

# Sustaining THE Powers

## Meal Plan Monday Week #18 Shopping List

**Monday:** [Smashed Chickpea, Avocado, and Pesto Salad Sandwich](#) from [Two Peas and Their Pod](#) (I doubled this recipe)

**Tuesday:** [Cinco de Mayo with my Sizzling Texas Fajitas](#)

**Wednesday:** [Pesto Ranch Chicken Thighs](#) from [Picky Palate](#)

**Thursday:** [Cashew Rice Bowl](#) from [Vegan in the Freezer](#) (I added chicken.)

**Friday:** [Petite Lasagnas](#) from [Can You Stay For Dinner](#)

**Saturday:** Eat Out

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

### Pantry Staples/Baking/Sauces

- olive oil
- 1 tsp worcestershire sauce
- 2 tbsp coconut oil
- 4 tbsp soy sauce

### Bread/Grains/ Pasta/Nuts/Bulk Bins

- 20-30 Flour tortillas
- 8 oz uncooked rice
- 4 oz cashews
- 12 Slices of bread

### Canned Goods

- 14.5 oz can crushed tomatoes
- Pico de gallo\*
- guacamole\*
- salsa\*
- 6 oz jar pesto
- ½ cup chicken broth
- 2 (15 ounce) cans chickpeas

### Dairy

- 1 ½ cups part skim ricotta cheese
- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup orange juice
- sour cream\*
- shredded cheese\*

### Meat

- 12 oz raw ground turkey
- 2 pounds skirt/flank steak or 2 pounds boneless chicken breast
- 8 boneless skinless chicken thighs

### Produce

- 2 medium white onions
- 2 large yellow onions
- 1 red bell pepper
- 3 green bell peppers
- 8oz sliced mushrooms
- 5 cloves garlic
- 4 Tbl lime juice or 2 limes
- 1 bunch cilantro
- 2 jalapenos
- shredded lettuce\*
- 2 large ripe avocados
- 1 lemon
- Fresh baby spinach

### Seasonings

- Salt and Pepper
- 3 tsp dried oregano
- ½ tsp dried basil
- 1 tsp cumin
- 1 tsp cayenne pepper
- 1 package ranch dressing seasoning mix

### Other

- 24 small square wonton wrappers

\*optional toppings for fajitas