

December Menu

from workingathomeschool.com

Week 5 Shopping List Days 27-31

Meat

bacon
8 oz diced ham
roast beef or other favorite deli meat for lunch
1-2 chicken breasts for lunch
6-8 boneless skinless chicken thighs

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 onion
1 head of garlic
fresh cilantro
2 limes
1 avocado

Frozen

diced okra
frozen berries

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
chipotle chiles in adobo sauce
6 cups chicken broth

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
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

This week's shopping list is lighter because of the cook once, eat twice frozen meals at the beginning of the month. If you didn't double and freeze then, you may need to add to this list or make different meals.