

Sustaining the POWERS

Crocktober 2014 Week 2 Shopping List

Canned Goods

- 1 cup Pesto (jarred or homemade)
- 1 jar of spaghetti sauce, your favorite
- 2 cups vegetable stock*
- 1 cup beef broth*
- 1 small can sliced mushrooms
- 1/4 cup marinara or tomato sauce
- 1 15 oz can corn**

Dairy

- 3/4 cup sour cream
- 1/2 cup cheddar cheese, grated
- 2 tablespoons butter

Meat

- 4-5 boneless skinless chicken breasts
- 3 cups of frozen meatballs
- 2-4lb beef pot roast cut (chuck or bottom round)
- 1/2 cup crumbled bacon or ham**

Produce

- 1 medium to large spaghetti squash
- 2 lbs potatoes (around 5 medium potatoes)
- 1 onion
- 6 cloves garlic
- 1 bag soup mix veggies

or:

- 2 medium carrots
- 3 rutabagas
- 1 small onion
- 4-6 small red potatoes
- 2 sticks celery*

Seasonings

- 1 1/2 Tablespoons Worcestershire sauce
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried oregano
- Salt
- Black pepper

*You may have this left from last week's meal plan

**Optional toppings for baked potato soup