

Kellie Kliewer
Weekly Meal Plan - Grocery List

Week of 4/19/2021

Mon/Weds/Fri:

Breakfast

Cottage cheese, roasted
brussels sprouts + sweet
potato

Lunch

Cauliflower nachos

Dinner

Caulifredo Zoodles
w/plant-based sausage

Tues/Thurs:

Breakfast

Cauliflower hashbrowns
w/fruit + toast

Lunch

Corn chowder

Dinner

Instant Pot Spaghetti
Squash Bolognese

Pantry/Staples:

EVOO
Veggie broth
Hemp seeds
Cooking spray
Minced garlic
Coconut milk (full fat)
Cornstarch
28 oz. Crushed tomatoes

Eggs/Dairy:

Cottage cheese
Cheese
Eggs
Butter
Parmesan cheese

Meat/Protein:

Beyond sausages
Lean ground beef or turkey
- 1 lb.

Seasoning/Spices:

Cumin
Salt + pepper
Chili powder
Everything but the Bagel
seasoning
Garlic powder
Onion powder

Bread & Bakery:

Bread

Produce:

Brussels sprouts
Sweet potatoes
Cauliflower x2
Red onion
Jalapeno
Tomatoes
Bell peppers
Avocados
Cilantro
Lemon
Zucchini
Basil
3 ears corn
Onion
Carrots
Celery
Limes
Spaghetti squash
Bananas
Variety of fruits

Frozen:

Cauliflower rice

Other:

White or red wine

Notes: