

# Summer Menu

## Shopping List for Weeks 1-2

Produce	Pantry	Frozen	Staples (cont'd)
chives (optional)	1/2 cup old-fashioned rolled oats per person	veggies to go with steak (Sat #1)	baking powder
1 pint blueberries	plus 1 lb. old fashioned oats		cinnamon
berries	unsweetened applesauce		clove
favorite salad stuff (1 lunch salad, 2 dinner salads)	2 lbs. brown rice		Chia seeds (I've omitted these)
veggies to slice for lunches and snacks	parmesan cheese (green can is fine)	<b>Meat</b>	favorite protein shake ingredients
sweet potatoes (1 per person for lunch)	pizza sauce	turkey sausage	onion powder
apples & other fruit for snacks	favorite pizza toppings	2 lbs bacon (breakfast and Fri)	Italian seasoning
3 lemons (Sun, Wed)	1 lb. quinoa	13-15 boneless chicken breasts	pepper
1 head of garlic (Sun)	peanut butter	lean deli meat (1 lunch & snacks)	red pepper flakes (Sun)
fresh parsley (Sun) (for garnish, optional)	salsa (Tues)	2-3 pounds salmon (Sun)	oregano (Wed)
green beans (Sun, or buy frozen instead)	black or pinto beans (Tues)	rotisserie chicken or more breasts (W)	olive oil
4 limes (Fri #1, Tues)	soy sauce (Tues)	2 lb pork loin filet (Wed)	Italian salad dressing (Sat)
2 cucumbers (Thurs)	black olives (Thurs)	1 lb of sausage (Fri #1)	garlic salt (Fri #1)
6 roma tomatoes (Thurs)	pine nuts (1/2 to 1 cup) (Fri)	4 lbs flank steak (Sat #1)	no-sugar-added spaghetti sauce (Fri #1)
red onion (Thurs)			cumin (Sat #1)
2 med. Or 1 large spaghetti squash (Fri)	<b>Cold Section</b>		garlic powder (Sat #1)
about 12 oz fresh spinach (Fri)	enough eggs for 3 breakfasts for the family		chipotle chili powder (Sat #1)
	eggs to boil for snacks & protein		
	1 carton unsweetened almond milk	<b>Staples</b>	
	0% Greek yogurt	<u>THM Baking Blend (can sub if needed)</u>	
	1 large carton egg whites	<u>THM Super Sweet Blend</u>	
	cheese for meat roll-ups	<u>Mineral Salt</u>	
	5 oz. part-skim mozzarella	vanilla extract	
	butter	<u>Protein Powder</u>	
	feta cheese (Thurs)	**protein shake ingredients**	
	8 oz parmesan cheese (Fri)	unsweetened cocoa powder	
	8 oz sliced provolone (Fri #1)	<u>peanut flour (optional)</u>	
		coconut oil cooking spray	

# Summer Menu

## Shopping List for Week 3

Produce	Pantry	8 oz. mozzarella cheese (Wed)	Staples (cont'd)
chives (optional)	1/2 cup old-fashioned rolled oats per person		baking powder
1 pint blueberries	plus 1 lb. old fashioned oats		cinnamon
berries	unsweetened applesauce	Frozen	clove
favorite salad stuff (1 lunch salad, 2 dinner salads)	2 lbs. brown rice	your favorite frozen veggies (Sat)	Chia seeds (I've omitted these)
veggies to slice for lunches and snacks	parmesan cheese (green can is fine)	Meat	favorite protein shake ingredients
sweet potatoes (1 per person for lunch)	pizza sauce	turkey sausage	onion powder
apples & other fruit for snacks	favorite pizza toppings	2 lbs bacon (breakfast and Fri)	Italian seasoning
1 lb fresh green beans (Sun)	1 lb. quinoa	13-15 boneless chicken breasts	pepper
1 head of garlic (Sun, Tues, Thurs)	peanut butter	lean deli meat (1 lunch & snacks)	smoked paprika (Sun)
3 lemons (Sun, Sat)	chicken broth (Sun, Thurs)	8 bone-in skin on chicken thighs (Sun)	thyme (Sun)
baby spinach (Sun)	14 oz can quartered artichoke hearts (Mon)	10 boneless, skinless chicken thighs (Mon)	Worcestershire sauce (Tues)
1 bunch fresh basil (Mon)	2.5 oz can sliced black olives (Mon)	1 whole beef flank steak (Tues)	cumin (Tues)
3 limes (Tues)	4 15 oz cans low-sugar marinara sauce (M, W, F)	8 boneless skinless chicken breasts (Wed)	chili powder (Tues)
4 medium onions (Tues, Thurs)	1 16 oz can tomato sauce (Thurs)	2 lbs lean ground turkey (Thurs)	red pepper flakes (Tues)
4 bell peppers (pretty colors are nice, but I get what's on sale!) (Tues)	Dreamfields pasta (NOT GF, optional, W, F)	1 lb beef or turkey (Fri)	salsa (Tues)
	Cold Section	beef burger patties for the family (Sat)	onion powder (Wed)
cilantro (optional, for toppings on Tues)	enough eggs for 3 breakfasts for the family		oregano (Wed)
zucchini or spaghetti squash (Wed, Fri)	eggs to boil for snacks & protein		basil (Wed)
1 head of romaine (Thurs)	1 carton unsweetened almond milk	Staples	rosemary (Wed)
2 tomatoes (topping for Thurs)	0% Greek yogurt	<u>THM Baking Blend (can sub if needed)</u>	mayonnaise (Sat)
1 red onion (topping for Thurs)	1 large carton egg whites	<u>THM Super Sweet Blend</u>	apple cider vinegar (Sat)
avocado (topping for Thurs)	cheese for meat roll-ups	<u>Mineral Salt</u>	celery seed (Sat)
16 oz bag shredded coleslaw (Sat)	5 oz. part-skim mozzarella	vanilla extract	no-sugar ketchup (Sat)
	butter	<u>Protein Powder</u>	mustard (optional, Sat)
	heavy cream (Sun)	**protein shake ingredients**	pickles (optional, Sat)
	1 wedge parmesan (Sun)	unsweetened cocoa powder	
	2 cups shredded Italian cheese (Mon)	<u>peanut flour (optional)</u>	
	cheese/sour cream/fajita toppings (Tues)	coconut oil cooking spray	

# Summer Menu

## Shopping List for Week 4

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

# Summer Menu

## Shopping List for Week 5

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