

GROCERY LIST

MEATS

- 8 small boneless, skinless chicken breast (about 2 pound)
- 2 (8 ounce) halibut fillets
- 1 pound ground beef or turkey
- 1 (13.5 ounce) package smoked sausage

PRODUCE

- 1 bunch celery
- 1 red bell pepper
- 1 orange bell pepper
- 2 small onions
- 1 head garlic
- 1 head cabbage
- 1 bunch green onions
- 2 lemons
- 1 (8 ounce) package mushrooms
- 2 heads broccoli
- 1 bunch spinach

PANTRY

- 1 (32 ounce) broth
- White wine (or additional broth)
- 1 can artichokes
- 1 (8 ounce) can tomato sauce
- 1 (10 ounce) can tomatoes with green chilis
- Pecans

COLD

- 1 (8 ounce) pack shredded cheddar
- 1 (8 ounce) pack shredded mozzarella
- 1 (8 ounce) pack shredded parmesan
- 1 package sliced swiss cheese
- 2 (8 ounce) package cream cheese
- Butter
- Heavy cream

Bonus Keto Fudge Ingredients:

- 1/2 pound ham
- Eggs
- Almond flour

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Italian seasoning, Garlic powder, Chili powder, Paprika

Misc: Cooking Spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Keto Cabbage Casserole

Makes 6 servings
7.4 net carbs per serving

TUE

Spinach Artichoke Stuffed Chicken

Makes 4 servings
2.4 net carbs per serving

WED

Cheesy Smoked Sausage Soup

Makes 8 servings
6.8 net carbs per boat

THU

Keto Chicken & Mushroom Skillet

Makes 4 servings
2.3 net carbs

FRI

Parmesan Crusted Halibut and Air Fryer Broccoli

Halibut serves 2 (8 oz) with 3 net carbs.
Broccoli serves 4 (1 cup) with 3.1 net carbs.

S / S

Bonus Recipe:

Ham & Cheese Chaffles

Makes 5 waffles
1.2 net carbs per waffle

NOTES
