

# Sustaining THE Powers

## Meal Plan Monday Week #46 Shopping List

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

**Tuesday:** [Honey-Lime Sweet Potato, Black Bean and Corn Tacos](#) from [Cooking Classy](#)

**Wednesday:** [Slow Cooker Chicken Pot Pie Soup](#) from [The Gunny Sack](#)

**Thursday:** [My Mini Mushroom, Feta and Spinach Frittatas](#)

**Friday:** [Pizza Night! Pizza Stuffed Chicken](#) from [DIY Budget Girl](#)

**Saturday:** Date Night – Eat Out!

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

### Pantry Staples/Baking

- ☐ olive oil
- ☐ 3 Tbsp honey

### Canned Goods/Sauces

- ☐ 1 jar pizza sauce
- ☐ 1 (14.5) oz can black beans
- ☐ 3½ cups cream of chicken soup (homemade recipe or 2 cans)
- ☐ 1/2 cup instant mashed potato flakes
- ☐ 2 (14 ounce) cans diced new potatoes
- ☐ 1 can green peas
- ☐ 1 (14 ounce) can coconut milk (In asian foods aisle)
- ☐ 1 (14.5 ounce) can stewed, diced tomatoes

### Bread/Pasta/Grains/Nuts

- ☐ Corn or flour tortillas
- ☐ 4 cups cooked rice

### Dairy/Fridge/Frozen

- ☐ 3/4 cup shredded mozzarella cheese
- ☐ 6 large eggs
- ☐ 1/2 cup crumbled feta cheese
- ☐ 1 cup frozen yellow corn
- ☐ 2½ cups frozen, mixed vegetables

### Meat

- ☐ 5 lbs boneless, skinless chicken breasts
- ☐ pepperoni

### Produce

- ☐ 2 handfuls spinach
- ☐ 4 baby portabella mushrooms
- ☐ 1 1/2 lbs sweet potatoes
- ☐ 1 small yellow onion
- ☐ 1 white onion
- ☐ 3 cloves garlic, minced
- ☐ 3 Tbsp fresh lime juice
- ☐ 3 cups cubed potatoes
- ☐ 2 Tbsp chopped fresh cilantro

### Seasonings

- ☐ salt and pepper
- ☐ 3 tsp Italian seasoning
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1 tsp cumin
- ☐ 1 tsp paprika
- ☐ 1/4 tsp ground coriander
- ☐ 1/8 - 1/4 tsp cayenne pepper
- ☐ 1 ½ tablespoons curry powder

### Optional for Tacos

- ☐ Romain lettuce or purple cabbage, cotija or feta cheese, diced avocados, fresh salsa or pico de gallo and hot sauce (optional)