

Sustaining THE Powers

Meal Plan Monday Week #33 Shopping List

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| Monday: Chicken and Asparagus Lemon Stir Fry from Skinny Taste |
| Tuesday: Spaghetti Squash Carbonara from Peace Love and Low Carb |
| Wednesday: Huevos Rancheros Casserole from A Zesty Bite |
| Thursday: Pistachio Crusted Salmon from Nom Nom Paleo |
| Friday: Chipotle Turkey Burgers with Guacamole from Domesticate Me + a batch of my Jicama Fries |
| Saturday: Date Night – Eat Out. |
| Sunday: Y.O.Y.O (You're on your own – leftovers, etc.) |

Pantry Staples/Baking

- ☐ olive oil
- ☐ 2 teaspoons cornstarch
- ☐ 1 tbsp canola or grapeseed oil

Canned Goods/Sauces

- ☐ 1 jar salsa
- ☐ 3 tablespoons Dijon-style mustard
- ☐ 1 smallest can chipotle peppers in adobo
- ☐ 1/2 cup reduced-sodium chicken broth
- ☐ 2 tablespoons reduced-sodium soy sauce

Bread/Pasta/Grains/Nuts

- ☐ 6 corn tortillas
- ☐ ½ cup shelled salted and dry roasted pistachios
- ☐ 4 sprouted grain hamburger buns, or lettuce for wraps

Dairy/Fridge

- ☐ 1 tablespoon unsalted butter
- ☐ 2 cups shredded cheddar cheese
- ☐ 8 large eggs
- ☐ ½ cup grated parmesan cheese
- ☐ ½ cup shredded parmesan

Meat

- ☐ 1 pound pork sausage (I used turkey sausage)
- ☐ 1.25 lbs salmon filets (~4 pieces) –skin on, bones removed
- ☐ 1 lb lean ground turkey breast
- ☐ 4 slices turkey bacon
- ☐ 5 oz. Pancetta or bacon– Diced
- ☐ 1 1/2 pounds skinless chicken breast

Produce

- ☐ 1 jalapeno
- ☐ 1 tablespoon chopped chives or scallions
- ☐ Your favorite side salad ingredients
- ☐ 10 garlic cloves
- ☐ 1 avocado
- ☐ 1 tbsp lime juice
- ☐ 1 red onion
- ☐ 1 small bunch cilantro
- ☐ 1 beefsteak tomato
- ☐ Bibb lettuce (for topping burgers)
- ☐ 1 Large Spaghetti Squash
- ☐ 1 small white onion
- ☐ 1 small bunch fresh parsley
- ☐ 1 bunch asparagus
- ☐ 1 tbsp fresh ginger
- ☐ 3 tablespoons fresh lemon juice
- ☐ 1 lb of jicama (1/2 large root)

Seasonings

- ☐ Salt and Pepper
- ☐ 1/2 teaspoon chili powder
- ☐ 2 teaspoons Lowry's seasoning salt
- ☐ 1 teaspoon garlic powder