

GROCERY LIST

MEATS

- 2.5 pounds chicken breast
- 1 pound sausage (used for Pizza Peppers and Sausage Rolls)
- 1 (6 ounce) package pepperoni
- 1 1/2 pound salmon
- 1 pound peeled and deveined shrimp

PRODUCE

- 1 head garlic
- 1 head of iceberg lettuce
- 3 green bell pepper
- 5 cups broccoli florets (about 3 medium heads)
- 1 bunch green onions
- 1 small onion
- 2 jalapeños
- 1 lemon
- 1 head cauliflower

PANTRY

- Low Carb Marinara
- 1 (32 ounce) carton chicken broth
- Coffee
- Salted Almonds or peanuts
- Almond Flour
- Ground Flax Meal (baking aisle usually)
- Brown Sugar Swerve Sweetener

COLD

- 2 packages Shredded Cheddar Cheese
- 2 package Shredded Mozzarella Cheese
- 2 (8 ounce) package Cream Cheese
- Butter
- Heavy Cream
- Eggs
- Unsweetened Almond Milk
- 1 package shredded parmesan

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Onion powder, Garlic powder, Salt, Pepper, Paprika, Red Pepper, Cumin, Chili Powder Salt, Pepper

Misc: Cooking Spray, Dijon Mustard, Olive Oil, Baking Powder, Soy Sauce, Rice Vinegar, Sesame Oil, Peanut Butter, Vanilla Extract

WEEKLY MEAL PLAN

MON

One Pan Jalapeno Chicken

Makes 4 servings
4.3 net carbs per serving

Keto Breakfast Meal Prep

Sausage & Cream Cheese Rolls: makes 10 rolls, about 2 net carbs each

TUE

Pizza Stuffed peppers

Makes 4 servings
5 net carbs each

Sweet Treat

Coffee Frappuccino, about 2 net carbs

WED

Salmon Broccoli Sheet Pan

Makes 4 servings
5 net carbs each

NOTES

THU

Asian Chicken Lettuce Wraps

Makes 4 servings
3.4 net carbs each

FRI

Shrimp and "Grits"

Makes 4 servings
4.4 net carb each

S / S

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