

# Sustaining THE Powers

## Meal Plan Monday Week #48 Shopping List

**Monday:** My [Turkey and Stuffing Meatloaf Muffins with Cranberry Glaze](#)

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

**Wednesday:** My [Parmesan Rind and Pancetta Corn Chowder](#)

**Thursday:** [One Pan Cabbage and Sausage Skillet with Rice from Well Plated](#)

**Friday:** [Pizza Night! Garlic Bread Pizza from Mommy Hates Cooking](#)

**Saturday:** [Date Night - Eat Out!](#)

**Sunday:** [Y.O.Y.O \(You're on your own - leftovers, etc.\)](#)

### Pantry Staples/Baking

- olive oil

### Canned Goods/Sauces

- 1 can (15.25 oz) of whole-kernel sweet corn
- 1 can (15.25 oz) cream-style corn
- 1 can (10 3/4 oz) cream of mushroom soup
- 1 (6oz) box stuffing mix, dry
- 1 cup whole berry cranberry sauce
- 1 1/4 cups low sodium chicken stock
- 1 (15 ounce) can fire roasted tomatoes in their juices
- 1 Jar Pizza Sauce

### Bread/Pasta/Grains/Nuts

- 1 cup instant brown rice
- 8 slices garlic bread

### Dairy/Fridge/Frozen

- 6 large eggs
- 1/2 cup crumbled feta cheese
- 4-6 inches Parmesan cheese rind (at your local deli or cheese counter)
- 2 cups fresh or frozen shredded hash brown potatoes
- 2 1/2 cups half & half or milk
- 2 Cups Shredded Mozzarella Cheese

### Meat

- 1 cup diced, cooked ham
- 4oz diced pancetta
- 1 1/4 lb ground turkey
- 14 ounces smoked (fully cooked) turkey or chicken sausage
- Pepperoni or other pizza toppings

### Produce

- 2 handfuls spinach
- 4 baby portabella mushrooms, diced
- 2 white onions
- 1 small yellow onion
- 1/4 cup dried cranberries
- 2 ribs celery
- 1/2 head of cabbage

### Seasonings

- salt and pepper
- 8-10 twists of a McCormick Italian Herb Seasoning grinder
- 1/2 tsp rubbed sage