

Kellie Kliewer
Weekly Meal Plan - Grocery List

Week of 6/21/2021

Mon / Weds / Fri:

Breakfast

Egg Strata

Lunch

**Cauliflower Nachos
w/Taco Meat & Beans**

Snack

Shakeology + ½ Banana

Dinner

**Meatloaf, Salad, Green
Beans, Pineapple**

Tues / Thurs:

Breakfast

**Sausage, Cabbage +
Carrots, Plantains**

Lunch

Watermelon Salad

Snack

**Shakeology + ½ Banana
& Cauliflower rice**

Dinner

Slow Cooker Enchiladas

Pantry/Staples:

EVOO
Soy sauce
Sesame Oil
Sriracha
Diced Fire-Roasted
Tomatoes
Tomato Paste
Apple Cider Vinegar
Rice Vinegar
Broth
PAM
Flour
Cornstarch
Maple Syrup

Eggs/Dairy:

Feta or Mozzarella
Eggs
Mexican Cheese
Monterey Jack Cheese
Cottage Cheese

Meat/Protein:

Chicken
Smoked Sausage x2
2 lb. Ground Turkey

Bread & Bakery:

Bread

Frozen:

Other:

[Shakeology Nutritional
Superfoods](#)

Seasoning/Spices:

Salt & pepper
Cumin
Chili Powder
Garlic Powder
Oregano
Cinnamon
Coriander

Produce:

Red Cabbage
Carrots
Green Beans
Jalapeno
Bell peppers
Cauliflower
Broccoli
Green Onions
Cucumber
Romaine Lettuce (3-pack)
Cilantro
Tomatoes
Avocado
Red Onion
Yellow Onions
Garlic
Ginger
Watermelon
Plantains
Bananas
Pineapple