

# January Menu

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

## Week 1 Shopping List Days 1-9

### Meat

4 oz sausage or chorizo for each omelet (make sure there's no added sugars or carbs)  
bacon  
16 large chicken breasts (don't panic - some of these will be frozen to use later in the month)  
deli meat for lunches  
steak (enough for one dinner - this was a special occasion meal for us. If you want to save some money, you could try roast instead)  
1 whole chicken for roasting  
ham on the bone - you'll want to dice 2 cups of ham, then use the bone to make a broth for soup  
2 lbs ground beef

### Dairy/Refrigerated Section

goat cheese (optional, for omelet)  
3 dozen eggs + enough for 1 egg breakfasts for your family  
unsweetened almond or cashew milk  
butter (or ghee, if you tolerate that better, or omit butter if needed)  
8 oz. pepper jack cheese  
0% Greek yogurt  
sliced cheese for meat roll-ups (optional)  
cottage cheese  
2 cups grated cheese + extra for tacos (optional)  
sour cream (optional)

### Produce

baby spinach leaves (for omelet and salads)  
avocado (for omelet)  
blueberries x 2 (could substitute frozen)  
favorite fresh vegetables for lunches - I like cucumbers, grape tomatoes, and mini bell peppers  
favorite salad ingredients  
Brussels sprouts  
fresh green beans  
3 onions  
3 large bell peppers  
1 head of garlic  
2 lbs mushrooms  
4 cups broccoli (1-2 large heads, or just get frozen)  
jalapeno (optional)  
spaghetti squash (I buy 2 to feed my family of 7)  
fresh tomatoes, lettuce, or other preferred taco toppings

### Pantry

16 oz. salsa verde  
quinoa  
12 oz. mild roasted green chiles  
roasted red peppers for egg muffins (1 big jar should last the month, so you may want to cross this off of future shopping lists, but you can also just substitute diced tomatoes if you want to).  
peanut butter  
old-fashioned oats  
3 lbs brown rice (I usually get an extra pound for the kids' lunches)  
salad dressing (or you could make your own)  
32 oz chicken broth or chicken stock  
5 cans Great Northern Beans  
28 oz can diced tomatoes  
15 oz can diced tomatoes  
2 cups dried black beans  
2 cups dried pinto beans  
20 oz. canned pineapple rings  
6 oz can tomato sauce  
olives or other favorite taco toppings  
nuts for snacking

### Staples

gallon freezer bags  
salt  
pepper  
olive oil  
protein powder  
Truvia or THM Super Sweet Blend  
stevia  
MCT oil or coconut oil  
cocoa powder  
cinnamon  
vanilla extract  
baking powder  
garlic powder  
cumin  
cayenne pepper  
paprika  
Spike seasoning or other favorite all-purpose seasoning  
bay leaves  
dill weed  
basil  
parsley  
coconut aminos  
Just Like Brown Sugar (or THM brown sugar substitute from Pinterest)  
taco seasoning (or make your own)

### Frozen

frozen berries (if you didn't buy fresh)  
frozen broccoli (if you didn't buy fresh)