## **PRODUCE FROZEN** O 6 cups frozen Seasoning Blend (day 15, day 20, day 21) O favorite omelet veggies favorite salad ingredients (for 6 salads) O broccoli (day 17) cucumbers (for salads and snacks) O frozen bag stir-fry veggies (no broccoli) (day 20) optional: coleslaw ingredients for day 15 O frozen bag of favorite veggies (day 21) Light Lovely Coleslaw THM Cookbook p. 231 (FP): 4 cups cabbage (coleslaw day 15) 8 carrots (coleslaw day 15, day 18) bell peppers (day 16) 4 onions (day 16, day 18) 2 bunches fresh thyme (day 18) I lemon (day 18) **STAPLES** I head of garlic (day 18) I bulb of fennel (day 18) O old-fashioned oats (I/2 cup per person); + I lb 2 ribs of celery (day 18) pure stevia extract powder I bunch of parsley (day 18) O cocoa powder Ilb. green beans (day 19) O aluminum-free baking powder O THM Super Sweet Blend O pure vanilla extract O protein powder O MCT Oil sea salt O THM Baking Blend O coconut oil ground ginger ground cinnamon **MEAT** ground nutmeg no-sugar-added breakfast sausge ground cloves salami or other favorite deli meat (for lunch and snacks) pepper cayenne pepper (optional, tomato soup lunch) 2 chicken breasts smoked salmon (or other favorite protein) THM Gentle Sweet natural/organic hot dogs baking soda 4 lbs ground beef (day 15, day 22) Just Like Brown Sugar (for chocolate chip cookie snack) steak for fajitas (day 16) peanut flour (or 1/2 cup peanut butter) (day 20) salmon filets (day 17) one or two 5-6 lb roasting chickens (day 18) 5 lbs chicken thighs or breasts (day 20)

October Week 3 Shopping List Days 15-22

6 lbs bone-in chicken (day 21)

<sup>\*\*</sup>For links to buy Staples online, please check workingathomeschool.com/resources.

## $\hbox{\it October Week 3 Shopping List} \ (continued)$

	REFRIGERATED SECTION		PANTRY
0	enough eggs for 3 breakfasts + 1 dozen	O	no-sugar-added peanut butter
0	ı carton unsweeteened nut milk	O	quinoa
0	ı large carton egg whites	O	48oztomatosauce(tomatosouplunch)
O	I large container low-fat cottage cheese	O	${\scriptstyle \rm I\ I/2\ quarts\ (6\ cups)\ chicken\ broth\ (tomato\ soup\ lunch)}$
O	ı large block cheddar cheese	O	salad dressing (or make your own)
О	cream cheese (optional, for icing on "S" muffins)	О	sliced or slivered almonds; extra for snacks
О	3/4 cup heavy cream (tomato soup lunch)	О	I I/2 cups salted nuts (for trail mix)
О	salted butter	О	on-plan chocolate chips (trail mix, choc. Chip cookie)
О	favorite taco toppings (cheese, sour cream, etc) (day 15, day 22)	О	olives
О	THM Not-Naughty noodles or 28 oz. grocery store	О	artichoke hearts
	shirataki noodles (day 20) **	О	I/4 cup seeds (trail mix snack)
О	THM Not-Naughty Rice (optional, day 21)	О	I/4 cup chia or flax (trail mix snack)
		О	favorite bottled drinks
		O	1/4 cup unsweetened shredded or flaked coconut (trail mix)
	OTHER	О	one 6 oz can tomato paste (day 15)
О		О	one $8$ oz can+ one 14.5 oz can tomato sauce (day 15, day 22)
О		О	yellow mustard (day 15)
О		О	onion powder (day 15)
О		О	garlic powder (day 15)
О		О	chili powder (day 15)
O		O	apple cider vinegar (day 15)
О		О	cayenne pepper (day 15)
О		О	white wine vinegar (optional coleslaw p. 15)
0		O	Dijon mustard (optional coleslaw p. 15)
0		O	two 15 oz full-fat cans coconut milk (day 20)
0		O	red curry paste (day 20)
0		O	fish sauce (day 20)
0		O	ground ginger (day 20)
0		O	crushed red pepper (day 20)
		О	chicken broth (day 21, omit if you made some on day 18)
		O	dried rosemary (day 21)
		O	paprika (day 21)
		O	parsley (day 21)
		О	2 packets taco seasoning or make your own (day 22)

<sup>\*\*</sup>When you double and freeze this recipe, please do not add the Not-Naughty or Shirataki Noodles before you freeze. Save the package and add them when it's time to eat.