

# GROCERY LIST

## MEATS

- 4.5 cups of cooked, shredded chicken (a 3.5 lb rotisserie or about 1.5 lbs cooked)
- 1.5 pounds boneless pork chops
- 1.5 pounds salmon filet(s)
- 1 pound ground turkey or beef

## PRODUCE

- 2 medium zucchini
- 2 pints cherry tomatoes
- 2 pounds sweet peppers
- 1 pound green beans
- 1 pound asparagus
- 1 small onion
- 1 piece fresh ginger
- 1 head of garlic
- 1 avocado
- 1 Lime
- Lemon juice
- Basil leaves

## PANTRY

- 1 (6 oz) jar Pesto sauce
- 1 (1 ounce) dry Ranch dressing seasoning
- Ranch dressing
- 1 can tomato paste
- Mustard
- Chicken or beef broth
- Soy sauce (gluten free)
- Brown sugar swerve
- Rice vinegar
- Sesame oil
- Sriracha (optional)

## COLD

- 1 package cream cheese
- 1 (8 oz) pack shredded cheddar
- 1 (8 oz) pack shredded mozzarella
- 1 (8 oz) pack fresh mozzarella balls

### **Bonus Keto Fudge Ingredients:**

- Peanut butter
- Cocoa Powder
- Vanilla Extract (optional)

## MISC ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Garlic Powder, Onion powder, Cumin, Paprika

**Misc:** Cooking Spray, Olive oil, Dijon mustard

# WEEKLY MEAL PLAN

MON

## One Pan Bacon Cheeseburger Skillet

Makes 4 servings  
4.8 net carbs per serving

TUE

## Sesame Pork & Green Beans

Makes 4 servings  
5.1 net carbs per serving

WED

## Chicken Bacon Ranch Zucchini Boats

Makes 4 servings  
1.5 net carbs per boat

THU

## Salmon with Jalapeno Butter and Cold Asparagus Salad

Salmon serves 4 (6 oz) with 0.4 net carbs.  
Salad serves 8 (1 cup) with 3.9 net carbs.

FRI

## Chicken Pesto Stuffed Sweet Peppers

Makes 4 servings  
5.5 net carbs per 4-5 stuffed peppers

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### Bonus Recipe:

## Keto Peanut Butter Chocolate Fudge

Makes 21 pieces  
2.2 net carbs per piece

## NOTES

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