

Sustaining THE Powers

Meal Plan Monday Week #27 Shopping List

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

Tuesday: [Cajun Shrimp Tacos with Mango Salsa](#) from Jo Cooks

Wednesday: [All Purpose Lemon Basil Marinated Chicken](#) by Carlsbad Cravings

Thursday: [Bruschetta Pork Kabobs](#) from Thyme for Cocktails

Friday: Pizza Night! Quick [Skillet Tortilla Pizzas](#) from Simply Recipes

Saturday: Eat Out.

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

Pantry Staples/Baking

- ☐ olive oil
- ☐ 1/3 cup basil infused olive oil
- ☐ 1/2 cup balsamic vinegar

Canned Goods/Sauces

- ☐ 1 15oz can diced tomatoes
- ☐ 1 cup artichoke hearts, diced
- ☐ 1 4.5oz can sliced black olives
- ☐ 1 jar pizza sauce

Bread/Pasta/Grains/Nuts

- ☐ 4 Flour tortillas (about 8-inches diameter)
- ☐ 8 6" corn tortillas
- ☐ 1 lb spaghetti or your favorite pasta or salad to go with lemon basil chicken

Dairy/Fridge

- ☐ 1 cup crumbled feta cheese
- ☐ 1 cup mozzarella cheese
- ☐ 1 tbsp butter

Meat

- ☐ 1 cup rotisserie chicken or turkey (optional to add more protein to zucchini noodles)
- ☐ 2 pounds pork loin roast
- ☐ 1 lb large shrimp, shells removed
- ☐ 1 pound boneless, skinless chicken breasts (2-3 chicken breasts)

Produce

- ☐ 1 lb (about 2 medium) zucchini squash
- ☐ 1 lb (about 2 medium) yellow squash
- ☐ 1 large bunch fresh basil leaves
- ☐ Optional additional toppings for skillet pizzas
- ☐ 2-3 cloves garlic
- ☐ 1 pint + 1 cup cherry tomatoes
- ☐ 1 medium red onion
- ☐ 2 lemons
- ☐ 1 mango
- ☐ 1 lime
- ☐ 4 green onions
- ☐ 1 jalapeno
- ☐ 1/2 cup cilantro
- ☐ 1 cup coleslaw mix shredded cabbage

Seasonings

- ☐ Salt and Pepper
- ☐ 1/2 tablespoon dried Italian seasoning
- ☐ 2 tbsp cajun seasoning
- ☐ 1 teaspoon dry basil
- ☐ 1 teaspoon garlic powder
- ☐ 1/2 teaspoon onion powder
- ☐ 1/4 teaspoon oregano
- ☐ 1/4 teaspoon ground mustard
- ☐ dash of red pepper flakes

Other

- ☐ 8-12 bamboo skewers