

Sustaining THE Powers

Meal Plan Monday Week #13 Shopping List

Monday: [Quinoa Chicken Parmesan](#) from [Damn Delicious](#)

Tuesday: [Turkey Taco Lettuce Wraps](#) from [Skinny Taste](#)

Wednesday: [Slow Cooker Mongolian Beef](#) from [Six Sisters' Stuff](#)

Thursday: [Spinach Salad With Chicken, Avocado and Goat Cheese](#) from [Recipe Girl](#)

Friday: [Margherita French Bread Pizza](#) from [The Chic Table](#)

Saturday: Eat Out

Sunday: Y.O.Y.O (You're on your own – leftovers, etc.)

Pantry Staples/Baking/Sauces

- 8 tablespoons olive oil
- 1/2 cup all-purpose flour
- 1/4 cup cornstarch
- 3/4 cup soy sauce
- 3/4 cup brown sugar
- 3 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard

Bread/Grains/ Pasta

- 1 cup quinoa
- 2 cups rice (for Mongolian beef)
- 1/4 cup toasted pine nuts
- 1 large french baguette

Canned Goods

- 1 jar marinara sauce
- 1 4oz can tomato sauce
- 1 can corn
- 1 (14 ounce) can diced tomatoes

Dairy/eggs

- 2 large eggs
- 2 1/2 cup shredded mozzarella cheese
- 3/4 cup grated Parmesan cheese
- 1/2 cup shredded cheddar
- 1/3 cup crumbled goat or feta cheese

Meat

- 2 boneless, skinless chicken breasts
- 1.3 lbs 99% lean ground turkey
- 1 1/2 pounds beef flank steak
- 1 1/2 cups chopped cooked chicken

Produce

- 3/4 cup fresh basil
- 1 small onion
- 1 bell pepper
- 1 head Iceberg lettuce
- 1/2 teaspoon minced ginger
- 4 cloves garlic
- 1/2 cup shredded carrots
- 3 medium green onions
- 1 bag chopped spinach
- 1 cup cherry tomatoes
- 1 large avocado
- 2 tomatoes

Seasonings

- Kosher salt and freshly ground black pepper
- 1 tablespoon Italian seasoning
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp salt
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon chili flakes