

# GROCERY LIST

## MEATS

- 1 pound boneless skinless chicken breast
- 1 pound ground beef
- 1 pound bacon
- 1 pound Italian sausage links
- 1 pound Italian sausage, ground
- 1 1/2 pound boneless pork chops

## PRODUCE

- 1 small onion
- 1 medium zucchini
- 2 cups fresh baby spinach
- 1 bunch green onions
- 1 head of garlic
- 2 pounds fresh green beans
- 1 inch piece of fresh ginger

**Bonus Keto Dessert Ingredients:**  
Low Carb Peanut Butter

## PANTRY

- 1 small jar pepperoncini peppers
- 1 (32 ounce) container beef broth
- 1 (1 ounce) dry Ranch dressing seasoning
- 1 (6 ounce) can tomato paste
- Soy Sauce
- Rice Vinegar
- Sesame Oil
- Coconut flour (almond flour can be substituted)
- Low carb marinara (such as Rao's)
- Sriracha (skip if you don't like spicy things)
- Brown Sugar Swerve sweetener

## COLD

- Sour Cream
- Butter
- Shredded Cheddar Cheese
- Shredded Mozzarella Cheese
- Eggs
- 1 (8 ounce) package Cream Cheese
- Parmesan Cheese

## MISC ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Onion powder, Garlic powder, Salt, Pepper, Italian Seasoning

**Misc:** Cooking Spray, Baking Powder, Mustard

# WEEKLY MEAL PLAN

**MON**  
**Bacon Cheeseburger Skillet**  
Makes 4 servings  
3.6 net carbs

**Breakfast Recipe:**  
**Keto Bacon Egg Bites**

**TUE**  
**Sheet Pan Sausage & Green Beans**  
Makes 5 servings  
5.9 net carbs 1 sausage and 3/4 cups green beans

**Bonus Recipe:**  
**Keto Peanut Butter Fudge**

**WED**  
**One Pan Lasagana**  
Makes 6 servings  
4.3 net carbs per 1 cup

## NOTES

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**THU**  
**Sesame Pork and Green Beans**  
Makes 4 servings  
5.1 net carbs

**FRI**  
**Slow Cooker Ranch Chicken**  
Makes 6 servings  
1 net carb per 3/4 cup

**S / S**