

GROCERY LIST

MEATS

- 2 pounds chicken breast
- 2 pounds ground beef or ground turkey
- 1 (6 ounce) can premium lump crab meat
- 1 3/4 cup chopped ham

PRODUCE

- 1 pound asparagus
- 1 head garlic
- 1 green bell pepper
- 2 medium zucchini
- 5 cups broccoli florets (about 3 medium heads)
- 1 bunch green onions
- 1 small onion
- 1 lime
- 1 lemon
- 3 cups cherry tomatoes
- 1 avocado (more if you want them to garnish the taco cups)
- 1 bunch basil

PANTRY

- 2.5 ounce bag of pork rinds
- Ranch Dressing
- Buffalo Sauce
- 1 (15) can beef broth
- Almond Flour
- Ground Flax Meal (baking aisle usually)
- Chipotle Mayonnaise (if you want to make the chipotle lime sauce for the crab cakes)

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 (8 ounce) package Bocconcini mozzarella balls
- Sour Cream (if you want to make the chipotle lime sauce for the crab cakes)

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Onion powder, Garlic powder, Salt, Pepper, Paprika, Old Bay or Cajun Seasoning, Salt, Pepper

Misc: Cooking Spray, Dijon Mustard, Olive Oil, Baking Powder, Steak Marinade, Mayonnaise

WEEKLY MEAL PLAN

MON

Broccoli Cheddar Chicken

Makes 4 servings
6.6 net carbs per serving

Keto Breakfast Meal Prep
Ham and Cheese Biscuits: makes 25 small biscuits, 1.9 net carbs each

TUE

Crab Cakes & Asparagus Salad

Makes 6 crab cakes: 0.3 net carbs each
Salad makes 8 servings: 3.9 net carbs each

This salad makes a great lunch option

WED

Philly Cheesesteak Skillet

Makes 4 servings
4.3 net carbs per serving
This is great served in a lettuce wrap or low carb tortilla

THU

Buffalo Chicken Zucchini Boats

Makes 4 individual zucchini boats
4.1 net carbs each

FRI

Taco Cups

Makes 12 cups
1.9 net carb each

S / S

NOTES

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