

# GROCERY LIST

## MEATS

- 3.5 pounds chicken breast
- 1 pound Italian sausage
- (10 ounce) package pepperoni
- 1 (6 count) pack of hot dogs or smoked sausage

## PRODUCE

- 1 head garlic
- 1 medium zucchini
- 1 green bell pepper
- 5 ounces baby spinach
- 1 bunch green onions
- 8 ounce package mushrooms

## MISC ITEMS YOU PROBABLY ALREADY HAVE

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

**Misc:** Cooking Spray, Baking powder, vanilla extract, cocoa powder

## PANTRY

- Low Carb Marinara
- 1 (32 ounce) carton chicken broth + 1 can of chicken broth OR white wine
- 1 can beef broth
- 4.5 ounce can green chilies
- Almond Flour
- Coconut Flour
- Swerve Sweetener (granular or confectioners)
- 8 ounces salsa verde

## COLD

- 1 package Shredded Cheddar Cheese
- 3 package Shredded Mozzarella Cheese
- 2 (8 ounce) package Cream Cheese
- Butter
- Heavy Cream
- Eggs
- Sour Cream
- 1 package Swiss Cheese
- 1 (12 ounce) bag frozen cauliflower rice

# WEEKLY MEAL PLAN

MON

## One Pan Mushroom CHicken

Makes 4 servings  
2.3 net carbs per serving

### Sweet Treat:

Keto Cheesecake Brownies  
9 servings, 2.4 net carbs each

TUE

## Keto Pigs in a Blanket

Makes 6 Pigs in a Blanket  
3-4 net carbs depending on the meat you use (notes in post)

## NOTES

WED

## White Chicken Chili

Makes 10 servings  
7.5 net carbs each

THU

## Keto Lasagna

Makes 6 servings  
4.3 net carbs each

FRI

## Pepperoni Pizza Bites

Makes 30 Bites  
1 net carb each

S / S

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