

Sustaining THE Powers

Meal Plan Monday Week #38 Shopping List

Monday: [Pork Filet Citrus and Quinoa Salad](#) from [The Wetherills Say I Do](#)

Tuesday: [Cheesy Rotel Chicken Bake](#) from [A Savory Feast](#)

Wednesday: [Apple, Leek and Butternut Squash Gratin](#) from [Ezra Pound Cake](#)

Thursday: [Tuscan Chicken Skillet](#) from [The Wanderlust Kitchen](#)

Friday: **Pizza Night with** [My Eggplant and Olive Tapenade Pizza](#)

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

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

Pantry Staples/Baking

- 1 cup olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons honey
- 1/2 cup dry sherry or apple cider

Canned Goods/Sauces

- 1 cup Chicken Broth
- 1 (10 oz) can Ro*tel Diced Tomatoes and Green Chilis
- 1 (15 oz) can Cannelini Beans
- 2 (15 oz) cans fire roasted diced tomatoes
- 1 cup assorted, pitted olives (you can find these at a deli counter)
- 1 Tablespoon anchovy paste or 2 anchovies (optional for tapenade)
- 1.5 teaspoons capers (optional for tapenade)
- 3/4 cup pizza sauce

Bread/Pasta/Grains/Nuts

- 1 cup quinoa
- 1/2 cup dried cranberries
- 1/2 cup pecans
- 1 1/2 cups dry rice
- 1 lb of your favorite pizza dough (I love [this recipe](#))

Dairy/Fridge

- 1 cup Mexican cheese
- 1/2 cup freshly grated Parmesan cheese
- 1 lb fresh mozzarella, sliced

Meat

- Smithfiled Garlic and Herb Pork Filet (1 lb or more)
- 4 boneless, skinless chicken breasts
- 1 lb. chicken breast tenderloins

Produce

- 12 ounces lettuce (any mix of your preference)
- 1 medium mango
- 2 lemons (or 4 tablespoons juice)
- 1 yellow onion
- 3 cloves garlic
- 12 oz. mushrooms, sliced
- 2/3 cup sundried tomatoes
- 2 medium leeks
- 1 tablespoon chopped fresh sage
- 1 pound butternut squash
- 1 pound apples, such as Gala, Cortland, Baldwin, or Macoun
- 1 large eggplant
- 8-10 medium leaves fresh basil

Seasonings

- Salt and Pepper
- 1 tsp. oregano
- 1/2 tsp. thyme
- 2 teaspoons garlic salt