

# December Menu

from [workingathomeschool.com](http://workingathomeschool.com)

## Week 2 Shopping List Days 6-12

### Meat

bacon  
8 oz diced ham  
roast beef or other favorite deli meat for lunch  
1-2 chicken breasts for lunch  
10-12 lbs chicken breasts (for 3 dinners)  
1 lb ground pork (you may need more for a larger family)  
6 lbs ground beef  
3-4 pound roast  
1 1/2 pounds raw shrimp

### Produce

1 large banana  
green onions  
2 bell peppers  
fresh chives (optional)  
sliced veggies for lunch (we usually have cucumbers, mini peppers, and tomatoes)  
zucchini  
spinach  
fresh basil (optional, you could substitute dried)  
1 lemon  
1 package coleslaw mix  
celery  
2 onions  
fresh ginger  
favorite veggies or ingredients for side salad to go with pot roast  
fresh cilantro  
1 lime  
avocado

### Pantry

quinoa  
5 cups unsweetened lowfat coconut milk in a carton  
2 cans full-fat coconut milk  
peanut butter  
2 cups rolled oats  
low-carb salad dressing  
kalamata olives  
hot sauce  
3 cups cooked beans or 3 cans  
brown rice  
2 cans diced tomatoes  
diced green chiles (optional)  
chicken broth  
tomato paste  
1 can of tuna  
1 can of garbanzo beans  
1 can of pumpkin  
1 jar salsa verde  
Bragg's liquid aminos (you need this!)  
rice wine vinegar (make sure there's no sugar added)  
yellow mustard  
sugar free ketchup  
beef broth  
balsamic vinegar  
roasted red peppers  
1 can rotel  
hot sauce  
1 can pineapple rings

### Frozen

diced okra  
frozen berries

### Staples

Whole-husk psyllium flakes  
gelatin  
vanilla extract  
butter extract  
probiotics for coconut milk  
unsweetened protein powder (I use egg white protein powder from Jay Robb)  
Gentle Sweet (can substitute other sweeteners, but please check THM's conversion chart)  
Super Sweet (can substitute other sweeteners, but please check THM's conversion chart)  
MCT oil (can sub coconut oil to save money)  
coconut oil  
cocoa powder  
salt  
pepper  
Italian seasoning  
olive oil  
coconut oil cooking spray  
baking soda  
baking powder  
unsweetened applesauce  
nutritional yeast (optional)  
seasoned salt  
red pepper flakes  
dried minced onion  
Greek seasoning  
cumin  
chili powder  
cayenne pepper (optional)  
garlic powder  
onion powder  
ground cloves\*  
nutmeg\*  
ginger\*  
allspice\*  
cinnamon\*  
nuts (optional)  
sugar-free chocolate chips (optional)  
sunflower lecithin (I've omitted this with no problems)  
glucomannan (I'm allergic to it so I skip this all the time and don't miss it)  
collagen  
Trim Healthy Mama Baking Blend  
Just Like Brown Sugar or other on-plan brown sugar sub  
\*can substitute pumpkin pie spice for above ingredients

### Dairy/Refrigerated Section

egg whites for scramble  
2 dozen eggs + enough for 2 breakfasts for your family  
unsweetened almond or cashew milk  
butter (or ghee, if you tolerate that better, or omit butter if needed)