

*Kellie Kliewer*  
**Weekly Meal Plan - Grocery List**

Week of 5/10/2021

**Mon / Weds / Fri:**

**Breakfast**

Sheet Pan Breakfast  
w/fruit

**Lunch**

Stir Fry

**Dinner**

Asiago white beans  
w/farro, kale & tomatoes

**Snack**

Shakeology +  
pineapple/mango

**Tues / Thurs:**

**Breakfast**

Chickpea toast  
w/sauteed kale

**Lunch**

Strawberry + chickpea  
salad

**Dinner**

Korean tacos w/stir fried  
veggies

**Snack**

Shakeology + ½ banana

**Pantry/Staples:**

EVOO  
Sriracha  
Coconut Aminos  
Tamari  
Sesame oil  
Mayo  
Balsamic vinaigrette  
White beans x2  
Chickpeas x2  
1 Can petite diced  
tomatoes  
DeLallo tomato sauce  
Farro  
Dry sherry  
Broth  
Coconut oil  
Honey  
Nuts

**Meat/Protein:**

1 lb Ground beef  
Turkey bacon

**Bread & Bakery:**

Mini flour tortillas  
Crusty bread

**Seasoning/Spices:**

Salt + pepper  
Garlic salt  
Sesame seeds  
Red pepper flakes  
Ginger  
Smoked paprika  
Sweet paprika  
Cinnamon

**Eggs/Dairy:**

Eggs  
Asiago or parmesan  
cheese  
Goat cheese

**Produce:**

Brussels sprouts x2  
Bagged green beans  
Kale x2  
Asparagus  
Spinach  
Cilantro  
Garlic  
Shallots  
Grape tomatoes  
Carrots  
Green onions  
Red onions  
Sweet potatoes x4  
Limes x2  
Bananas  
Pineapple  
Mangos  
Strawberries  
Kimchi

**Frozen:**

Edamame  
Peas  
Veggie mix  
Cauliflower rice - x2

**Other:**

Shakeology