

Sustaining THE Powers

Meal Plan Monday Week #16 Shopping List

Monday: My [Chia Seed Onigiri \(Japanese Rice Balls\)](#)

Tuesday: [My Jicama Strawberry Summer Salad](#)

Wednesday: [Slow Cooker Frittata with Broccoli, Ham, and Swiss](#) from Kalyn's Kitchen

Thursday: [Sweet Potato Enchiladas Skillet Casserole](#) from This Gal Cooks

Friday: [Rosemary Buttermilk Ranch Chicken Skewers](#) from Mom on Time Out with a side of my [Mexican Corn Salad](#)

Saturday: Eat Out

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

Pantry Staples/Baking/Sauces

- ☐ olive oil
- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon sugar
- ☐ 2 Tbls Worcestershire sauce
- ☐ 1 Tablespoon mayonnaise

Bread/Grains/ Pasta/Nuts/Bulk Bins

- ☐ 1 cup uncooked sticky rice (sometimes called sushi rice or glutinous rice - found in the Asian foods section)
- ☐ 3 tablespoons chia seeds
- ☐ 2 Tablespoons sliced, toasted almonds
- ☐ 1 C arborio rice with Jalapeño

Canned Goods

- ☐ 1 can tuna (or your favorite rice ball filling)
- ☐ 1 small (10 oz) can mandarin oranges
- ☐ 1 15oz can of black beans
- ☐ 1 4oz can of diced green chilis
- ☐ 1 small can chipotle peppers in adobo sauce
- ☐ 1 14.5oz can of spicy red pepper diced tomatoes
- ☐ 1 10oz can mild green chili enchilada sauce
- ☐ 1 10oz can red enchilada sauce

Dairy

- ☐ 1 bottle poppy-seed dressing
- ☐ 2 oz reduced fat cream cheese
- ☐ 1 C shredded Mexican blend cheese
- ☐ 6 oz. block low-fat Swiss cheese
- ☐ 2 Tablespoon plain Greek yogurt or sour cream
- ☐ 1/2 cup shredded Parmesan cheese

- ☐ 12 eggs
- ☐ 1 cup buttermilk

Meat

- ☐ 1-2 chicken breasts, grilled and sliced (or use the pre-cooked frozen chicken breasts)
- ☐ 6 oz. lean sliced deli ham
- ☐ 2 lbs boneless skinless chicken breast or tenders

Produce

- ☐ 1 pound mixed salad greens
- ☐ 1/4 pound jicama
- ☐ 1/2 pound fresh strawberries
- ☐ 2 medium sweet potatoes
- ☐ 2 small red chili peppers
- ☐ 1 medium zucchini
- ☐ 3 cups broccoli florets
- ☐ 2 sprigs of Rosemary
- ☐ 6 ears of corn (or 4.5 cups canned or frozen corn)
- ☐ 1 jalapeno
- ☐ 1/2 cup cilantro
- ☐ Juice from 1 lime (2 Tbsp)
- ☐ ½ C frozen sweet corn

Seasonings

- ☐ Salt and Pepper
- ☐ 1 oz Hidden Valley Ranch dressing mix
- ☐ 1 teaspoon chili powder
- ☐ 1/8 teaspoon garlic powder

Other

- ☐ 2-3 sheets of nori for sushi (roasted seaweed sheets usually found in the asian foods section)