

# GROCERY LIST

## MEATS

- 2.5 pounds boneless skinless chicken breast
- 3 pounds ground beef or ground turkey
- 1 (6 ounce) package salmon

## PRODUCE

- 1 head of garlic
- 3 medium zucchini
- 1 small white onion
- 1 green bell pepper
- 2 fresh jalapeño
- 1 head of cabbage
- 1 bunch of green onions
- 1 pound of green beans

## PANTRY

- 1 (8 ounce) can tomato sauce
- 1 (1 ounce) Taco Seasoning
- 2 (10 ounce) can tomatoes with green chiles
- 1 (7 ounce) tomato paste
- 1 (4 ounce) can green chilies
- Low Carb Ranch Dressing
- Buffalo Sauce
- Coconut flour (almond flour can be substituted)
- Almond Flour
- Swerve sweetener (Brown Sugar)
- Unsweetened Coconut
- Shelled Hemp Seeds (can use coconut flakes)

## COLD

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

## MISC ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Onion powder, Garlic powder, Salt, Pepper, Italian Seasoning, Garlic Salt, chili powder, Old Bay

**Misc:** Cooking Spray, Peanut Butter, Baking Powder, Vanilla Extract, Cocoa Powder, Coconut Oil, Mayonnaise, Soy Sauce, Rice Vinegar, Sesame Oil, Oil for frying, Cashews (optional)

Notes

# WEEKLY MEAL PLAN

**MON**  
**One Pan Cabbage Casserole**  
Makes 6 servings  
7.4 net carbs

**Keto Dessert**  
**No Bake Cookies**

**TUE**  
**Keto Taco Soup**  
Makes 8 servings  
5.3 net carbs

**WED**  
**Buffalo Chicken Zucchini Boats**  
Makes 4 Zucchini Boats  
4 net carbs each

**THU**  
**Sesame Chicken Stir Fry**  
Makes 4 servings  
2 net carbs

**FRI**  
**Salmon Patties and Green Bean Fries**  
Makes 5 Patties at 4.4 net carbs  
Fries serve 6 at 5.6 net carbs per heaping cup

**S / S**

## NOTES