

# Sustaining THE Powers

## Meal Plan Monday Week #35 Shopping List

**Monday:** [My Black Bean Burgers](#)

**Tuesday:** [Grilled Burritos from Recipe Collector](#)

**Wednesday:** [Apricot Orange Slow Cooker Chicken from Mom on Timeout](#)

**Thursday:** [Gluten Free Skillet Lasagna from Petite Allergy Treats](#)

**Friday:** [Pizza Stuffed Baked Potatoes from Maebells](#)

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

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

### Pantry Staples/Baking

- olive oil
- 1/4 cup flour
- 1/4 cup oats (or breadcrumbs)

### Canned Goods/Sauces

- 1 18 oz jar apricot preserves
- 2 18oz jars crushed tomatoes
- 2 cups marinara sauce
- 1 can refried beans
- 2 15oz cans black beans
- 1 6.5oz can mushrooms

### Bread/Pasta/Grains/Nuts

- 1 box (gluten free) lasagna noodles
- 4 burrito size tortillas
- 1 package hamburger buns

### Dairy/Fridge

- 1 cup orange juice (or orange juice blend)
- 2 cups shredded mozzarella cheese
- 1/2 cup sour cream
- 1 1/2 cups shredded Colby/Jack cheese
- Guacamole (optional)

### Meat

- 4 boneless, skinless chicken breasts
- 2 lbs lean ground beef
- 1 cup cooked Italian sausage

### Produce

- 4 garlic cloves
- 1 medium zucchini grated
- 4 large baked potatoes
- 1 tomato
- 1 cup shredded lettuce
- 1 onion
- Favorite hamburger toppings

### Seasonings

- Salt and Pepper
- 1 envelope onion soup mix
- 1 1/2 tsp dry basil
- 1 1/2 tsp oregano
- 1/2 tsp onion powder
- 1 taco seasoning packet
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp seasoned salt
- 1/2 tsp powdered ranch dressing mix