

Sustaining THE Powers

Meal Plan Monday Week #4 Shopping List

Monday: [Ayurvedic Red Lentil Soup](#) from [PeaceMeals](#)

Tuesday: [Taco Wrap Deluxe](#) from [Emily Bites](#)

Wednesday: [Crock-Pot Spaghetti Squash with Meatballs](#) from [I Wash You Dry](#)

Thursday: [Asparagus-Spinach Pesto Pasta with Blackened Shrimp](#) from [Gimme Some Oven](#)

Friday: Pizza Night with [Chicken Tzatziki Pizza](#) from [Foodie Crush](#)

Saturday: Eat Out

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

Pantry Staples/Baking

- olive oil

Bread/Chips

- 1 package pita bread
- 8 large tortillas
- 1 package tortilla chips

Canned Goods

- 1 8 oz jar kalamata olives
- 1 8oz jar artichoke hearts in water
- 1 jar spaghetti sauce (your fave)
- 1 jar queso dip or salsa con queso
- 1 6oz can tomato paste
- 1 14oz can coconut milk

Dairy

- 1 15 oz container plain Greek yogurt
- ½ cup sour cream
- 2 cups shredded mozzarella cheese
- 1 8oz package feta cheese
- 1 8oz package parmesan cheese

Frozen Foods

- 3 cups frozen meatballs

Grains/Pasta/Nuts

- 1lb dried pasta of choice
- ½ C toasted pine nuts
- 1 cup yellow split peas
- 1 cup red split lentils (masoor dal)
- 3 C brown rice*

*optional for red lentil soup

Meat

- 1 cup shredded chicken breast (rotisserie chicken)
- 1 lb raw shrimp, peeled and deveined
- 1lb 95% lean ground beef

Produce

- 1 bulb garlic
- 1 cucumber
- lemon juice
- 1 bunch fresh dill
- 1 package sun dried tomatoes
- 1 bunch asparagus spears
- 1 package baby spinach
- 1 medium to large spaghetti squash
- 1 medium tomato
- 1 bag shredded lettuce
- 2 medium carrots
- 2 in fresh ginger
- 8 green onions
- 1 bunch cilantro
- 1 box golden raisins
- 1 package dried figs*

Seasonings

- 1 packet taco seasoning
- 2 Tbsp curry powder
- 1 tsp turmeric
- Salt
- Black Pepper
- oregano
- red chili pepper flakes
- 2-3 Tbsp. blackening powder