

# GROCERY LIST

## MEATS

- 1 pound boneless skinless chicken breast
- 2 pounds ground beef or ground turkey
- 1 pound peeled shrimp
- 1 pound Italian Sausage links
- 1 (12 ounce) tin of tuna

## PRODUCE

- Strawberries
- 2 heads garlic
- 2 green bell pepper
- 1 fresh jalapeño
- 1 head of cauliflower
- 3 medium zucchini
- 1 bunch green onions
- 1 head of Iceburg lettuce
- 1 1/2 pounds fresh green beans

## PANTRY

- 1 (10 ounce) can tomatoes with green chilies
- 1 (15 ounce) can tomato sauce
- 1 (32 ounce) carton beef broth
- 1 (32 ounce) carton chicken broth
- 1 (7 ounce) can tomato paste
- Coconut flour
- Swerve sweetener (Confectioners)
- Swerve sweetener (Brown Sugar)
- Lilly's Sugar Free Chocolate Chips

## COLD

- 2.5 cups Shredded Cheddar Cheese
- 1 package Shredded Mozzarella Cheese
- 2 (8 ounce) package Cream Cheese
- Butter
- Heavy Cream
- Unsweetened almondmilk
- Parmesan Cheese

## MISC ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Onion powder, Garlic powder, Salt, Pepper, Italian Seasoning, Oregano, Chili powder, Paprika, Red Pepper

**Misc:** Cooking Spray, Soy Sauce, Rice Vinegar, Sesame Oil, Coconut Oil, Peanut Butter, Vanilla Extract, Peanuts or Almonds for garnish

# WEEKLY MEAL PLAN

**MON**  
**Easy Keto Chili**  
Makes 8 servings  
8.5 net carbs per 1 1/2 cups

**Keto Dessert**  
Chocolate Strawberry Fat Bombs

**TUE**  
**Cheesy Tuna Zoodle Casserole**  
Makes 6 servings  
3.4 net carbs per serving

**WED**  
**Sausage and Green Bean Sheet Pan Dinner**  
Makes 5 Slices  
5.9 net carbs each

**THU**  
**Asian Chicken Lettuce Wraps**  
Makes 4 servings  
3.4 net carbs each

**FRI**  
**Keto Shrimp and Grits**  
Makes 4 servings  
4.4 net carbs per serving

**S / S**

## NOTES

TAG ME ON INSTAGRAM IF YOU MAKE A RECIPE! @MAEBELLSKITCHEN