

# Sustaining THE Powers

## Meal Plan Monday Week #35 Shopping List

**Monday:** [Spicy Tuna Avocado Panini Melt](#) from My Cooking Spot

**Tuesday:** [Breakfast quesadillas](#) from The Perfect Pantry

**Wednesday:** [Easy Crock Pot Chicken Caesar Sandwich on Ciabatta](#) from The Pinning Mama

**Thursday:** [Greek Chicken Wraps](#) from Taste and Tell

**Friday:** [Orange Herb Chicken Kabobs with Blueberry Balsamic Sauce](#) from Plating Pixels

**Saturday:** Date Night - Eat Out.

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

### Pantry Staples/Baking

- olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon agave syrup
- 1/2 teaspoon corn starch

### Canned Goods/Sauces

- 2 teaspoons minced pickled jalapeños
- 3 tablespoons kalamata olives
- 1 Bottle Ken's Light Caesar Dressing & Marinade
- 1/2 Cup Chicken Broth
- 1/2 cup salsa
- 2 tablespoons green Tobasco sauce
- 4 Tablespoons Dijon mustard
- 2 cans tuna in water

### Bread/Pasta/Grains/Nuts

- 10 (8-inch) whole wheat tortillas
- 4 Ciabatta rolls
- Focaccia bread for tuna melts

### Dairy/Fridge

- 2 tablespoons crumbled feta cheese
- 6 tablespoons plain hummus
- 1/4 Freshly Grated Parmesan
- 4 hard-boiled eggs
- 2 cups shredded cheese
- 1/4 cup Greek yogurt
- Pepper Jack cheese

### Meat

- 2-3 pounds boneless skinless chicken breasts
- 3-4 Chicken Breasts
- 2 cups cooked, shredded chicken

### Produce

- 1 bunch cilantro
- 1 bunch fresh basil
- 1 medium orange
- 2 garlic cloves
- 1 cup fresh blueberries
- 1 green onion stalk
- 1 cup grape or cherry tomatoes
- 2 small cucumbers
- 1 1/2 tablespoons fresh lemon juice
- 1 Romaine Heart
- 2 Tomatoes
- 5 ripe avocados
- 3 cups fresh baby spinach or kale
- 1 celery rib
- 1 shallot
- 2 mini sweet red peppers
- 1 lime

### Seasonings

- Salt and Pepper
- 1 tablespoon fresh oregano
- pinch of red pepper flakes
- 1/4 teaspoon red pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

### Other

- Metal or wooden skewers