

Sustaining THE Powers

Meal Plan Monday Week #14 Shopping List

Monday: [Cashew Coconut Crusted Chicken Tenders with Mango Honey Dip](#) from [Carlsbad Cravings](#)

Tuesday: [Avocado Hummus Taquitos](#) from [The Wholesome Dish](#)

Wednesday: My [Crock-Pot Corn Chowder with Parmesan Rind and Pancetta](#)

Thursday: [One Pot Thai Quinoa Bowl With Chicken and Spicy Peanut Sauce](#) from [The Housewife In Training Files](#)

Friday: My [Simplified Turkey Muffaletta](#)

Saturday: Eat Out

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

Pantry Staples/Baking

- 8 tablespoons olive oil
- 3/4 cup flour
- 1/2 cup sweetened coconut flakes
- 1 cup panko bread crumbs
- 1 tablespoon brown sugar
- 1/4 cup honey
- 1-2 tablespoons cider vinegar

Frozen Foods

- 2 cups frozen edamame
- 2 cups fresh or frozen shredded hash brown potatoes

Bread/Grains/ Pasta

- 1 cup toasted cashews
- 1 cup uncooked quinoa
- 1/2 cup chopped peanuts
- 8 (6 inch) flour tortillas
- 1 10" loaf of my Shallot and Green Olive Focaccia, muffuletta bread, or store-bought focaccia.

Canned Goods/ Sauces

- 2 1/2 cups chicken stock
- 1 jar peanut sauce (see chicken recipe to make your own gf if you prefer)
- 1 cup plain hummus
- 1 can (15.25 oz) of whole-kernel sweet corn
- 1 can (15.25 oz) cream-style corn
- 1 can (10 3/4 oz) cream of mushroom soup
- 1 jar olive salad or tapenade

Dairy/eggs

- 2 eggs
- 1/2 cup shredded pepper jack/Mexican cheese
- 3 Tbsp butter

- 4-6 inches Parmesan cheese rind (at your local deli or cheese counter)
- 2 1/2 cups half & half
- 8 slices provolone cheese

Meat

- 12 chicken tenders (just over 2 pounds)
- 4 cups chopped chicken
- 1 cup diced, cooked ham
- 4oz diced pancetta
- 1 lb sliced deli turkey

Produce

- 3 tablespoons lime juice
- 2 mangos
- 8 cloves garlic
- 3 green onions
- 1 small red onion
- 2 bunches broccoli
- 1 red cabbage (or 2 cups shredded)
- 2 cups julienned/shredded carrots
- 1 bunch cilantro
- 2 medium avocados
- 1 medium onion

Seasonings

- Salt and pepper
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1.5 teaspoon ground cumin powder
- 1/4 - 1/2 teaspoon cayenne pepper
- 1-2 teaspoons red chili flakes
- 2 tsp ground ginger
- 1/2 tsp rubbed sage
- parsley flakes