

GROCERY LIST

MEATS

- 6 boneless skinless chicken breasts (or 4 breasts + rotisserie or leftover shredded chicken)
- 1 pound ground beef or turkey
- 1 package bacon
- 1 (16 oz) package keto-friendly Smoked Sausage
- 1/2 pound shrimp (peeled, deveined, tails removed)*

PRODUCE

- 2 medium zucchini
- 2 medium red bell peppers
- 3 heads of broccoli
- 1 onion
- 1 head of garlic
- 1 jalapeno
- 1 bunch asparagus (at least 12 spears)
- 1 lemon (optional)

Bonus Keto Dessert Ingredients:

- 2 pounds strawberries
- 1 package Cream Cheese
- Confectioners Monkfruit Sweetener
- Vanilla Extract

PANTRY

- 1 package Taco Seasoning
- 1 (1 ounce) dry Ranch dressing seasoning
- 1 (8 ounce) can Tomato Sauce
- 1 (10 oz) can Tomato with Green Chilies)
- Soy Sauce
- Toasted Sesame Oil
- Chili Garlic Sauce
- Ranch Dressing
- Mayonnaise
- Sesame Seeds (optional)

COLD

- 2 packages Cream Cheese
- Butter
- 2 packages Shredded Cheddar Cheese
- Shredded Parmesan Cheese
- Shredded Gruyere
- 1 (10 oz) package frozen cauliflower rice

*1 use 1/4 pound shrimp per person, so adjust according to your needs.

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Italian Seasoning, Cajun Seasoning, Garlic Salt

Misc: Cooking Spray, Olive Oil

WEEKLY MEAL PLAN

MON

Easy Keto Taco Skillet

Makes 6 servings
6.6 net carbs per 1 1/4 cup

TUE

Keto Sausage Veggie Sheet Pan

Makes 4 servings
6.2 net carbs for 1/4th pan

WED

Chicken Bacon Ranch Zucchini Boat

Makes 4 servings
2.5 net carbs per zucchini boat

THU

Grilled Sesame Shrimp Skewers with Air Fryer Broccoli

Skewers makes 2 servings (can easily double); 2.5 net carbs per 2 skewers
Broccoli makes 4 servings; 3.1 net carbs

FRI

Asparagus Stuffed Chicken

Makes 4 servings
2.2 net carbs per stuffed breast

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Bonus Dessert Recipe:
Cheesecake Stuffed Strawberries
5.2 net carbs per serving (4 strawberries)
Makes 10 servings

NOTES
