Ideas:

- grated fresh ginger, garlic, and scallions
- black beans, onions, cilantro, lime juice
- black beans & salsa
- light Laughing Cow cheese
- Just Like Brown Sugar (or other brown sugar substitute) w/ 1 teaspoon butter
- cooked chicken breast, 0% Greek yogurt, hot sauce, and green onions
- cooked, taco-seasoned lean ground turkey, 0% Greek yogurt, and diced tomatoes
- low-fat chili
- sautéed kale, white beans, and minced garlic
- green chile
- baked chicken breasts baked with chipotle seasoning

DELI-MEAT ROLL-UP IDEAS

CHOOSE 1 FOR ROLLING:

- deli turkey
- deli roast beef
- deli chicken
- deli ham
- pastrami
- prosciutto
- capicola ham
- very thinly sliced zucchini

CHOOSE 1 OR 2 FOR SPREADING:

- cream cheese
- flavored cream cheese (add dill, parsley, or other favorite seasoning)
- Laughing Cow spreadable cheese
- mayonnaise
- chipotle mayonnaise
- mustard
- salad dressing (thicker is better)

CHOOSE FILLINGS:

- cheese
- cucumbers, cut into matchsticks
- carrots, cut into matchsticks
- jicama, cut into matchsticks
- thinly sliced tomatoes
- thinly sliced onions
- thinly sliced bell peppers
- dill pickles
- lettuce

Frozen vegetable Ideas

COOKING IDEAS:

OPTION 1: STEAM INSTEAD OF BOIL

OPTION 2: THAW, THEN SAUTÉE IN BUTTER

- Try steaming in chicken broth instead of water
- Season with salt & pepper, then add garlic powder, onion powder, or chili powder
- Try a Cajun rub or Italian seasoning
- Add grated cheddar cheese
- Add sautéed fresh garlic and onion
- Thaw, then bake in the oven with salt, pepper, and paprika.
- Top with sour cream and cheddar, then bake until cheese is melted
- After buttered and salted, sprinkle with parmesan cheese

salad IDEAS

SALAD BASE:

romaine

cabbage

butter lettuce

red leaf lettuce

baby spinach

coleslaw mix

green leaf lettuce

kale

NEUTRAL VEGGIES:

cucumbers

bell peppers

radishes

green beans

tomatoes

mushrooms

red onions

broccoli

LOW-CARB ADD-ONS:

olives

avocado

cheese

seeds

nuts

eggs

steak

chicken thighs

smoked salmon

ground beef

deli meat

salami

bacon

berries

LOW-FAT ADD-ONS:

quinoa

fruit

roasted sweet potatoes

brown rice

lean deli meat

chicken breasts

boiled egg whites

low-fat cottage cheese

corn

beans

chickpeas

barley

farro

baked corn chips

January Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

February Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

March Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

April Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

May Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

June Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

July Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

August Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

September Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

October Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

November Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

December Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



RESOURCES

For additional resources, tips, and ideas please visit workingathomeschool.com/resources.



DEDICATION

This book is for my awesome kids who, ironically, ate a lot of frozen pizza while I was working on it. 90% of the time I was working on this project I had a toddler on my lap, and I loved every second of it. I love you all and I'm so thankful for you!

Love, Mommy