

Sustaining THE Powers

Meal Plan Monday Week #28 Shopping List

Monday: [Balsamic & Goat Cheese Chicken Sandwich](#) from [Garnish & Glaze](#)

Tuesday: [Delicious Turkey Stuffed Eggplant](#) from [Living Sweet Moments](#)

Wednesday: [Farmers Market Roasted Vegetable Sandwich with Skinny Pesto](#) from [The Housewife in Training Files](#)

Thursday: [Sweet Potato & Chicken Quinoa Salad with Feta](#) from [A Savory Feast](#)

Friday: [Pizza Night! Eggplant Parmesan Caprese Skillet Pizza](#) from [The Crumby Cupcake](#)

Saturday: Eat Out.

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

Pantry Staples/Baking

- olive oil
- 2 tablespoons coconut oil
- ¼ cup bread crumbs

Canned Goods/Sauces

- 1½ Cups of Pureed Tomatoes
- 1 1/4 cup balsamic vinegar
- 1 cup marinara sauce

Bread/Pasta/Grains/Nuts

- 1 cup quinoa
- 8 slices whole grain bread
- 4 pretzel buns
- ½-3/4 pound of fresh pizza dough

Dairy/Fridge

- 1/2 cup feta cheese
- 4 slices Provolone Cheese
- 1 cup Shredded Parmesan Cheese
- 1.5 Cups of shredded Mozzarella Cheese
- 6 ounces sliced mozzarella cheese
- 8 tablespoons goat cheese
- 1 egg

Meat

- 1 pound boneless skinless chicken
- 1 Lb. of Ground Turkey Breast
- 4 (5 ounce) boneless skinless chicken breasts

Produce

- 1 large sweet potato
- 2 medium onions
- 2 cups spinach
- 2 large portobello mushrooms
- 1 roasted red pepper
- 8 green bean stalks or asparagus stalks
- 1 cup packed basil
- 3 cloves garlic
- 5 Small to Medium Eggplants
- 1 Red Pepper
- 8 oz Mushrooms
- 1 cup spring mix lettuce
- 1 small red onion
- 4 tomatoes
- Handful Fresh baby spinach

Seasonings

- Salt and Pepper
- 1 Tablespoon of Dried Oregano
- Italian seasoning