

# December Menu

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

## Week 3 Shopping List Days 13-19

### Meat

2 lbs bacon  
8 oz diced ham  
roast beef or other favorite deli meat for lunch  
2 lbs boneless pork shoulder  
8-16 drumsticks (enough for one dinner for your family)  
4 pounds cubed leftover turkey or chicken (for me, this was about 6 cups from a 4 lb. turkey - this is for the turkey soup and Greek soup)  
2 lbs boneless, skinless chicken breasts + a few more if you're feeding 6-8 + 1-2 for lunches  
2 lbs beef stew meat  
Baked chicken thighs (10 feeds my family of 7)

### Produce

1 large banana  
green onions  
1 bell pepper  
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 head of garlic  
5 medium yellow onions  
2 shallots  
8 ounces mushrooms  
4 stalks celery  
2 pounds sweet potatoes (preferably organic)  
fresh parsley  
fresh basil  
fresh thyme (can use dried, but fresh tastes better)  
2 butternut squash  
4 sweet potatoes  
2 lemons  
1 spaghetti squash  
1 jalapeno  
1 orange  
lettuce or other favorite toppings for carnitas  
1 bunch leeks  
side salad ingredients

### Frozen

diced okra  
frozen berries  
frozen peas  
favorite veggies for a side

### Pantry

quinoa  
5 cups unsweetened  
lowfat coconut milk  
in a carton  
1 can 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  
1 can diced tomatoes  
diced green chiles (optional)  
chicken broth  
tomato paste  
1 can of tuna  
1 can of garbanzo beans  
1 can of pumpkin  
1 can beef broth  
6 1/2 quarts turkey broth  
or chicken broth + 2 cups  
gallon freezer bags

### 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)

### 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  
dried oregano  
Italian seasoning  
coconut oil cooking spray  
baking soda  
baking powder  
unsweetened applesauce  
nutritional yeast (optional)  
seasoned salt  
Greek seasoning  
cumin  
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  
\*can substitute pumpkin pie spice for above ingredients