

*Kellie Kliewer*  
**Weekly Meal Plan - Grocery List**  
Week of 5/24/2021

**Mon / Weds / Fri:**

**Breakfast**  
Turkey sausage,  
broccoli/zucchini, sweet  
potatoes

**Lunch**  
Burrito Bowls

**Dinner**  
Pork & Broccolini Stir  
Fry

**Snack 1**  
Shakeology + ½ banana

**Snack 2**  
Fruit

**Tues / Thurs:**

**Breakfast**  
Eggs, Toast, veggies

**Lunch**  
Arugula & watermelon  
salad w/cottage cheese

**Dinner**  
Golden Chicken Soup

**Snack**  
Shakeology + ½ banana

**Pantry/Staples:**

EVOO  
Broth  
Fish sauce  
Tamari sauce  
Sesame oil  
Balsamic glaze  
Quinoa  
Brown rice  
Pinto or black beans  
Pearl couscous  
Coconut sugar  
Peanuts

**Meat/Protein:**

1 lb Ground beef  
Turkey sausages  
1.5 lb chicken breasts  
1 lb. pork loin

**Seasoning/Spices:**

Salt + pepper  
Garlic salt  
Red pepper flakes  
Oregano  
Chili powder  
Cumin  
Onion powder

**Eggs/Dairy:**

Eggs  
Monterey Jack cheese  
Feta cheese  
Plain Greek yogurt  
Cottage cheese

**Bread & Bakery:**

Bread

**Produce:**

Lime  
Watermelon  
Cantaloupe  
Bananas  
Kiwi  
Cilantro  
Ginger  
Poultry Spice Blend  
Basil  
Garlic  
Romaine  
Arugula  
2 bunches broccolini  
Zucchini  
Broccoli  
Carrots  
1 thai red pepper  
Yellow onion  
Red onion x2  
Avocado  
Sweet potato  
Salsa

**Frozen:**

Peas  
Cauliflower rice - x2

**Other:**

Shakeology