

Sustaining THE Powers

Meal Plan Monday Week #24 Shopping List

Monday: [Edamame Pesto](#) from Framed Cooks (I doubled this recipe)

Tuesday: [Grilled Fish Tacos with Lime Cabbage Slaw](#) by Cooking Classy

Wednesday: [Smoky Barbecue Sweet Potato Chickpea Burgers with Fat-Free Barbecue Sauce](#) by Vegan 8 (I used store-bought bbq sauce)

Thursday: [Chicken Breast Stuffed with Fresh Spinach, Feta & Roasted Peppers](#) by How Does Your Garden Grow

Friday: Pizza Night! [Turkey Zucchini Pizza Lasagna](#) from Food Faith Fitness

Saturday: Eat Out.

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

Pantry Staples/Baking

- olive oil
- ¼ cup coarse medium-grind cornmeal (not corn flour)
- 3 Tbsp canola oil

Frozen

- 2 cups shelled edamame (you can find it in bags in the freezer section)

Canned Goods/Sauces

- 1 12 oz. jar of roasted red peppers
- 1 15oz can chickpeas or garbanzo beans
- ½ cup + 2 tablespoons smoky barbecue sauce
- 1 14 oz Jar of pizza sauce
- 1 small can sliced olives

Bread/Pasta/Grains/Nuts

- 6 hamburger buns
- 6 corn or flour tortillas
- 16 oz of your favorite pasta

Dairy/Fridge

- 1 cup crumbled feta cheese
- Sour cream, cotija cheese, hot sauce or salsa**
- 1 15 oz Container of light or fat-free ricotta cheese
- 1 Large egg
- 8 oz Light Mozzarella cheese, grated
- 1.5 cups Parmesan Cheese

Meat

- 4 Chicken Breasts
- 1 lb Tilapia, cod or mahi mahi fillets
- 1 lb Ground 99% fat-free Turkey
- 2 Cups Turkey Pepperoni slices

Produce

- 1 lb. Fresh Spinach
- 9 cloves of garlic
- 1/2 lb sweet potatoes
- 2 avocados*
- lettuce*
- tomatoes*
- 3 Tbsp fresh lime juice
- 1/2 small red cabbage
- 1/4 cup cilantro
- 1/2 small red onion
- 3 Large zucchinis
- 1 small white onion
- 1 green pepper

Seasonings

- Salt and Pepper
- 1 teaspoon garlic powder
- 2 1/2 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/8 tsp cayenne pepper

*optional toppings for chickpea burgers

**optional toppings for fish tacos