

# Sustaining THE Powers

## Meal Plan Monday Week #34 Shopping List

**Monday: Baked Potato Bar with your favorite toppings!**

**Tuesday: [Honey-Lime Sweet Potato, Black Bean and Corn Tacos](#) from [Cooking Classy](#)**

**Wednesday: My [King Ranch Chicken Casserole](#)**

**Thursday: [Chicken with Creamy Sun Dried Tomato Sauce](#) from [Recipe Tin Eats](#)**

**Friday: Pizza Night! [Margherita French Bread Pizza](#) from [Gather For Bread](#)**

**Saturday: Date Night – Eat Out.**

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

### Pantry Staples/Baking

- ☐ olive oil
- ☐ ¼ cup white wine (or chicken or vegetable broth/stock)
- ☐ 3 Tbsp honey

### Canned Goods/Sauces

- ☐ 1 (10.75 ounce) can condensed cream of chicken soup
- ☐ 1 (10.75 ounce) can condensed cream of mushroom soup
- ☐ 1 cup chicken broth
- ☐ 1 (10 ounce) can Ro-Tel (diced tomatoes with green chile peppers)
- ☐ 1/4 cup pizza sauce
- ☐ 2 tsp Dijon mustard
- ☐ 1/4 cup chopped sun dried tomatoes in oil
- ☐ 1 (14.5) oz can black beans
- ☐ 1 cup frozen yellow corn

### Bread/Pasta/Grains/Nuts

- ☐ 24 corn tortillas
- ☐ 1 loaf of French bread or 3 crusty rolls

### Dairy/Fridge

- ☐ 2 cups shredded cheddar cheese
- ☐ 1/2 cups mozzarella cheese
- ☐ ½ cup heavy cream (or light cream or evaporated milk for a lighter option)
- ☐ 3 tbsp freshly grated parmesan

### Meat

- ☐ 3 cups cooked, diced chicken breast meat
- ☐ 1 lb chicken breast, skinless and boneless

### Produce

- ☐ 1 yellow onion
- ☐ 1 green bell pepper
- ☐ 4 baking potatoes
- ☐ 1-2 roma tomatoes
- ☐ handful of fresh basil
- ☐ 3 garlic cloves
- ☐ 1 tsp fresh thyme leaves (or ½ tsp dried thyme)
- ☐ 1 1/2 lbs sweet potatoes
- ☐ 1 small yellow onion
- ☐ 3 Tbsp fresh lime juice
- ☐ 2 Tbsp chopped fresh cilantro

### Optional

*Baked potato topping suggestions:*

- ☐ Sour cream, shredded cheese, bacon, broccoli, etc

*Taco topping suggestions:*

- ☐ purple cabbage, cotija or feta cheese, diced avocados, fresh salsa or pico de gallo

### Seasonings

- ☐ Salt and Pepper
- ☐ 1 1/2 teaspoons chili powder
- ☐ 1 teaspoon garlic salt
- ☐ 1 tsp cumin
- ☐ 1 tsp paprika
- ☐ 1/4 tsp ground coriander
- ☐ 1/8 - 1/4 tsp cayenne pepper