

Sustaining THE Powers

Meal Plan Monday Week #9 Shopping List

Monday: [My Slow Cooker Pulled Pork Sliders](#)

Tuesday: [Caramelized Onion, Mushroom and Avocado Quesadillas](#) from Maya Kitchenette

Wednesday: [My Turkey Chili](#)

Thursday: [3 Ingredient Sweet Potato Gnocchi](#) from [Simple Roots Wellness](#)

Friday: **BBQ Pizza Night with my [Perfect Pizza Dough](#) and leftover pulled pork**

Saturday: Eat Out

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

Pantry Staples/Baking

- olive oil
- 1 tablespoon brown sugar
- ½ cup honey
- ¾ cup apple cider vinegar
- 2 Tablespoons white sugar
- 2 tablespoons cornstarch
- 1 cup arrowroot powder (Bob's Red Mill brand is good- find at a health food store if not at grocery)
- ½ cup potato starch (see note above)
- 850g (5-6 cups) all-purpose flour or bread flour
- 1 ½ Tablespoons fast rising yeast (2 envelopes)
- ½ cup Italian or garlic breadcrumbs or cornmeal

Bread/Tortillas

- 2 large flour tortillas
- 24 Kings Hawaiian Rolls

Canned Goods

- 1 bottle of your favorite BBQ sauce
- 1 jar mayonnaise
- 1 14 oz. can diced tomatoes
- 1 8oz can hunts tomato sauce
- 1 can chipotle peppers in adobo sauce
- 1 15oz can kidney beans
- 1 15 oz can pinto beans
- 1 15 oz. can navy beans
- 1 box vegetable stock

Dairy

- 2.5 cups shredded cheddar cheese

Meat

- 3 to 4 lbs pork shoulder (aka pork butt)
- 1lb ground turkey or very lean beef

Produce

- 3 medium yellow onions
- 1 medium white onion
- 1 avocado
- 4 clove garlic
- 8 fresh button mushroom
- 6 cherry tomatoes
- 2 (15oz) bags coleslaw mix
- 1 medium carrot
- 2 celery stalks
- 3 medium sweet potatoes (~1.25 lbs)

Seasonings

- Salt and freshly ground black pepper
- kosher salt
- 3 Tablespoons smoked paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- ½ teaspoon dried thyme
- 1 teaspoon onion powder
- 2 beef bouillon cubes
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon unsweetened cocoa
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1 teaspoon ground cinnamon