

Sustaining THE Powers

Meal Plan Monday Week #44 Shopping List

Monday: [My Bean and Cheese Pupusas](#)

Tuesday: [My Falafel Waffles with Roasted Eggplant](#)

Wednesday: [Fall Chicken and Rice Casserole from My Cooking Spot](#)

Thursday: [Eggs in Pergutory from Loaves and Dishes](#)

Friday: [Apple butter pizza with Arrugula and Prosciutto from Kitchen Meets Girl](#)

Saturday: Date Night – Eat Out.

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

Pantry Staples/Baking

- olive oil
- 2 cups Maseca Instant Corn Masa Mix (not the kind for Tamales)

Canned Goods/Sauces

- 1 24 Oz Jar Bertolli Riserva Porcini Mushrooms & White Truffle Oil Sauce
- 2.5 cups chicken broth
- 1 box falafel mix
- 1 can refried beans
- ½ cup Apple Butter

Bread/Pasta/Grains/Nuts

- 1 cup rice
- one whole wheat pizza crust (homemade or store-bought)

Dairy/Fridge

- 6 large eggs
- 1.5 Cup Shredded Mozzarella
- ¼ Cup grated Parmesan
- ½ cup shaved parmesan
- 8 ounces fresh mozzarella, sliced super thin

Meat

- 1 lb HOT breakfast sausage
- 1 pound boneless, skinless chicken breasts
- 6 ounces prosciutto

Produce

- 1 shallot
- 1 clove garlic
- 1 cup butternut squash, peeled and cubed
- 1/2 cup asparagus
- 1 medium onion
- 1 small eggplant
- 1 bunch fresh arugula

Seasonings

- Salt and Pepper
- ¼ tsp Crushed Cayenne Pepper
- 2 teaspoons garlic salt

Optional for assembling falafel waffles (choose your favorite options)

- hummus
- diced cucumber
- diced tomato
- tzatziki (Greek cucumber dill yogurt)
- feta cheese
- kalamata olives
- pita triangles/chips
- prepared couscous