

Sustaining THE Powers

Crocktober 2015 Week #1 Shopping List

Monday: [My Slow Cooker Sweet and Spicy Pulled Pork](#)

Tuesday: [Slow Cooker Chicken Tacos from 2 Cookin' Mamas](#)

Wednesday: [Crockpot Chicken and Squash Coconut Curry from Bright Green Door](#)

Thursday: [Slow Cooker Mexican Quinoa from Chelsea's Messy Apron](#)

Friday: [Crockpot Sweet Potatoes from The Frugal Girls](#) topped with your favorite leftovers from the week.

Saturday: Date Night - Eat Out.

Sunday: Leftover Night

Pantry Staples/Baking

- 1/4 cup dark brown sugar

Canned Goods/Sauces

- 3 cans Coconut milk
- 4 Tablespoons fish sauce
- 2 cans chopped green chilis
- 2 can (15.5-oz) black beans
- 3 cups chicken broth
- 1 can (14.5 ounces) fire-roasted petite diced tomatoes
- 2 cans (19 ounces each) mild red enchilada sauce
- 1 cup vegetable or chicken broth
- 1 (18oz) bottle of sweet and spicy BBQ Sauce

Bread/Pasta/Grains/Nuts

- 1 package Soft tortillas
- 1 cup uncooked quinoa

Dairy/Fridge/Frozen

- 1 cup frozen corn
- 2 (12 oz) cans Dr. Pepper

Meat

- 5 lbs. of chicken breasts
- 4 large chicken breasts
- 3lb boneless pork butt/pork shoulder (5lb if it's a bone-in shoulder)

Produce

- 4 cups cubed squash (Any type)
- 1 and 1/2 pounds (~4 cups) butternut squash
- 1 cup cilantro
- 2 large white onions
- 6 cloves garlic
- 4 medium Sweet Potatoes
- 2 small jalapenos

Seasonings

- Salt and Pepper
- 4 Tablespoons curry paste
- 4 Tablespoons Curry powder
- 4 Tablespoons Chopped Basil
- 2 packets Taco Seasoning
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- 1 tsp chipotle powder

Optional

- Toppings for tacos and quinoa: chopped lettuce & tomatoes, grated cheddar cheese, sliced avocado and sour cream