

Kellie Kliewer
Weekly Meal Plan - Grocery List

Week of 6/14/2021

Mon / Weds / Fri:

Breakfast
Creamed Spinach Ham & Egg Cups w/kale

Lunch
Cauliflower Taco Bowls

Dinner
Chipotle Chicken Acorn Squash

Snack 1
Shakeology + ½ banana

Snack 2
Peach

Tues / Thurs:

Breakfast
Overnight Oats

Lunch
Egg Roll in a Bowl

Dinner
Thai Red Curry

Snack 1
Shakeology + ½ banana

Snack 2
Asparagus

Pantry/Staples:

EVOO
Broth
Fish sauce
Coconut Aminos
Rice vinegar
1 can Chipotles in adobo
Red curry paste
Coconut milk
Thai sweet chili sauce
Jasmine rice
Quinoa
Taco seasoning
8 oz. Tomato sauce
Black beans
Almond extract
Panko
Cornstarch
PAM
Brown sugar or honey
Old-fashioned rolled oats
Lime juice

Meat/Protein:

1 lb Ground beef
Deli ham
2 lb chicken breasts
1 lb. ground turkey

Seasoning/Spices:

Salt + pepper
Cayenne pepper
Chili powder
Cinnamon
Oregano
Cumin
Basil

Eggs/Dairy:

Eggs
Colby Jack cheese
Cheddar cheese
Butter
Oat milk
Cottage cheese
2 Good yogurt cups
Plain Greek yogurt

Bread & Bakery:

Produce:

Kale
Red bell pepper x2
Zucchini
Asparagus
Romaine
Green onions
Spinach
Bag of cole slaw
Bag of broccoli slaw
Cilantro
Onions
Acorn squash x2
Fresh ginger
Garlic
Tomatoes
Bananas
Peaches

Frozen:

Cherries
Cauliflower rice - x2
10 oz. chopped spinach

Other:

Shakeology