

Sustaining THE Powers

Meal Plan Monday Week #11 Shopping List

Monday: [Paleo Veggie Stuffed Peppers](#) from [Fit Girl's Diary](#)

Tuesday: [St. Patrick's Day! Crockpot Corned Beef and Cabbage](#) and my [Traditional Irish Soda Bread](#)

Wednesday: [Chicken & Guacamole Baked Tacos](#) from [A Savory Feast](#)

Thursday: My [Blood Orange Chicken](#)

Friday: [Pizza Night! Reuben Pizza](#) from [Taste of Home](#) with leftover corned beef

Saturday: Eat Out

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

Pantry Staples/Baking

- ☐ olive oil
- ☐ 1 cup apple cider or red wine vinegar
- ☐ 1 cup sugar
- ☐ 4 cups (500g) all-purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 3/4 tsp baking powder

Bread/Tortillas

- ☐ 10 stand 'n stuff taco shells
- ☐ 1 prebaked 12-inch pizza crust (or a recipe of [my favorite pizza dough](#))

Canned Goods

- ☐ 1 (15oz) can chicken broth
- ☐ 1 (15oz) can peas
- ☐ 1 can (14 ounces) sauerkraut

Dairy/Beverages

- ☐ 1/2 cup shredded cheddar cheese
- ☐ 2 cups shredded Swiss cheese
- ☐ 1 small tub sour cream
- ☐ 1 (8oz) beer or apple juice (for corned beef)
- ☐ 2/3 cup Thousand Island salad dressing
- ☐ 1&1/2 cups buttermilk

Meat

- ☐ 2 bone-in, skin-on, split chicken breasts (You can sub 4 skin-on, boneless breasts)
- ☐ 4 chicken breasts
- ☐ 4 lbs corned beef brisket

Produce

- ☐ 5 blood oranges (find at organic grocery or sub navel oranges)
- ☐ 1 small fennel
- ☐ 9 carrots
- ☐ 2 avocados
- ☐ 1 lime
- ☐ 1 red onion
- ☐ 1 small tomato
- ☐ 1 bulb garlic
- ☐ 2 small white onion
- ☐ 1 (1lb) bag of baby carrots
- ☐ 1 lb small red potatoes
- ☐ 1 head of green cabbage
- ☐ 3 large bell peppers
- ☐ 1 ear of corn***
- ☐ 1 russet potato
- ☐ shredded iceberg lettuce*
- ☐ 1 small tomato*
- ☐ 1 bunch green onions*

Seasonings

- ☐ Salt and freshly ground black pepper
- ☐ kosher salt
- ☐ 1 tsp dried thyme
- ☐ 1.5 tsp dried basil
- ☐ 1 tsp parsley flakes
- ☐ 1 teaspoon ground coriander
- ☐ 1/2 teaspoon ground cumin
- ☐ 1 tsp curry powder
- ☐ 1/2 tsp mustard seeds**
- ☐ 2 bay leaves **
- ☐ 8 Allspice berries**

*optional toppings for tacos

**optional spices for corned beef (or use seasoning packet that comes with beef)

*** can sub frozen