

Kellie Kliewer
Weekly Meal Plan - Grocery List

Week of 4/26/2021

Tues - Friday:

Breakfast
Open faced egg, tomato
and avocado sandwich

Lunch
Gazpacho

Dinner
Sloppy joes on pita
w/side salad

Vegetarian taco salad
w/chipotle dressing

Snack 1
Fruit + cheese stick

Snack 2
Shakeology + ½ banana

Sat / Sun:

Breakfast
Zucchini Egg Casserole
w/fruit

Lunch
Leftovers / sandwich

Dinner
Zuppa Toscana + salad

Snack
Shakeology + ½ banana

Pantry/Staples:

EVOO
Cooking sherry
Balsamic vinegar
Quinoa
Rotel tomatoes
Diced tomatoes
Black beans x2
Chickpeas
3 cups Tomato juice
Red wine vinegar
Worcestershire sauce
Tabasco sauce
Lime juice
Chipotle peppers in adobo
Tomato paste
Pure maple syrup
Broth or bouillon
Coconut milk

Eggs/Dairy:

Eggs
Plain Greek Yogurt
Butter
Parmesan cheese
Monterey Jack cheese

Meat/Protein:

1 lb. ground turkey
1 lb. bulk sausage

Bread & Bakery:

Sprouted bread
Joseph's oat bran & whole
wheat pitas

Seasoning/Spices:

Salt + pepper
Cumin
Paprika
Chili powder
Garlic powder
Basil
Onion powder
Liquid smoke
Poultry seasoning
Marjoram
Italian seasoning
Red pepper flakes

Produce:

Red onion x2
Sweet onions
2 red bell pepper
Green bell pepper x2
Garlic
Romaine lettuce
Roma tomatoes
Avocado
Cilantro
Cucumbers
Zucchini (several)
Chives or green onions
Spinach
Fruits for the family
Bananas
Red potatoes
Kale

Frozen:

Corn