

Sustaining THE Powers

Meal Plan Monday Week #2 Shopping List

Monday: [Roasted Beet Salad with Beet Basil Pesto Vinaigrette](#)

Tuesday: [My Falafel Waffles with Roasted Eggplant](#)

Wednesday: [Crock-Pot Sweet and Sour Chicken](#) from [My Big Fat Happy Life](#)

Thursday: [Mini Shepherd's Pot Pies](#) from [Tablespoon](#)

Friday: Pizza Night with [my Eggplant and Olive Tapenade Pizza](#) (**factor in rise time for the dough 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

- olive oil
- apple cider vinegar
- white sugar
- flour (gf if you're avoiding gluten)
- vegetable oil
- apple cider vinegar
- lemon juice

Bread

- Pita triangles/pita chips*

Canned Goods

- 1 14oz can beef broth
- 1 cup assorted, pitted olives
- 1 jar pizza sauce
- Kalamata olives*

Condiments

- 1/3 cup basil pesto (jarred or homemade)
- ketchup
- soy sauce

Dairy

- 4 oz crumbled goat cheese
- tzatziki (Greek cucumber dill yogurt)*
- feta cheese*
- 1 Tbsp butter
- 1 lb fresh mozzarella, sliced

Boxed Foods:

- 1 box dry falafel mix

Refrigerated Foods

- 1 box refrigerated pie crusts

- 3 cups prepared mashed potatoes

Frozen Foods

- 1 10oz package frozen mixed vegetables

Grains

- prepared couscous*

Meat

- 3 chicken breasts
- 1/2 lb lean (at least 80%) ground beef

Produce

- 2 lbs red Beets (that's about 4 orange-sized beets)
- 2 lbs golden Beets (that's about 4 orange-sized beets)
- 1 11oz package baby arugula
- 2 small eggplants
- 1 bulb garlic
- 1 medium yellow onion
- 8-10 medium leaves fresh basil
- 1 cucumber*
- 1 tomato*

Bulk Foods

- 1/2 cup pine nuts

Seasonings

- Salt
- Black Pepper
- 1 tsp turmeric
- garlic salt

*Optional for topping falafel