

Sustaining THE Powers

Meal Plan Monday Week #31 Shopping List

Monday: [Quinoa Stuffed Bell Peppers](#) from [The Wetherils Say I Do](#)

Tuesday: [Sweet Potato and Chicken Enchiladas](#) from [The Cookie Rookie](#)

Wednesday: [Slow Cooker Orange Chicken](#) from [Faith n' Pixie Dust](#)

Thursday: [Harissa Lime Grilled Chicken Salad with Creamy Cilantro Lime Vinaigrette](#) from [Joyful Healthy Eats](#)

Friday: My [Caprese Mac and Cheese bites](#) + a side salad

Saturday: Date Night - Eat Out.

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

Pantry Staples/Baking

- olive oil
- 2 tablespoons all purpose flour
- 3 tablespoons honey
- 1 teaspoon balsamic vinegar
- 2 tablespoons of red wine vinegar

Canned Goods/Sauces

- 1/8 cup applesauce
- 3 tablespoons ketchup
- 2 (15oz) can of no salt added corn
- 1 can of Rotel tomatoes and chiles
- 2 (15oz) can black beans
- 3 tablespoons of Mina Harissa (usually found in a tube or jar on international foods aisle or somewhere like trader joes, world market, whole foods, etc)
- One can of pineapple rings
- 1 jar roasted red peppers
- 2 cups salsa verde

Bread/Pasta/Grains/Nuts

- 4 oz elbow macaroni
- 3 cups steamed rice
- 1 cup quinoa
- 12 6-inch flour or whole wheat tortillas

Dairy/Fridge

- 1 (12 oz) package refrigerated won ton wraps (I like the Nasoya brand typically found in the refrigerated section near asian foods)
- 4 oz shredded mozzarella cheese
- 1 cup milk
- 1.5 Tablespoons unsalted butter
- 2 1/2 cup of shredded Mexican cheese

- 4 tablespoons of crumbled feta cheese
- 1/4 cup of plain greek yogurt
- 2 cups frozen veggies (broccoli, stir fry mix, etc.)
- 6 ounces orange juice concentrate, frozen

Meat

- 2 lbs Boneless/Skinless Chicken Thighs
- 1 lb ground turkey meat
- 2 skinless boneless chicken breasts
- 2 cups shredded or cubed chicken, cooked

Produce

- 2 tablespoons fresh basil
- 1/2 pint rainbow (or reg.) cherry tomatoes
- 6 bell peppers (variety of colors)
- 1 large bunch cilantro
- 2 limes
- 1 lemon
- 3 avocados
- 12 oz. of fresh spring mix salad
- 1 garlic clove
- 2 sweet potatoes
- 1 red onion
- 1/2 cup diced tomatoes

Seasonings

- Salt and Pepper
- 1/8 teaspoon nutmeg
- 1 teaspoon of smoked paprika
- 1/4 teaspoon of ground cinnamon
- 1/2 teaspoon of dry cilantro
- 1/4 teaspoon of red pepper flakes
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder