

Sustaining THE Powers

Meal Plan Monday Week #30 Shopping List

Monday: Breakfast for Dinner! [Baked Denver Omelet](#) from [Cooking Classy](#)

Tuesday: My [Slow Cooker Lentil Quinoa Lettuce Cups](#)

Wednesday: [Rustic Herbed Skillet Chicken and Vegetables](#) from [Plating Pixels](#)

Thursday: [Grilled Shrimp and Sausage Kabobs](#) from [Taste and Tell](#)

Friday: Pizza Night! [Thin Crust Pizza Dough](#) from [Almost Casual](#) with your fave pizza toppings

Saturday: Date Night - Eat Out.

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

Pantry Staples/Baking

- olive oil
- 1/2 tsp yeast
- 1tsp honey
- 1 1/2c flour
- 1/3 cup corn syrup
- 1/2 teaspoon maple extract
- 1/2 cup dry white wine (or vermouth)

Canned Goods/Sauces

- 1 jar pizza sauce
- 1 can (8 oz) pineapple chunks in juice
- 1/2 cup prepared barbecue sauce
- 1/4 cup ketchup
- 3 tablespoons low sodium soy sauce
- 1 tablespoon Worcestershire sauce
- 4 cups low sodium chicken or vegetable stock

Bread/Pasta/Grains/Nuts

- 1 cup beluga or brown lentils
- 1/2 cup quinoa

Dairy/Fridge

- 8 large eggs
- 1/3 cup milk
- 1 cup shredded sharp cheddar cheese
- 1/2 cup sour cream
- 1/2 cup guacamole (or some plain avocado + a dash of salt and garlic powder)

Meat

- 8 strips of bacon
- 16 large shrimp, peeled and deveined, tails removed

- 12-oz smoked sausage
- 4 chicken drumsticks (about 16-ounces total)
- 1 cup (heaping) chopped cooked ham

Produce

- Your favorite pizza toppings
- 16 fresh mushrooms
- 1 large sweet onion
- 1 large green bell pepper
- 1 tablespoon fresh lime juice
- 2 cups fresh or frozen green beans
- 2 medium red onions
- 2 cups sliced zucchini
- 2 cups cherry tomatoes
- 1 red bell pepper
- 1 yellow onion
- 1 avocado
- 1 cup shiitake or button mushrooms
- 2 cloves of garlic, minced
- 1 head butter lettuce (often found as a living head in a plastic clamshell box near the iceberg lettuce)
- 1 cup broccoli coleslaw mix (a pre-packaged blend of shredded broccoli, cabbage, and carrots found with the bagged salad)

Seasonings

- Salt and Pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground coriander
- 4 teaspoons fresh thyme
- 1/4 cup taco seasoning