

# Sustaining THE Powers

## Meal Plan Monday Week #1 Shopping List

**Monday:** [Mini Mushroom, Feta and Spinach Frittatas](#)

**Tuesday:** [Kitchen Sink Veggie Tacos](#) by [Mountain Mama Cooks](#)

**Wednesday:** [Slow Cooker Chicken Tortilla Soup](#)

**Thursday:** [Stuffed Avocado with Garlic Shrimp](#) by [The Saffron Girl](#)

**Friday:** Pizza Night with [Perfect Pizza Dough](#) (\*\*factor in rise time or make the night before and store in the fridge)

**Saturday:** Eat Out

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

### Pantry Staples/Baking

- 6 large eggs
- 2 teaspoons grapeseed or canola oil
- 6 cups all-purpose or bread flour
- ¼ cup sugar
- 1 ½ teaspoons fast-rising yeast
- ½ cup Italian or garlic breadcrumbs or cornmeal

### Bread

- 1 package (20ct.) corn tortillas

### Canned Goods

- 1 can prepared refried beans
- 1 (11 oz) can Mexican-style corn
- 1 (16 oz) can black beans
- 1 (16 oz) can pinto beans
- 1 (15oz) can enchilada sauce
- 6 cups chicken or vegetable broth

### Condiments

- 2 (16oz) jars of your favorite chunky salsa
- 1 jar pizza sauce\*

### Dairy

- ½ cup crumbled feta cheese
- 2 cup grated jack cheese
- 4 cups shredded mozzarella cheese\*
- sour cream\*\*

### Meat

- 4 cups medium to large shrimp, raw or frozen and uncooked
- 4 boneless skinless chicken breasts

### Produce

- 2 handfuls baby spinach
- 1 package baby portabella mushrooms (sliced or whole)
- 1 medium zucchini
- 1 bell pepper
- 4 scallions
- 4 medium avocados
- Fresh cilantro
- 4 cloves garlic, minced
- 1 medium onion
- 1 green bell pepper
- 2 jalapeno pepper

### Seasonings

- Salt
- Black Pepper
- McCormick Italian Herb Seasoning Grinder
- Garlic Salt
- Cumin
- Chili Powder
- Oregano

\*Optional for topping pizza

\*\*Optional for topping Tortilla Soup