

Sustaining THE Powers

Meal Plan Monday Week #22 Shopping List

Monday: [Cheesy Chicken with Spinach, Zucchini and Squash](#) from [Home and Plate](#)

Tuesday: [Six Layer Baked Taco Cups](#) from [Averie Cooks](#)

Wednesday: [Pomegranate, Pear, Pistachio Salad with Creamy Pomegranate Dressing](#) from [Carlsbad Cravings](#)

Thursday: [My Slow Cooker Tex-Mex Chicken Chili](#)

Friday: [Pepperoni Pizza Braid](#) from [Girl Versus Dough](#)

Saturday: Eat Out.

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

Pantry Staples/Baking

- ☐ olive oil
- ☐ 1/2 cup panko bread crumbs
- ☐ 2 tablespoons flour
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1/2 teaspoon Worcestershire sauce

Bread/Grains/ Pasta/Nuts/Bulk Bins

- ☐ six 5-inch corn tortillas
- ☐ 1/3 cup roasted and salted pistachios
- ☐ 1/3 cup roasted and salted pepitas or sunflower seeds

Canned Goods/Sauces

- ☐ 1 (15-ounce) can black beans
- ☐ 1 (3.8-ounce) can sliced black olives (optional)
- ☐ 1 (4-ounce) can sliced jalapeno peppers (optional)
- ☐ 1 jar salsa
- ☐ 1/4 cup Sweet Red Chili Sauce (found in Asian section)
- ☐ 2 tablespoons mayonnaise
- ☐ 4 cups chicken broth
- ☐ 1 (21 ounce) jar Wal-Mart black bean and corn salsa (or your favorite kind)
- ☐ 2 (11 ounce) cans Mexican-style corn
- ☐ 2 (15 ounce) cans black beans
- ☐ 1 jar pizza sauce

Dairy/Fridge

- ☐ 3 tablespoons butter
- ☐ 1.5 cups milk
- ☐ 2.5 cups shredded cheddar cheese
- ☐ 2 cup shredded Mexican blend cheese

Dairy (cont'd)

- ☐ 1 small container sour cream
- ☐ 1/2 cup Feta cheese
- ☐ 1 (5.3 oz.) Greek Yogurt with Cherry Pomegranate
- ☐ 2 tablespoons pomegranate juice
- ☐ 1 can Pillsbury™ refrigerated classic pizza crust

Meat

- ☐ 8 boneless, skinless chicken breasts
- ☐ 2/3 cup pepperoni slices

Produce

- ☐ 1 cup baby spinach
- ☐ 1/2 cup squash
- ☐ 1/2 cup zucchini
- ☐ 1 medium ripe tomato
- ☐ 1 medium ripe avocado
- ☐ 1 large head romaine lettuce,
- ☐ 1 sweet apple (I like Fuji)
- ☐ 1 pear
- ☐ 1 small cucumber
- ☐ 1 small red bell pepper
- ☐ 1 red onion
- ☐ 1/3 cup pomegranate arils/seeds
- ☐ 1 tablespoon lemon juice

Seasonings

- ☐ Salt and Pepper
- ☐ 2 tsp cumin
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon chili powder