

Sustaining THE Powers

Meal Plan Monday Week #3 Shopping List

Monday: My [Greek Zucchini Noodles with Feta, Olives, Artichokes and Tomatoes](#)

Tuesday: [Honey-Lime Sweet Potato, Black Bean and Corn Tacos](#) by [Cooking Classy](#)

Wednesday: [CopyCat Panera Bread Chicken Noodle Soup](#) by [Eating on a Dime](#)

Thursday: [Grilled Salmon Kebabs](#) by [Skinny Taste](#)

Friday: Pizza Night with [Pizza Stuffed Chicken Breasts](#) by [DIY Budget Girl](#)

Saturday: Eat Out

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

Pantry Staples/Baking

- 4 Tbsp olive oil

Bread

- 1 20ct package of small corn or flour tortillas

Canned Goods

- 1 15oz can diced tomatoes
- 1 6oz jar or 15oz can artichoke hearts
- 1 15oz can black olives
- 1 14.5 oz can black beans
- 2 15oz cans of chicken broth
- 1 jar pizza sauce

Condiments

- 3 Tbsp honey

Dairy

- 1 5oz container of crumbled feta cheese
- 1/2 cup shredded mozzarella cheese
- 5oz cotija or feta cheese**

Frozen Foods

- 1 cup frozen yellow corn

Grains/Pasta

- 1 16oz package large egg noodles

Meat

- 1 cup rotisserie chicken*
- 6 boneless skinless chicken breasts
- 1-1/2 pounds skinless wild salmon fillet
- 1 package pepperoni

Other

- 16 bamboo skewers

Produce

- 1 lb (about 2 medium) zucchini squash
- 1 lb (about 2 medium) yellow squash
- 1.5 lbs sweet potatoes
- 2 small yellow onion
- 1 clove garlic
- 3 Tbsp fresh lime juice
- 1 bunch fresh cilantro
- 3 medium carrots (~1/2lb)
- 5 ribs/stalks of celery (~1/2 bunch)
- 1 package/bunch fresh oregano
- 2 lemons
- Romaine lettuce or purple cabbage**
- 1 avocado**
- 1 jar of fresh salsa or pico de gallo**

Seasonings

- Salt
- Black Pepper
- 2 tsp ground cumin
- 1 tsp paprika
- 1/4 tsp ground coriander
- 1/4 tsp cayenne pepper
- 1 tsp of thyme
- 1 bay leaf
- 1 tsp of garlic salt
- 1 tsp garlic powder
- 2 tsp sesame seeds
- 1/4 tsp crushed red pepper flakes
- 1 tsp Italian seasoning
- 1 tsp onion powder

*Optional for Zucchini Noodles

**Optional for Sweet Potato Tacos