

# GROCERY LIST

## MEATS

- 1 1/2 pounds boneless skineless chicken breast
- 2 pounds ground beef
- 12 ounces Smoked Sausage
- 1 pound Italian sausage
- 1 1/2 pound flank steak or thinly sliced top round steak

## PRODUCE

- 1 small onion
- 1 red bell pepper
- 1 green bell pepper
- 3 fresh jalapeños
- 1 head of garlic
- 1 head of cabbage
- 1/2 pound fresh green beans

### **Bonus Keto Frappuccino Ingredients:**

Coffee, Unsweetened Almond Milk, Vanilla Extract, Swerve Sweetener or other keto friendly sweetener

## PANTRY

- 1 (32 ounce) container chicken broth
- 1 (32 ounce) container beef broth
- 1 (10 ounce) can tomatoes with green chilies
- 1 (15 ounce) can tomato sauce
- 1 (6 ounce) can of tomato paste
- Coconut flour (almond flour can be substituted)
- Low carb marinara (such as Rao's)

## COLD

- Heavy cream
- Butter
- Shredded Cheddar Cheese
- Shredded Mozzarella Cheese
- Eggs
- 1 (8 ounce) package Cream Cheese

## MISC ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Cumin, Chili Powder, Garlic Powder, Oregano, Italian Seasoning, Salt and Pepper

**Misc:** Cooking Spray, Baking Powder, Low Carb Steak Marinade

# WEEKLY MEAL PLAN

MON

## One Pan Jalapeno Chicken

Makes 4 servings  
5 net carbs

TUE

## Keto Chili

Makes 8 servings  
8.5 net carbs per 1 1/2 cup

WED

## Steak Rolls

Makes 4 servings  
4 net carbs per 4 rolls

THU

## One Pan Sausage & Cabbage

Makes 4 servings  
5.7 net carbs

FRI

## Keto Pizza Bites

Makes 30 bites  
0.8 net carbs each

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**Bonus Recipe:**  
**Keto Coffee Frappuccino**

### No Cook Snack Suggestions

- Pepperoni Slices
- Mozzarella Sticks
- Olives
- Hard Boiled Eggs
- Almonds
- Jerky
- Tuna Salad

## NOTES