

Sustaining THE Powers

Meal Plan Monday Week #29 Shopping List

Monday: [Leek and Mushroom Skillet Frittata](#) from [Natasha Red](#)

Tuesday: [Slow Cooker Tacos Al Pastor](#) from [Gimme Some Oven](#)

Wednesday: [Nonna's Sauce over Spaghetti Squash](#) from [Flowers in my Hair](#)

Thursday: Eat Out.

Friday: Pizza Night! With [my Perfect Pizza Dough](#) and your favorite toppings.

Saturday: My [Bacon Marinated Pork Loin Stuffed with Figs, Sage, and Goat Cheese](#)

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

Pantry Staples/Baking

- olive oil
- 2 tablespoons white vinegar
- 850g (5-6 cups) all-purpose flour or bread flour
- ¼ cup sugar
- 1 ½ Tablespoons fast rising yeast (2 envelopes)
- ½ cup Italian or garlic breadcrumbs or cornmeal

Canned Goods/Sauces

- 1 small can chipotles in adobo sauce
- 1 6 oz can of Contadina tomato paste
- 1 28 oz can of Dei Fratelli tomato puree

Bread/Pasta/Grains/Nuts

- 1 package corn tortillas

Dairy/Fridge

- 6-8oz goat cheese
- 1 (12-oz.) bottle of beer

Meat

- 1 Smithfield® Applewood Topped Bacon Pork Loin Filet (at least 1.5lbs)
- 1 (5-pound) boneless pork shoulder roast (Boston butt)
- 1.5-2 lbs of ground round beef

Produce

- 3 sprigs fresh sage leaves
- 7 dried turkish figs
- 1 fresh pineapple, peeled and cored (or sub 2 cans diced pineapple)
- 1 chopped red onion
- 2 tablespoons fresh lime juice
- 1 large spaghetti squash
- 2 medium sized onions
- 5 medium cloves of garlic
- 1 bunch parsley
- Your favorite pizza toppings

Seasonings

- Salt and Pepper
- 1 Tablespoon of Dried Oregano
- 1 teaspoon ground cumin
- 3 tablespoons chili powder (not cayenne)

Other

- baking twine

* optional taco toppings: crumbled goat cheese, (extra) diced fresh pineapple, chopped fresh cilantro leaves, chopped red onions, diced avocado, thinly-sliced radishes