

Sustaining THE Powers

Meal Plan Monday Week #37 Shopping List

Monday: [Black Bean Tostadas with Green Apple Salsa](#) from [Taming of the Spoon](#)

Tuesday: [Lemon & Spinach Salmon Patties](#) from [The Wetherills Say I Do](#)

Wednesday: [My Tex-Mex Chicken Chili](#)

Thursday: [Skinny Chicken Enchilada Stuffed Chilies](#) from [Mariah's Pleasing Plates](#)

Friday: [Pizza Night with Thai Chickpea and Veggie Pizza](#) from [Veggies Don't Bite](#)

Saturday: Date Night - Eat Out.

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

Pantry Staples/Baking

- 1 cup olive oil

Canned Goods/Sauces

- 2 cups low-sodium vegetable broth
- 4 (15-ounce) cans black beans
- 1 Can Yellow Corn
- 2 (11 ounce) cans Mexican-style corn
- 1 (10 oz.) Can Red Enchilada Sauce
- 4 cups chicken broth
- 1 (21 ounce) jar black bean and corn salsa
- 1 teaspoon dijon mustard
- 1 jar Peanut Sauce
- 1 can chickpeas

Bread/Pasta/Grains/Nuts

- 4-6 tostada shells
- 1/2 cup dried quinoa
- 1 lb Your favorite pizza crust

Dairy/Fridge

- 4 cups Grated cheddar or monterey jack cheese
- 1 egg
- 1 egg white

Meat

- 3 Chicken Breast, cooked and shredded (or leftover chicken chili)
- 4-6 skinless, boneless chicken breasts (about 2 lbs)
- 16 ounces of salmon (fresh, skin removed, or canned)

Produce

- 2 Granny Smith apples
- 1 red onion
- 1 small bunch cilantro
- 1 teaspoon lime juice
- 8 Poblano Chile Peppers
- 2 Small White Onion
- 1/2 cup basil
- 1/2 cup chopped spinach
- 1 lemon
- 1/2 cup carrots, sliced into matchsticks
- 1/2 cup zucchini, sliced into matchsticks
- 1/2 cup red peppers, sliced into matchsticks
- 2 green onions

Seasonings

- Salt and Pepper
- 1 tablespoon minced garlic
- 3 garlic cloves, minced
- 1 teaspoon chili powder
- 2 teaspoon ground cumin
- 1 teaspoon paprika
- 1 Tablespoon Low Sodium Mexican Seasoning
- 2 teaspoons garlic powder
- 1 teaspoon chili powder