

January Menu

from workingathomeschool.com

Week 2 Shopping List Days 10-16

Meat

4 oz sausage or chorizo for each omelet (make sure there's no added sugars or carbs)
bacon
16 chicken breasts (some of this will be assembled into a freezer meal)
deli meat for lunches
ground beef for burgers (we try to find grass-fed)
1 lb shrimp (frozen is fine)
3 lbs steak strips (I make 1 1/2 portions of the beef & broccoli recipe)

Produce

baby spinach leaves (for omelet and salads)
avocado (for omelet)
blueberries x 2 (could substitute frozen)
favorite fresh vegetables for lunches and snacks - I like cucumbers, grape tomatoes, and mini bell peppers
favorite salad ingredients
fresh ginger
1 stalk fresh lemongrass
4 oz. mushrooms
avocado
3 limes
fresh cilantro
fresh scallions or cilantro (for loaded sweet potatoes)
6-8 jalapeno peppers
3 onions
2 red bell peppers
1 head of garlic
7 sweet potatoes (1 for each person in your family; I bought 7 for mine)
red bell pepper
red onion

Dairy/Refrigerated Section

goat cheese (optional, for omelet)
2 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
8 oz cream cheese
sour cream (optional, for chicken tacos)

Pantry

16 oz. salsa verde
red salsa (for two dinners)
quinoa
1 small can 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
2 lbs brown rice
salad dressing (or you could make your own)
red curry paste
32 oz chicken broth + 4 oz chicken broth
fish sauce
3 cans coconut milk
four 14 oz cans diced tomatoes
2 28 oz cans diced tomatoes
1 cup dried black beans
1 can of black beans

Frozen

frozen berries (if you didn't buy fresh)
2 16 oz bags frozen cauliflower
1 16 oz bag frozen pearl onions
1 bag frozen broccoli
1 large bag frozen vegetable medley or stir-fry vegetables (no potatoes)

Staples

salt
pepper
protein powder
Truvia or THM Super Sweet Blend
stevia
MCT oil or coconut oil
cocoa powder
cinnamon
vanilla extract
baking powder
Just Like Brown Sugar or THM brown sugar replacement
chili powder
ground cumin
Italian seasoning
ginger
red pepper
onion powder
garlic powder
balsamic vinegar
taco seasoning (or make your own)
olive oil
chili powder
paprika
cumin
Bragg's Liquid Aminos