

# Sustaining THE Powers

## Meal Plan Monday Week #6 Shopping List

<b>Monday:</b> <a href="#">Stir-fried Rice with Vegetables and Cashews</a> from Green Valley Kitchen
<b>Tuesday:</b> <a href="#">Honey-lime Sweet Potato Black Bean Tacos</a> from Cooking Classy
<b>Wednesday:</b> <a href="#">Apricot Orange Slow Cooker Chicken</a> by Mom on Timeout
<b>Thursday:</b> <a href="#">BLT Wraps</a> from Center Cut Cook
<b>Friday:</b> Pizza Night with <a href="#">Perfect Pizza Dough</a> with leftover bacon and sweet potato
<b>Saturday:</b> Eat Out & my <a href="#">Lemon Curd Crème Brûlée</a> for dessert
<b>Sunday:</b> Y.O.Y.O (You're on your own – leftovers, etc.)

### Pantry Staples/Baking

- ☐ olive oil
- ☐ 2 tbs light soy sauce
- ☐ 3 Tbsp honey
- ☐ 2 ½ tsp. vanilla extract
- ☐ 850g (5-6 cups) all-purpose flour or bread flour
- ☐ 2 c sugar
- ☐ 2 envelopes fast-rising yeast
- ☐ ½ cup Italian or garlic breadcrumbs

### Bread/Chips

- ☐ 1 package corn tortillas
- ☐ 1 package burrito-sized tortillas

### Canned Goods

- ☐ 1 (15oz) can black beans
- ☐ 1 jar apricot preserves
- ☐ 1 tablespoon mayo
- ☐ 1 tablespoon dijon mustard
- ☐ 1 jar pizza sauce
- ☐ 1 jar lemon curd

### Dairy/Eggs/Juice

- ☐ 6 large eggs
- ☐ 1 cup orange juice
- ☐ 3 ounces cream cheese
- ☐ 2 cups shredded mozzarella cheese
- ☐ 1 quart (2 pints) heavy cream (or heavy whipping cream)
- ☐ cotija cheese\*

### Frozen Foods

- ☐ 1 cup frozen yellow corn

### Grains/Pasta/Nuts

- ☐ 2 to 3 cups of cold, cooked basmati rice
- ☐ ½ cup of halved cashews

### Meat

- ☐ 4 boneless skinless chicken breasts
- ☐ 10 slices bacon, cooked and crumbled

### Produce

- ☐ 8 white mushrooms
- ☐ 1 small red bell pepper
- ☐ 4 thin scallions
- ☐ 12 snow peas
- ☐ 2 baby bok choy
- ☐ 3 cloves of garlic
- ☐ 1 1/2 lbs sweet potatoes
- ☐ 1 small yellow onion
- ☐ 3 Tbsp lime juice
- ☐ 1 bunch fresh cilantro
- ☐ 1 cup grape tomatoes
- ☐ 2 cups shredded lettuce
- ☐ 2 avocados\*
- ☐ 1 purple cabbage\*

### Seasonings

- ☐ 1 envelope onion soup mix
- ☐ 3 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1 tsp cumin
- ☐ 1 tsp paprika
- ☐ 1/4 tsp ground coriander
- ☐ 1/8 - 1/4 tsp cayenne pepper
- ☐ Salt and freshly ground black pepper

\*optional for sweet potato tacos