

Sustaining THE Powers

Meal Plan Monday Week #21 Shopping List

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

Tuesday: [Fruit and Spinach Salad with Strawberry Vinaigrette](#) from [Natasha's Kitchen](#)

Wednesday: Eat Out.

Thursday: [Pulled Pork and Caramelized Onion Quesadillas](#) with leftover pulled pork from [The Novice Chef](#)

Friday: Pizza Night! [White Pizza](#) from [Table for Two](#)

Saturday: [Shrimp and Avocado Salad with Miso Dressing](#) from [Pinch of Yum](#)

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

Pantry Staples/Baking/Sauces

- ☐ 2 cups olive oil
- ☐ ¾ cup honey
- ☐ 1/2 cup apple cider vinegar
- ☐ 1 1/4 cups mayonnaise
- ☐ 1 tablespoon brown sugar
- ☐ 2 Tablespoons white sugar
- ☐ ¼ cup red wine vinegar
- ☐ 2 tablespoons agave nectar

Asian Foods

- ☐ 1½ tablespoons white miso (it's like a paste - you can buy it at many regular grocery stores)

Bread/Grains/ Pasta/Nuts/Bulk Bins

- ☐ 24 Kings Hawaiian Rolls
- ☐ 2 Tbsp pumpkin seeds
- ☐ ¼ cup chopped peanuts
- ☐ 1 lb fresh pizza dough
- ☐ 8 small tortillas

Canned Goods

- ☐ 1 bottle of your Favorite BBQ sauce

Dairy

- ☐ 4 tablespoons butter
- ☐ 2 cups shredded mozzarella cheese
- ☐ 2 cups shredded pepperjack cheese

Meat

- ☐ 3 to 4 lbs pork shoulder (aka pork butt)
- ☐ ½ pound raw shrimp
- ☐ 2 cups (cooked) pulled pork (if not using the leftovers from the sliders)

Produce

- ☐ 2 medium onion
- ☐ 2 (15oz) bag coleslaw mix (sometimes called shredded cabbage and carrots and usually found with the bagged salads)
- ☐ 1 apple
- ☐ 1 pear
- ☐ 1 lb strawberries
- ☐ 1 lb (16 oz) Spinach Leaves
- ☐ 3 tablespoons minced garlic
- ☐ 2 small avocados
- ☐ 1 cucumber
- ☐ 1 bunch cilantro
- ☐ 1 1-inch piece of fresh ginger
- ☐ 3 tablespoons lime juice

Seasonings

- ☐ Salt and Pepper
- ☐ 3 Tablespoons smoked paprika
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon garlic powder
- ☐ ½ teaspoon dried thyme
- ☐ ½ tsp poppy seeds
- ☐ 1 teaspoon onion powder
- ☐ ½ teaspoon chili powder
- ☐ ¼ teaspoon cayenne
- ☐ ½ teaspoon Italian seasoning