

Sustaining THE Powers

Meal Plan Monday Week #26 Shopping List

Monday Salad Bar Night! Pick your favorite dressing recipe [from the list](#) and gather your favorite ingredients for a salad bar buffet!

Tuesday: [White Enchilada Casserole](#) from Gimme Some Oven

Wednesday: [Spicy Thai Peanut Chicken Wraps](#) from The Chunky Chef

Thursday: [Turmeric Chicken & Quinoa](#) from Cooking Quinoa

Friday: Pizza Night! [Mexican Pizza](#) from Love Bakes Good Cakes

Saturday: Eat Out. Fourth of July!

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

Pantry Staples/Baking

- olive oil
- 1½ Tbsp brown sugar
- 3 tablespoons all-purpose flour

Canned Goods/Sauces

- ½ cup natural creamy peanut butter
- 1 can coconut milk
- 1½ Tbsp soy sauce
- 1½ Tbsp tamari (found with Asian foods)
- 1 1/2 tablespoons Asian fish sauce
- 1 tsp red curry paste (with Asian foods)
- 5 cups chicken stock
- 1 (4 ounce) can chopped green chiles
- 2 (14-ounce) cans White Northern beans
- 1 can (16 oz.) refried beans
- 1 can (10 oz.) enchilada sauce
- 1 can (2.25 oz.) sliced black olives

Bread/Pasta/Grains/Nuts

- 24 small soft flour tortillas
- 6 medium flour tortillas/wraps
- 12 taco-size flour tortillas
- 2 cups quinoa

Dairy/Fridge

- 3 tablespoons butter
- 1 cup plain Greek yogurt or sour cream
- 3 cups shredded Pepper Jack cheese
- 2 cups (8 oz.) Cheddar cheese, shredded
- Sour cream

- The ingredients for the salad dressing of your choice.

Freezer

- 1 bag frozen mixed stir-fry veggies or your favorite veggie blend

Meat

- 16 oz pre-cooked chicken breast strips (frozen or prepared ahead)
- 2 cups shredded cooked chicken
- 2 pounds boneless skinless chicken breasts
- 1 lb. lean ground beef

Produce

- Your favorite salad bar ingredients!
- 3 Tbsp minced fresh ginger
- 2 Tbsp lime juice
- 5 cloves garlic (minced)
- 1 small shallot
- 1 bunch Fresh cilantro
- Shredded purple cabbage
- Shredded carrots
- 1 avocado
- 1 onion
- 3 medium tomatoes
- 3 green onions

Seasonings

- Salt and Pepper
- ½ tsp red pepper flakes
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 1/2 teaspoon curry powder
- 2 bay leaves
- 1 envelope (1.25 oz.) taco seasoning