

Sustaining THE Powers

Meal Plan Monday Week #45 Shopping List

Monday: It's my Birthday! Date Night – Eat Out.

Tuesday: [Customizable Eggs Baked in a Bread Bowl](#) from [Perfecting the Pairing](#)

Wednesday: My [Mushroom Rosemary Potroast](#)

Thursday: [Stuffed Zucchini](#) from [Kayotic Kitchen](#)

Friday: Pizza Night with [my Perfect Pizza Dough](#) and toppings bar

Saturday: [Slow Cooker Creamy Pumpkin Soup with Maple Cream](#) from [A Savory Feast](#)

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

Pantry Staples/Baking

- olive oil
- 2 tablespoons maple syrup
- 5-6 cups all-purpose flour
- 1/4 cup sugar
- 1 1/2 Tablespoons fast rising yeast (2 envelopes)
- 1/2 cup Italian or garlic breadcrumbs or cornmeal

Canned Goods/Sauces

- 4 cups vegetable broth
- 1 (29 oz) can pumpkin puree
- 2 (15 oz) can unsweetened coconut milk
- 1 can sliced mushrooms
- 1/4 cup of marinara or tomato sauce
- 1 cup beef broth

Bread/Pasta/Grains/Nuts

- 8 crusty bread rolls

Dairy/Fridge

- 1 tbsp sour cream
- 1/2 cup shredded cheese
- 2 tbsp butter
- 8 eggs

Meat

- diced bacon (optional)
- 2-4 lb beef pot roast cut (chuck or bottom round)

Produce

- 1 tomato
- 2 zucchini
- 2 onions
- 3 cloves garlic, minced
- 2 medium carrots
- 3 turnips
- 6 medium red potatoes
- 2 sticks celery

Seasonings

- salt and pepper
- 1/4 tsp curry powder
- 1 tsp thyme
- 1 teaspoon onion powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 1/2 Tablespoons Worcestershire sauce
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried oregano

Optional

- assorted pizza toppings (sauce, cheese, olives, pepperoni, veggies, etc.)
- Assorted fillings for egg bread bowls (tomatoes, goat cheese, onions, peppers, spinach, bacon, cooked sausage, etc)