

December Menu

from workingathomeschool.com

Week 4 Shopping List Days 20-26

Meat

bacon
8 oz diced ham
roast beef or other favorite deli meat for lunch
1-2 chicken breasts for lunch
2 chicken breasts for Zesty Salsa Chicken (or more if your family needs it)
1 whole chicken
2 lbs ground beef

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 onion
1 medium carrot
favorite ingredients for side salads
favorite ingredients for dinner salad
avocado
lettuce (for taco stack-ups, may not need if you have leftover lettuce)

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
1/2 lbs 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 1/2 cups chicken stock
1 4 oz can green chiles
1 jar of salsa
1 15 oz. can black beans
salad dressing
6 oz can of tomato sauce
1 small can sliced black olives

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)

Frozen

frozen broccoli
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
taco seasoning (or make your own)
salt
pepper
Italian seasoning
coconut oil cooking spray
baking soda
baking powder
unsweetened applesauce
nutritional yeast (optional)
seasoned salt
Greek seasoning
cumin
garlic powder
cayenne pepper (optional)
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