MayMenu

Shopping List for Week 5 from workingathomeschool.com			
Produce	Pantry	Frozen	Staples (cont'd)
favorite veggies for lunches and snacks	2 lbs old fashioned rolled oats	favorite frozen veggies (Sun)	baking powder
favorite salad ingredients (enough for 1 big dinner salad)	unsweetened cocoa powder	frozen riced cauliflower OR	cinnamon
(enough for 1 big dinner salad) (Tuesday)	peanut flour (optional)	whole cauliflower to rice on your own	ground cloves
fruit (for snacks and 1 lunch)	unsweetened applesauce		brown sugar sub (optional)
sweet potatoes (enough for 1 lunch)	Chia seeds	Meat	rice wine vinegar
1 large jalapeno (Tuesday)	3 lbs. brown rice (lunch)	turkey sausage or pork sausage	liquid aminos or soy sauce (lunch)
fresh cilantro (Tuesday)	salsa (lunch)	lean deli meat or rotisserie chicken	coconut oil
2 ripe avocados (Tuesday)	nuts (snacks)	1 -2 whole chickens or pre-cooked	sesame oil (lunch)
2 limes (Tuesday)	healthy salad dressing (or make your own)	rotisserie chickens (Sun)	olive oil
small bunch green onions (Tuesday)		3 lbs ground chicken breast (Tuesday)	pepper
			taco seasoning mix (Tuesday)
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	Cold Section		
	2 1/2 gallon cartons unsweetened nut milk		
	eggs (enough for 3 breakfasts for the family)	Staples	
	Greek yogurt (or coconut yogurt if DF)	THM Super Sweet Blend	
		Mineral Salt	
		vanilla extract	
		<u>Protein Powder</u>	
		protein shake ingredients	