

# Sustaining THE Powers

## Meal Plan Monday Week #39 Shopping List

**Monday:** [Cauliflower Steaks with Ginger, Turmeric, and Cumin](#) from [The Kitchen](#)

**Tuesday:** [Lemon Shrimp Pasta](#) from [The Speckled Palate](#)

**Wednesday:** [Stuffed Spaghetti Squash](#) from [A Savory Feast](#)

**Thursday:** My [Skinny Slow Cooker Chicken Tikka Masala](#)

**Friday:** [Slow Cooker Pizza Chicken](#) from [Smile Sandwich](#)

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

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

### Pantry Staples/Baking

- olive oil
- 2 tablespoons cornstarch
- 1/2 cup dry white wine

### Canned Goods/Sauces

- 1 large can pizza sauce
- 1 cup pasta sauce
- 2 (15oz) cans diced new potatoes
- 1 (29 oz) can tomato puree (not tomato paste)
- 1 cup coconut milk

### Bread/Pasta/Grains/Nuts

- 4 cups rice (for serving chicken tikka)
- 1/2 lb. linguini
- 3 cups quinoa (for serving cauliflower steaks)

### Dairy/Fridge

- 1/2 cup Shredded cheese
- 1 1/2 cups plain Greek yogurt
- 4 tablespoons unsalted butter

### Meat

- 6 large boneless, skinless chicken breasts
- 1 lb ground turkey
- 1 lb. Gulf shrimp, peeled and deveined

### Produce

- 2 small white onions
- 1 large yellow onion
- 1 small green onion
- 16 oz mushrooms
- 1 spaghetti squash
- 12 cloves garlic
- 3 tablespoons fresh ginger
- 1 bunch fresh cilantro
- 1 shallot
- 1 lemon
- 1 large head cauliflower

### Seasonings

- Salt and Pepper
- 1/2 teaspoon oregano
- 1/2 teaspoon parsley
- 2 tablespoons Garam Masala
- 1 tablespoon cumin
- 1/2 tablespoon smoked or sweet paprika
- 3/4 teaspoon cinnamon
- 1 teaspoon cayenne pepper
- 1 tsp coriander
- 2 bay leaves
- 3/4 teaspoon Cajun seasoning
- 2 teaspoons dried parsley
- 1/2 teaspoon red pepper flakes
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric