

Sustaining THE Powers

Crocktober 2015 Week #4 Shopping List

Monday: [My Slow Cooker Ham and Spinach Frittata](#)

Tuesday: [My Slow Cooker Chicken Coconut Curry](#)

Wednesday: [Slow Cooker Pork Roast and Cherries](#) from [Melanie Makes](#)

Thursday: [Slow Cooker Blissful Butternut Squash Soup](#) from [Skinny Taste](#)

Friday: [My Slow Cooker Pumpkin Spinach Mac & Cheese](#)

Saturday: Happy Halloween! – Eat Out.

Sunday: Leftover Night

Pantry Staples/Baking

- Olive Oil
- 2 tablespoons corn starch
- 3 tablespoons sugar

Canned Goods/Sauces

- 2 cup chicken or vegetable broth
- 2 cans coconut milk
- 1 (15oz) can pumpkin puree (not pumpkin pie filling)
- 1 can evaporated milk
- 2 (14 ounce) cans diced new potatoes
- 1 can green peas
- 1 (14.5 ounce) can stewed, diced tomatoes

Bread/Pasta/Grains/Nuts

- 16 oz dry macaroni or small pasta
- 4 cups cooked rice

Dairy/Fridge/Frozen

- 1 cup apple juice
- 2.5 cups milk
- 1.5 cups shredded parmesan and romano cheese
- 1.5 cups shredded sharp cheddar cheese
- 4 oz cream cheese
- 10 large eggs

Meat

- 3 pound pork shoulder roast
- 6 slices of cooked bacon, chopped (optional)
- 1 lb boneless, skinless chicken breast (about 2 large breasts)
- 1 cup diced ham

Produce

- 2 onion
- 2 cups dried cherries
- 16 oz (1/2 small) butternut squash
- 6 oz (1/2) buttercup or kobacha squash
- 3 large shallot
- 4 handfuls baby spinach leaves
- 2 cloves garlic
- 1 green bell pepper

Seasonings

- Salt and pepper
- 2 teaspoons thyme
- pinch nutmeg
- 1/2 Tablespoon rubbed sage
- 1/8 teaspoon nutmeg
- 2 teaspoons dry mustard powder
- 1 1/2 tablespoons curry powder