

GROCERY LIST

MEATS

- 2 pounds Italian Sausage
- 2 pounds ground beef or ground turkey
- 4 pork chops (about 1 pound)
- 1 pound chicken (rotisserie chicken or leftover grilled or shredded chicken will work)

PRODUCE

- 1 head of cabbage
- 1 head garlic
- 1 green bell pepper
- 5 medium zucchini
- 6 ounce package Baby Spinach
- 8 ounces mushrooms
- 1 bunch green onions

PANTRY

- Low Carb Marinara
- Ranch Dressing
- Buffalo Sauce
- 2 (32 ounce) can beef broth
- 1 (15 ounce) can diced tomatoes
- 1 (7 ounce) can tomato paste
- Peanut Butter
- Brown Sugar Swerve sweetener

COLD

- 1 packages Shredded Cheddar Cheese
- 1 package Shredded Mozzarella Cheese
- 2 (8 ounce) package Cream Cheese
- Butter
- Heavy Cream
- 12 Mozzarella Slices (I use Sargento brand- you can also try your deli counter)

MISC ITEMS YOU PROBABLY ALREADY HAVE

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

Misc: Cooking Spray, Mustard, Silicone Baking Sheet (link in post)

WEEKLY MEAL PLAN

MON

Keto Lasagna

Makes 6 servings
4.3 net carbs per serving

Keto Dessert

Peanut Butter Fudge, 2 net carbs per slice

TUE

Cheeseburger Zucchini Boats

Makes 6 servings (6 single zucchini boats)
4.8 net carbs per serving

NOTES

WED

Cajun Pork Chops and Fried Cabbage

Makes 4 servings
3.7 net carbs per serving

THU

Instant Pot Pizza Soup

Makes 8 servings
7.1 net carbs per 1 1/2 cups of
soup

FRI

Buffalo Chicken Taquitos

Makes 4 servings
Less than 1 net carb per 3 taquitos

S / S

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