

Sustaining THE Powers

Meal Plan Monday Week #15 Shopping List

Monday: My [Sweet Corn and Green Chile Tamale Pie](#)

Tuesday: [Breakfast quesadillas with smashed avocado, eggs and spinach](#) from [The Perfect Pantry](#)

Wednesday: A baked potato bar with [Slow Cooker Baked Potatoes](#) from [The Yummy Life](#)

Thursday: [Chinese Chicken Spaghetti](#) from [Melanie Makes](#)

Friday: Pizza Night! with this easy [Caprese Pizza](#) from [Two Peas and Their Pod](#)

Saturday: Eat Out

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

Pantry Staples/Baking/Sauces

- olive oil
- 3 cups (1 lb) masa harina para tamales
- 6oz lard or Crisco
- 2 teaspoons baking powder
- 1 tablespoon cornstarch
- ¼ cup soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon canola oil
- A few shakes of hot sauce

Bread/Grains/ Pasta

- 1 recipe [homemade pizza dough](#) or store bought pizza dough
- 12 ounces spaghetti
- 4 large (8- or 10-inch) whole wheat tortillas

Canned Goods

- 3 cups chicken stock
- 1 (7oz) can diced green chiles
- 1 (7oz) can sweet creamed corn
- DeLallo's Balsamic Glaze
- 1/2 cup salsa

Dairy

- 8oz Meunster Cheese
- 8 oz fresh mozzarella, sliced
- 4 hard-boiled eggs
- 2 cups shredded cheese

Meat

- 2 pounds boneless, skinless chicken breasts

Produce

- 2 large ripe tomatoes
- Handful fresh basil
- 2 cups snow peas
- 2 cups shredded carrots
- 1 bunch green onions
- 4-6 Russet, Yukon Gold, or sweet potatoes (however many fit in your slow cooker)
- 4 ripe avocados
- 2 cups fresh baby spinach or kale

Seasonings

- Kosher salt and freshly ground black pepper
- 1 teaspoon ground ginger
- 1 teaspoon crushed red pepper flakes
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Optional:

- Your favorite baked potato bar toppings. (Sour cream, chives, bacon, broccoli, cheese, butter, chicken, etc)