

January Menu

from workingathomeschool.com

Week 4 Shopping List Days 24-31

Meat

4 oz sausage or chorizo for each omelet (make sure there's no added sugars or carbs)
bacon
3 large chicken breasts + enough for one family dinner + possibly 1 or 2 extra for burrito bowls if you don't think you'll have enough leftover
deli meat for lunches
2 lbs ground meat for Eggroll in a Bowl (I usually use ground turkey or pork)
3.5 lbs ground beef
boneless skinless chicken thighs

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
cheddar cheese (optional garnish)
sour cream

Pantry

16 oz. salsa verde
favorite low-fat salsa (for E burrito bowls)
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)
toasted sesame oil (you can substitute another oil if you wish, but sesame oil tastes great)
soy sauce or liquid aminos
salad dressing for Cobb salad
16 oz. can tomato paste
18 oz. can tomato paste
18 oz. can tomato sauce
yellow mustard
16 oz. chicken broth
canned beans (for burrito bowls)

Frozen

frozen berries (if you didn't buy fresh)
2 cups frozen diced onions, celery, and bell pepper blend

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
4 yellow onions
celery
1 head of garlic
1 large head of garlic OR 2-3 bags coleslaw mix
green onions
favorite cobb salad ingredients
2 tomatoes (for chili)
4 shallots
1/2 pound baby bella mushrooms
1 pint cherry tomatoes
potatoes, optional (for other family members in chicken stew, NOT for Trim Healthy Mamas!)

Staples

salt
pepper
protein powder
Truvia or THM Super Sweet Blend
stevia
ground ginger
onion powder
garlic powder
chili powder
Italian seasoning
cumin
apple cider vinegar
red pepper flakes (optional)
MCT oil or coconut oil
cocoa powder
cayenne pepper
cinnamon
vanilla extract
baking powder
olive oil
dried thyme