

# Sustaining THE Powers

## Meal Plan Monday Week #23 Shopping List

**Monday:** [My Greek Zucchini Noodles with Feta, Olives, Artichokes and Tomatoes](#)

**Tuesday:** [Sriracha Ranch Chicken Salad from the Weary Chef](#)

**Wednesday:** [Turkey & Ricotta Spaghetti Squash Crustless Quiche from A Savory Feast](#)

**Thursday:** [Paleo Thai Mint Chicken Stir Fry from Sweet C Designs \(I doubled this recipe\)](#)

**Friday:** [Prosciutto and Arugula Pizza from The Kitchn](#)

**Saturday:** Eat Out.

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

### Pantry Staples/Baking

- olive oil
- 2 tsp coconut aminos

### Canned Goods/Sauces

- 1 15oz can diced tomatoes
- 1 cup artichoke hearts, diced
- 1 cup black olives, sliced
- 1/4 cup low-fat mayonnaise
- 1/4 cup low-fat Ranch dressing
- 1 teaspoon sriracha hot sauce
- 1 jar pizza sauce

### Dairy/Fridge

- 1 cup crumbled feta cheese
- 3/4 cup grated mozzarella cheese
- 1/3 cup milk
- 1/2 cup ricotta cheese
- 5 Eggs
- 1 ball pizza dough

### Meat

- 1 cup rotisserie chicken or turkey (optional for zucchini noodles)
- 2.5 pounds boneless, skinless chicken breasts
- 4 slices prosciutto
- 1 pound of ground turkey

### Produce

- 1 lb (about 2 medium) zucchini squash
- 1 lb (about 2 medium) yellow squash
- 2 green onions
- 1 cup grape tomatoes
- A couple handfuls arugula
- 2 red bell peppers
- 2 spaghetti squash
- 1 bunch fresh mint
- 2 tablespoons diced garlic
- 6-8 pieces of asparagus

### Seasonings

- Salt and Pepper
- 2 teaspoons Cajun seasoning
- 2 tsp red pepper flakes
- 1 tsp onion powder
- 1 tsp garlic powder