

# Sustaining THE Powers

## Meal Plan Monday Week #17 Shopping List

**Monday:** My [Falafel Waffles with Roasted Eggplant](#)

**Tuesday:** [Coconut Lime Chicken Burritos with Spicy Sriracha Peanut Sauce](#) from [The Cookie Rookie](#)

**Wednesday:** [Crockpot Italian Zucchini Meatloaf](#) from [iFOODreal](#)

**Thursday:** [Sausage + Sweet Potato Stuffed Portobello](#) from [This Gal Cooks](#) (I doubled this recipe.)

**Friday:** Pizza Night! [Apple Butter Pizza with Prosciutto and Arugula](#) from [Kitchen Meets Girl](#)

**Saturday:** Eat Out

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

### Pantry Staples/Baking/Sauces

- olive oil
- ½ cup Musselman's Apple Butter
- ½ cup creamy peanut butter
- 1½ tablespoon sriracha
- 2 tablespoons almond or coconut milk
- 1 tablespoon soy sauce
- 3 tbsp balsamic vinegar
- 1/4 cup ketchup

### Bread/Grains/ Pasta/Nuts/Bulk Bins

- one whole wheat pizza crust (homemade or store-bought)
- 4 flour or whole wheat tortillas
- 2 cups Basmati Rice
- pita triangles/chips\*
- prepared couscous\*

### Canned Goods

- 1 regular size can coconut milk
- 1 box falafel mix

### Dairy

- 8 ounces fresh mozzarella
- 1/4 cup Mozzarella cheese, shredded
- 1.5 cups shaved Parmesan cheese
- 6 large eggs
- hummus\*
- tzatziki\*
- feta cheese\*

### Meat

- 6 ounces prosciutto
- 2 uncooked chicken sausage links
- 4 boneless skinless chicken breast
- 2 lbs ground beef, turkey or bison, extra lean

### Produce

- 1 bunch fresh arugula
- 2 small sweet potatoes
- 2 large Portobello mushroom caps
- juice from 4 limes
- 8 cloves garlic
- 1 bunch fresh parsley
- 1 tablespoon fresh cilantro
- 1 lb zucchini
- 1 small eggplant
- 1 cucumber\*
- 2 tomato\*
- kalamata olives\*

### Seasonings

- Salt and Pepper
- 1/2 tsp dried thyme
- ½ tsp dried basil
- 2 tbsp dried oregano
- 1 tsp seasoned salt
- ¼ teaspoon ground ginger
- 2 tbsp onion powder
- 2 tsp garlic salt

\*optional toppings for falafel waffles