

# Sustaining THE Powers

## Meal Plan Monday Week #32 Shopping List

**Monday:** [Cabbage and Black eyed Pea Stuffed Zucchini Boats](#) from [Maebells](#)

**Tuesday:** [Crustless Corn and Zucchini Quiche](#) from [Cooking and Beer](#)

**Wednesday:** [Healthy Crock Pot Taco Spaghetti Squash](#) from [Real Housemoms](#)

**Thursday:** [Roasted Vegetables and Sausage](#) from [Delicious Meets Healthy](#)

**Friday:** **Pizza Night!** [Grilled Hawaiian Pizza](#) from [My Cooking Spot](#)

**Saturday:** **Date Night - Eat Out.**

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

### Pantry Staples/Baking

- olive oil

### Canned Goods/Sauces

- 1 24oz. jar thick salsa
- 1 11oz. can corn
- 1 jar marinara sauce
- 1 (15oz) can pineapple chunks
- 1 (10 ounce) can Rotel
- 1 (15 ounce) can black eyed peas
- 1 (8 ounce) can tomato sauce

### Bread/Pasta/Grains/Nuts

- 1 lb pizza dough

### Dairy/Fridge

- 1 cup shredded mozzarella cheese
- 2 Tablespoons unsalted butter
- 6 large eggs
- 1/4 cup heavy cream
- 1/4 cup ricotta cheese
- 4 ounces grated swiss cheese
- 1 cup shredded cheddar cheese

### Meat

- 1 bag frozen meatless crumbles or 1 lb cooked ground turkey or beef
- 4 oz honey ham
- 1 lb spicy sausage
- 1 pound lean ground beef

### Produce

- 1 spaghetti squash
- 2 small onion
- 2 large zucchini
- 1 yellow onion
- 1 1/2 cups corn kernels cut fresh from the cob (or canned/frozen corn)
- 2 medium sweet potatoes
- 1 red bell pepper
- 1 green bell pepper
- 2 carrots
- 3 cloves garlic
- 1 1/2 cup chopped cabbage
- 4-5 zucchini

### Seasonings

- Salt and Pepper
- 1 packet taco seasoning
- 2 tsp. garlic powder
- 3 tsp. chili powder
- 1 tablespoons chopped oregano
- 2 teaspoon chopped thyme
- 1 tsp basil
- 1 tsp of red pepper flakes
- 1 teaspoon onion powder