

Sustaining THE Powers

Meal Plan Monday Week #7 Shopping List

Monday: [My Bean and Cheese Pupas](#)

Tuesday: [Taco Stuffed Zucchini Boats from Skinny Taste](#)

Wednesday: [My Slow Cooker Butternut Squash Risotto](#)

Thursday: [Brussels Sprouts Slaw with Cabbage, Carrots and Peanut Sauce from Simplicity Relished](#)

Friday: Pizza Night with this [Low Carb Crustless Pizza](#) from Food Faith Fitness

Saturday: Eat Out

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

Pantry Staples/Baking

- olive oil
- Vegetable oil
- 1 tbsp soy sauce
- 2 tbsp honey
- 1 tbsp brown rice vinegar

Canned Goods

- 1 jar salsa
- 1 (4oz) can tomato sauce
- ½ cup peanut butter
- 1 can refried beans
- 1 jar pizza sauce
- 7 cups vegetable or chicken broth

Dairy/Eggs/Juice

- ½ cup Mexican blend shredded cheese
- 2 cup shredded mozzarella cheese
- 8 eggs/1 cup of liquid egg whites
- 1 cup grated parmesan cheese

Grains/Pasta/Nuts

- 1 small package Maseca instant corn masa mix
- 2 cups arborio (risotto) rice
- 1/2 cup chopped almonds or other nuts**

Meat

- 1lb ground turkey
- 1 cup shredded chicken**

Produce

- 4 medium (32 ounces) zucchinis
- 1 small onion
- 1 bell pepper
- 1 bunch cilantro*
- 1 head red or purple cabbage
- ½ lb brussels sprouts
- 2 clementine oranges
- 2 large carrots
- 4 cups or 2lbs peeled butternut squash
- 6 medium leeks
- 1 clove garlic
- 1 cup chopped fresh basil
- 1 cup edamame**
- 1 avocado**
- Favorite pizza toppings***

Seasonings

- Salt and freshly ground black pepper
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp kosher salt
- 1 tsp chili powder
- 1 tsp paprika
- ½ tsp oregano
- 1 tbsp red pepper flakes
- 1/2 tsp dried sage
- 1 tsp dried thyme

*optional for zucchini boats

**optional for brussels sprout salad

***for pizza