

Sustaining THE Powers

Meal Plan Monday Week #25 Shopping List

Monday: [Mustard Lime Chicken](#) from [Stir it Up](#) ith [Oven Baked Sweet Potato Fries](#) from [Nom Nom Paleo](#)

Tuesday: [Avocado, Tomato & Habanero Monterey Jack Grilled Cheese](#) from [Joyful Homemaking](#)

Wednesday: [Crock-Pot Sweet and Sour Chicken](#) by [My Big Fat Happy Life](#)

Thursday: [Baked Salmon with Garlic and Dijon](#) from [Natasha's Kitchen](#)

Friday: [BBQ Chicken & Pineapple Quesadillas](#) from [Simply Stacie](#)

Saturday: Eat Out.

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

Pantry Staples/Baking

- ☐ olive oil
- ☐ 1/3 cup flour
- ☐ 3/4 cup white sugar
- ☐ 1/2 cup apple cider vinegar
- ☐ 2 tablespoons of coconut oil
- ☐ 1 tsp honey
- ☐ 1/4 cup almond meal

Canned Goods/Sauces

- ☐ 4 Tablespoons ketchup
- ☐ 1/2 cup Dijon mustard
- ☐ 1 1/4 cups sweet and spicy BBQ sauce
- ☐ 1 can sliced pineapple
- ☐ 1 Tablespoons soy sauce

Bread/Pasta/Grains/Nuts

- ☐ 8 slices sourdough bread
- ☐ 5 medium size whole wheat flour tortillas

Dairy/Fridge

- ☐ 4 slices of Habanero Monterey Jack cheese
- ☐ 2 Tablespoons butter
- ☐ 1 cup shredded cheddar cheese

Meat

- ☐ 9 boneless, skinless chicken breasts
- ☐ 1 1/2 lbs salmon fillets

Produce

- ☐ 4 small garlic cloves
- ☐ 2 Tbsp parsley
- ☐ 3 Tbsp of fresh lemon juice
- ☐ 1 lemon
- ☐ 1 avocado
- ☐ 1 tomato
- ☐ 1 yellow onion
- ☐ cilantro (optional for quesadillas)
- ☐ 2 large garnet yams (aka sweet potatoes)
- ☐ 2 limes

Seasonings

- ☐ Salt and Pepper
- ☐ 1/2 teaspoon cumin
- ☐ 1 tsp Smoked paprika
- ☐ 1 tsp sea salt