

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

Week of 7/26/2021

**Mon / Weds / Fri:**

**Breakfast**  
Sheet Pan Bacon, Sweet  
Potatoes & Brussels

**Lunch**  
Chicken & Strawberry  
Salad

**Dinner**  
Sausage & Black Eyed  
Pea Soup

**Snack**  
Shakeology + ½ banana

**Tues / Thurs:**

**Breakfast**  
Cottage cheese, Veggies,  
Toast w/PB

**Lunch**  
Chicken Shawarma Bowl

**Dinner**  
Pork Loin w/Veggies &  
Apples

**Snack**  
Shakeology + ½ banana

**Pantry/Staples:**

EVOO  
Coconut Aminos  
Broth  
Balsamic vinegar  
Dijon mustard  
Farro  
Applesauce  
Maple syrup  
Lemon Juice  
Quinoa  
Hummus  
Peanut butter

**Eggs/Dairy:**

Eggs  
Goat or blue cheese  
Plain Greek yogurt  
Cottage cheese

**Meat/Protein:**

Turkey bacon  
Chicken  
Kielbasa turkey sausage  
Pork loin

**Bread & Bakery:**

Bread

**Frozen:**

Black-eyed peas

**Other:**

Cafe Latte Shakeology

**Seasoning/Spices:**

Salt + pepper  
Marjoram  
Garlic powder  
Paprika  
Cayenne  
Turmeric  
Cumin

**Produce:**

Brussels sprouts x2  
Red onions x2  
Sweet potato  
Spinach  
Cucumbers  
Strawberries  
Bananas  
Garlic  
Carrots  
Baby carrots  
Kale  
Cauliflower  
Apples  
Bell peppers  
Lemons  
Dill  
Red cabbage