

GROCERY LIST

MEATS

- 4.5 pounds of chicken (or 1.5 lbs raw chicken + 1 rotisserie chicken)
- 1.5 pounds flank steak or thinly sliced top round steak
- 1 (12 oz) can of tuna in water
- 1 (13 oz) package smoked sausage

PRODUCE

- 5 green bell peppers
- 1 red bell pepper
- 4 medium zucchini
- 2 white onions
- 1 head of garlic
- 1 head of cabbage
- 1/2 pound green beans
- 1 bunch green onions
- 0.5 ounce fresh basil

Bonus Keto Bagel Ingredients:

- Coconut Flour
- Everything Bagel seasoning, Sesame seeds, or whatever bagel topping you prefer (optional)

PANTRY

- 1 (1 ounce) dry Ranch dressing seasoning
- 1 (4 ounce) can mild green chiles
- Soy sauce
- Sesame oil
- Rice vinegar
- Steak marinade
- Almond flour
- Brown sugar Swerve (or other keto-friendly sweetener)
- Cashews

COLD

- 2 packages Cream Cheese
- Butter
- 1 (16 ounce) package Shredded Cheddar Cheese
- 1 (16 ounce) package Shredded Mozzarella Cheese
- Eggs
- Heavy cream
- Unsweetened almond milk

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Garlic Powder, Dried Parsley, Old Bay Seasoning

Misc: Cooking Spray, Olive Oil, Baking Powder

WEEKLY MEAL PLAN

MON

Keto Sesame Chicken Stir Fry

Makes 4 servings
1.8 net carbs per serving

TUE

Keto Tuna Zoodle Casserole

Makes 6 servings
3.3 net carbs per serving

WED

Keto Sausage & Cabbage Foil Packs

Makes 4 servings
7 net carbs per serving

THU

Keto Steak Rolls with 3-Cheese Basil Biscuits

Steak serves 4 (2 rolls each) with 4.3 net
carbs per serving
Biscuits make 22; 2 net carbs each

FRI

Green Chili Chicken Stuffed Peppers

Makes 8 servings
4.7 net carbs per stuffed pepper

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Bonus Recipe:

Keto Bagels

Makes 8 bagels; 3.4 net carbs per
bagel

*Perfect for breakfast sandwiches or
pizza bagel snacks!

NOTES
