



May Menu

Breakfast

- 1 **Granola** (E)
- 2 Turkey Sausage w/ Scrambled Eggs (S)
- 3 **Protein Shake** (S)
- 4 Boiled Eggs & Berries (S)
- 5 Scrambled Eggs & Bacon (S)
- 6 **Baked Blueberry Oatmeal** (S)
- 7 Stevia-sweetened Greek Yogurt & Berries (FP)

Lunch

- 1 Baked Sweet Potatoes (seasoned) w/ Lean Deli Meat (E)
- 2 Turkey Dogs, Fruit, Sliced Veggies (S or FP)
- 3 Big Salad w/ Leftover Meat (S)
- 4 Baked Chicken w/ Rice (E)
- 5 **Asian Chicken Salad** (S, E, or FP)
- 6 Burrito Bowls (layer shredded chicken breast, rice, beans, and salsa in a bowl) (E)
- 7 Leftovers

May Menu

Dinner

- 1 Meat Sauce w/ Zucchini Noodles (S)
- 2 **Black Bean Chicken Salad** (E)
- 3 **Posse Stew** (E) - 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** (E)
- 5 **Grilled Cilantro Lime Chicken w/ Salsa** (S) (double recipe to serve 6-8)
- 6 **Slow Cooker Chicken, Quinoa, and Sweet Potato Soup** (E)
- 7 **Eggroll in a Bowl** (S)
- 8 **Chicken w/ Roasted Veggies w/ butter** (S) (double chicken to serve 6-8)
- 9 **Taco Salad Crunch** (E)
- 10 **Slow-Cooker Shredded Beef Tacos** (S)
- 11 **Crockpot Sloppy Joes** w/ Side Salad (S)
- 12 **Baked Salmon w/ Asparagus & Side Salad** (double this recipe to feed 6-8) (S)
- 13 **Crockpot White Bean Chili** (E)
- 14 **Mexican Zucchini & Beef** (S)
- 15 **Irish Chicken w/ Steamed Veggies** (S) (add four extra pieces of chicken to serve 6-8) - I omit the potatoes to keep this low-carb
- 16 **Chicken Bacon Avocado Salad** (S) (add 1 extra chicken breast + 1 more head of Romaine to serve 6-8)
- 17 **Slow-Cooked Carnitas** (S) (no tortillas, and I sub 1/4 cup Bai5 Clementine drink for the orange)
- 18 **Paprika Chicken** (S) (double this recipe - except for jalapeños - to feed 6-8)
- 19 Grilled Steak w/ Brussels Sprouts & Salad*
- 20 **Sweet Potato Quinoa Soup** (E)
- 21 **Mediterranean Chicken** (S) (add 2 extra chicken breasts to feed 6-8)
- 22 Posse Stew (E) (from frozen)
- 23 **Italian Sub Salad** (S) (double this recipe to feed 6-8)
- 24 Lettuce-Wrapped Ground Beef Tacos (S) (seasoned taco meat and toppings in lettuce leaves)
- 25 **Cashew Chicken** (S) (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 (S)
- 27 **Italian Chicken Soup** (E) (add cooked chicken breast & double to feed 6-8)
- 28 **Skillet Chicken Fajitas** (S) (double this recipe to feed 6-8)
- 29 Whole Roast Chicken w/ Frozen Veggies & Cauli Rice (S)
- 30 **Salad Bar** (S)
- 31 **Paleo Chicken Taco Burgers** w/ Side Salad and Steamed Veggies (S)

Shopping List

Week 1, Days 1-7

Produce

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

Pantry

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

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 cups cooked chicken OR 4 additional boneless skinless chicken breasts
19 boneless skinless chicken breasts
hot dogs
3 lbs ground beef or turkey
3 lbs ground turkey (triple this recipe, divide into 2 pans and freeze one)

Refrigerated / Dairy 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

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
liquid aminos or soy sauce (gluten-free if needed)
coconut oil
sesame seed oil
olive oil
pepper
red wine vinegar
1 package chili seasoning mix
pure stevia extract powder
balsamic vinegar (if making your own dressing)
dried basil

Shopping List

Week 2, Days 8-14

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)
1 bag coleslaw mix
1 bunch green onions
1 cucumber
1 orange (optional)
1 bunch asparagus
2 red bell peppers
1 green bell pepper
small bunch celery
2 red onions
1 bunch carrots
5 oz sliced mushrooms
2 heads garlic
fresh sage (optional, Day 8)
1 head of lettuce
avocado (optional)
2 lemons
fresh cilantro
3 lb. bag of baking potatoes (optional, I serve them
to kids) 2 med zucchini
3 tomatoes
1 onion

Pantry

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

Meat & Fish

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

Refrigerated / Dairy 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
favorite taco toppings (sour cream, cheese, etc.) (omit if dairy-
free) parmesan (omit if dairy-free)
butter

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
cooking spray
balsamic vinegar
rosemary
oregano
white vinegar
garlic powder
lemon pepper (optional)
chili powder
white wine vinegar
1 quart chicken broth
cumin
paprika
crushed red pepper flakes
maple flavoring
pure stevia extract powder
apple cider vinegar

Shopping List

Week 3, Days 15-21

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 2 large sweet potatoes
1 bag coleslaw mix
2 bunches green onions
1 cucumber
1 orange (optional)
1 head of green cabbage
5 onions
4 green bell peppers
4 red, yellow, or orange bell peppers
4 potatoes (optional, I serve these to my kids)
3-4 heads romaine lettuce
7 roma tomatoes
1 head of garlic
2-3 jalapeno peppers
favorite taco/carnitas veggie toppings (bell peppers, onion, etc.) 2 avocados
Brussels sprouts (I buy a bag of about a pound)
1 large
1 red onion
1 1/2 lbs fresh green beans or other favorite veggie side
roma tomatoes
1 bunch fresh parsley
1 large lemon

Pantry

unsweetened applesauce
chia seeds
3 lbs brown rice
salsa
1 bottle of Bai 5 Costa Rica Clementine
salad dressing
quinoa
1 can black beans
1 can petite diced tomatoes
3 quarts chicken broth
1 lb lean ground beef
1 lb. brown rice
2 lbs old fashioned rolled oats (look for GF if needed)
4 oz sliced green olives

Meat & Fish

turkey sausage or pork sausage
2 lbs bacon lean deli meat or rotisserie chicken
boneless skinless chicken breasts
1 whole cut-up chicken plus extra thighs
2 lbs boneless pork shoulder
steak (enough for the family)
2 lbs chicken breasts or thighs

Frozen

favorite frozen veggies

Refrigerated / Dairy 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
favorite carnitas toppings (sour cream, cheese, etc.) (omit if dairy-free)
4 oz bleu cheese (optional if dairy-free)
feta cheese
butter
sour cream

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 onion powder
thyme
garlic powder
sweet paprika
apple cider vinegar
Dijon mustard (optional)
Italian seasoning
oregano
cumin
chili seasoning mix
maple flavoring
pure stevia extract powder
1 package chicken bouillon cubes (at least 6)
paprika
healthy frying oil of your choice
glucomannan

Shopping List

Week 4, Days 22-31

Produce

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

Pantry

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

Frozen

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

Meat & Fish

turkey sausage or pork sausage
lean deli meat or rotisserie chicken
13 lbs boneless chicken breasts
2 lbs ground beef
12 oz Italian deli meats
3 lbs white fish or enough filets for each person
1-2 whole chickens or pre-cooked rotisserie chickens
3 lbs ground chicken breast

Refrigerated / Dairy 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
favorite carnitas/fajita toppings (sour cream, cheese, etc.) (omit if dairy-free)
butter

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