

GROCERY LIST

MEATS

- 4 Pork Chops (bone-in preferably, but boneless works, too)
- 2.5 pounds Chicken breasts
- 1 pound shelled Shrimp
- 1 pound Italian Sausage

PRODUCE

- 2 medium Zucchini
- 1 head Garlic
- 1 Shallot
- 1 (8 ounce) package Mushrooms
- 1 head Cauliflower
- 1 Red Onion
- 1 Jalapeno
- 2 Limes
- 1 large bunch Cilantro
- 1 bunch Green Onions

Bonus Keto Fudge Ingredients:

- Baking Soda
- Golden Monkfruit
- Vanilla Extract
- Sugar-Free Chocolate Chips
- Chopped Pecans

PANTRY

- 1 (32 ounce) broth
- White wine (or additional broth)
- 1 package Dry Ranch Seasoning
- 1 (2.5 ounce) package Pork Rinds
- Mayonnaise
- Almond Flour
- Buffalo Sauce

COLD

- 2 (8 ounce) packages Butter
- 1 (8 ounce) grated Parmesan
- 1 (8 ounce) shredded Cheddar
- 1 (8 ounce) package Cream cheese
- 1 bag Frozen Cauliflower Rice
- Eggs
- Heavy Cream
- Milk
- Shredded Pecorino Romano (or parmesan)

MISC ITEMS YOU PROBABLY ALREADY HAVE

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

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

One Pan Pork Chops with Cream Sauce

Makes 4 servings;
4 net carbs per serving

TUE

Chicken Tenders with Parmesan Roasted Cauliflower

Tenders serves 6 (2 tenders each) with 1.1 net carbs; Cauliflower serves 6 (3/4 cup) with 3.5 net carbs.

WED

Cacio e Pepe Zoodles with Italian Meatballs

Zoodles serve 2 with 2 net carbs;
Meatballs serve 4 (6 balls each) with 3.9 net carbs

THU

Cilantro Lime Shrimp & Cauliflower Rice

Makes 4 servings;
6 net carbs

FRI

Cheesy Buffalo Chicken Puffs

Makes 24 puffs;
0.8 net carbs each

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Bonus Recipe:

Chocolate Chip Cookies

Makes 26 waffles
1.1 net carbs per cookie

NOTES
