

Sustaining THE Powers

Meal Plan Monday Week #12 Shopping List

Monday: [Scrambled Egg and Roasted Asparagus Toasts](#) from [Foodie Crush](#)

Tuesday: My [Mexican Lasagna](#)

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

Thursday: [15 Minute Lo Mein](#) from [Damn Delicious](#)

Friday: **Pizza Night!** [Spinach and Artichoke French Bread Pizza](#) from [What's Cooking Love](#)

Saturday: Eat Out

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

Pantry Staples/Baking/Sauces

- olive oil
- 2 tablespoons reduced sodium soy sauce
- 4 tablespoons sugar
- 1 teaspoon sesame oil
- 1/2 teaspoon Sriracha

Bread/Grains/ Pasta

- 4 slices sourdough bread or ciabatta
- 12 uncooked lasagna noodles (regular, whole wheat, or gluten-free)
- 8 ounces lo mein egg noodles
- 1 loaf french bread
- 4 cups cooked rice

Canned Goods

- 1 (16 oz) can refried beans
- 1 (2.25 oz) can sliced black olives
- 1 jar salsa
- 1 can (14 ounces) artichoke hearts
- 1 package (10 ounces) frozen chopped spinach
- 2 (14 ounce) cans diced new potatoes
- 1 can green peas
- 1 (14 ounce) can coconut milk
- 1 (14.5 ounce) can stewed, diced tomatoes

Dairy

- 2 cups shredded Monterey Jack cheese
- 2 cups shredded mozzarella cheese
- 2 ounces havarti or swiss cheese, shredded or cut into small chunks
- 1/3 cup grated Parmesan cheese
- 3 tablespoons butter
- 4 large eggs

Dairy (Cont'd)

- 1 tablespoon half and half or milk
- 1 cup sour cream
- 1 cup mayonnaise

Meat

- 2 ounces pancetta or bacon
- 1 pound lean ground beef or turkey
- 1 lb boneless, skinless chicken breast

Produce

- 20-25 spears skinny asparagus, about ¼ pound
- 2 medium white onion
- 4 cloves garlic
- 2 cups cremini mushrooms
- 1 red bell pepper
- 1 carrot
- 1/2 cup snow peas
- 3 cups baby spinach

Seasonings

- Kosher salt and freshly ground black pepper
- 1 envelope taco seasoning
- 1/2 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 ½ tablespoons curry powder