

# Sustaining THE Powers

## Meal Plan Monday Week #5 Shopping List

**Monday:** my [Black Bean Burgers](#)

**Tuesday:** [Hash Brown Egg Nests With Avocado](#) by A Zesty Bite

**Wednesday:** my [Tex-Mex Chicken Chili](#)

**Thursday:** [Chickpea Stuffed Eggplant With Couscous And Tahini Sauce](#) from [Dishing Up The Dirt](#)

**Friday:** Pizza Night with [Perfect Pizza Dough](#) and leftover **Chicken Chili**

**Saturday:** Eat Out

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

### Pantry Staples/Baking

- olive oil
- 1/4 cup flour
- 850g (5-6 cups) all-purpose flour or bread flour
- ¼ c sugar
- 2 envelopes fast-rising yeast
- ½ cup Italian or garlic breadcrumbs

### Bread/Chips

- Burger buns\*

### Canned Goods

- 4 15oz cans black beans
- 1 6.5oz can sliced mushrooms
- 1 box (4 cups) chicken broth
- 1 (21 ounce) jar black bean and corn salsa
- 2 (11 ounce) cans Mexican-style corn
- 1 15 oz can chickpeas
- 1 jar tahini
- 1 jar pizza sauce
- 1 jar sliced pickles\*

### Dairy/Eggs

- Sliced cheese\*
- 8 medium eggs
- 1 cup Cheddar cheese, shredded

### Frozen Foods

- 15 oz. frozen shredded hash browns

### Grains/Pasta/Nuts

- 1/4 cup oats
- 1 cup couscous

### Meat

- 2 slices cooked bacon
- 2lbs (4-6) skinless, boneless chicken breasts

### Produce

- 2 yellow onions
- 1 bunch parsley
- 2 avocados
- 2 medium-sized Italian eggplants
- 4 cloves of garlic
- 1 cup cherry tomatoes
- lemon juice
- 1 tomato\*
- lettuce or spinach\*

### Seasonings

- 3 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp seasoned salt
- 1/2 tsp powdered ranch dressing mix
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- crushed red pepper flakes

\*optional black bean burger toppings