

Sustaining THE Powers

Meal Plan Monday Week #8 Shopping List

Monday: [Bacon and Chive Cornbread Waffles](#) with a side of my [Oven-baked Eggs](#)

Tuesday: [Turkey, Cheddar and Apple Hand Pies](#) from the Etsy Blog

Wednesday: my [Skinny Slow Cooker Chicken Tikka Masala](#)

Thursday: [Chickpea Tacos with Avocado Cream](#) from Amuse Your Bouche

Friday: [Perfect Oven-Baked Potatoes](#) from I Wash You Dry and a toppings bar

Saturday: Eat Out

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

Pantry Staples/Baking

- olive oil
- Vegetable oil
- 2/3 cup white flour (or gluten-free)*
- 1/2 cup yellow cornmeal*
- 3 Tbsp granulated sugar*
- 1 Tbsp baking powder*
- *(1 box of Jiffy corn muffin mix may be substituted for the flour, cornmeal, sugar, baking powder, and salt.)
- 2 Tbsp cornstarch

Bread/Tortillas

- 8 mini flour or corn tortillas
- 1 lb whole wheat pizza dough (refrigerated or homemade)

Canned Goods

- 2 (15oz) cans chickpeas
- 2 (15oz) cans diced new potatoes
- 1 can coconut milk (not lite)

Dairy/Eggs/Juice

- 2 cups plain greek yogurt
- 1 Tbsp unsalted butter
- 1.5 cups shredded sharp cheddar
- 13 eggs (fewer if you make a half batch of baked eggs)
- 3/4 cup milk (or non-dairy milk)

Grains/Pasta/Nuts

- 4 cups cooked, steamed rice

Meat

- 1 cup roasted and diced turkey
- 1/4 cup crumbled bacon
- 4 boneless, skinless chicken breasts

Produce

- 4-6 large baking potatoes (similar in size)
- 2 medium tomatoes
- 1 bunch cilantro
- 2 ripe avocados
- 5 cloves garlic
- Lemon juice
- 1 cup baby spinach leaves
- 1 medium apple
- 2 medium yellow onion
- 2 inches fresh ginger

Seasonings

- Salt and freshly ground black pepper
- kosher salt
- 2 Tbsp smoked paprika
- 1 tbsp fresh thyme (1 subbed dried)
- 1 tbsp fresh sage (1 subbed dried)
- 2 Tbsp dried chives (4 tbsp fresh)
- 2 tablespoons Garam Masala
- 1 tablespoon cumin
- 3/4 teaspoon cinnamon
- 1 teaspoon cayenne pepper
- 1 tsp coriander
- 2 bay leaves

Other/Optional

- Your favorite baked potato toppings
- Your favorite omelet/baked egg toppings