

March Menu Week 4

Serves 6-8

S Pot Roast w/ Steamed Broccoli & Side Salad (S) (choose your family's favorite recipe, look online, or use the THM book for a pot roast recipe, just make sure you have the needed seasoning)

M Slow-Cooker Sticky Chicken w/ frozen veggies (S)

T Garlic Chicken w/ Quinoa (E)* (use the E option when cooking the chicken)

W Turkey Bacon Meatballs with Marinara (S) - I doubled this recipe, so the ingredients list includes enough to make 2

Th Crockpot Carnitas (S) (I skip the tortillas and use about 1/4 cup Bai5 Costa Rica Clementine juice instead of the orange)

F Rotisserie Chicken from the grocery store w/ bagged salad (S)

S Turkey Pot Pie Soup (S)* (I skip the potato to make this THM-friendly, and since I'm dairy-free I also sub coconut oil for butter and coconut cream for heavy cream)

Breakfasts: fried eggs w/ 1/2 avocado (S), egg whites over quinoa w/ salt and pepper (E), protein shakes (S or E)**, Baked Blueberry Oatmeal (E), scrambled eggs w/ salsa (S), Muffin in a Mug (S), Crunchy Coconut Granola (S)

Lunches: Crockpot White Bean Chicken Soup (E), salad w/ deli meat (S), sweet potato w/ canned tuna (E), leftovers, snack lunch (meats, nuts, veggies) (S), turkey burgers w/ side salad (S)

Snacks: nuts (S), boiled eggs (S), cottage berry whip (or collagen berry whip if DF, but you will need to add the ingredients to the shopping list) from THM Cookbook (FP), (sliced veggies (FP), deli meat rolled up with dill pickles (FP or S), 1/2 protein shake (S or FP)

Please note that the shake ingredients are not included on the shopping list. You'll want to add ingredients for your favorite shake, or the one that appeals most to you. I like protein shakes from DashingDish.com or my favorite Peanut Butter Blizzard.

Meat

2 boneless chicken breasts for lunches +
6 boneless chicken breasts (or enough for the whole family)
(T)
enough deli meat for 1 salad, 1 lunch, and snacks
6-8 turkey burgers for lunch
1 pot roast (S)
4 lbs chicken drumsticks (M)
1 lb bacon (W)
3-4 lbs ground turkey (W)
2 lbs boneless pork shoulder (Th)
cooked rotisserie chicken (F)
2 cups shredded turkey or chicken (leftovers work great for this) (Sat)

Produce

avocado for breakfast
2 cups blueberries
1 handful cilantro
your favorite salad ingredients for two lunches (one full salad + one side salad) PLUS
one side salad for dinner (S)
sweet potatoes for lunch (I buy 8, one per person)
your favorite veggies for lunch + snacks (I buy cucumbers, tomatoes, bell peppers)
6 heads of garlic (T,W)
4 yellow onions (W, Th, Sat)
1 jalapeno (Th)
Avocado (optional, to serve with carnitas Th)
tomatoes (optional, to dice and serve with carnitas (Th)
pre-bagged salad (Th)
2 carrots (Sat)
celery (Sat)
sage leaves (Sat)
fresh parsley, optional (Sat)

Frozen

blueberries
2 packages frozen berries
broccoli (S)
your family's favorite frozen veggies (M)

Cold Section

enough eggs for the family for two breakfasts; + 1 egg per person for MIM + enough for boiled eggs for snacks
1 large carton of egg whites (or fresh, if you have a hatred for carton stuff)
2 containers cottage cheese (for shakes and cottage berry whip, or buy ingredients for a dairy-free shake like this [peanut butter blizzard](#) and ingredients for collagen berry whip)
unsweetened almond milk
Greek yogurt (or So Delicious Unsweetened Coconut Yogurt for a dairy-free option)
optional sour cream and cheese to garnish carnitas (Th, I'm dairy-free and I omit them both)
1 cup of heavy cream OR 1 can of coconut cream (Sat)

Pantry

salsa
quinoa (enough for breakfast plus dinner on T)
10 cups old-fashioned oats
unsweetened apple sauce
chia seeds
freeze-dried fruit (this is for the granola, and I usually skip this and just top the granola with fresh berries. You can add fresh berries to the "Produce" section above if you want to do the same)
1 lb dried Great Northern White Beans
6 quarts chicken broth
1 can of Rotel
1 can of tuna
nuts for 1 lunch + snacks
sugar-free ketchup (or ingredients to make your own)
salad dressing (or ingredients to make your own)
pickles
foil
6 cups marinara (W)
Bai 5 Costa Rica Clementine Orange juice OR Sobe Life Water Blood Orange OR omit OJ entirely (Th)
salad dressing (check to make sure there's no added sugar)

Staples

salt
pepper
[THM Super Sweet Blend](#) or another on-plan sweetener
[pure stevia extract](#)
ingredients for your favorite shake option from [DashingDish.com](#) or another plan-approved shake (enough for everyone eating breakfast)
baking powder
pure vanilla extract
cinnamon
ground cloves
coconut oil
almond flour
coconut flour
ground flax
coconut extract (optional for granola, I skip it)
cumin
garlic powder
cajun seasoning (optional)
paprika (M)
chili powder (M)
onion powder (M)
thyme leaves (M)
garlic powder (M)
red chili flakes (W)
oregano (Th)
cumin (Th)
thyme (Sat)
dried sage (Sat)