

GROCERY LIST

MEATS

- 4 pounds boneless, skinless Chicken breasts
- 1/2 pound Italian sausage
- 1 pound Shrimp (de-shelled)
- 1 pound Ground beef or turkey
- Pepperoni

PRODUCE

- 3 medium Zucchini
- 1 head Garlic
- 5 Bell peppers (4 green, 1 red)
- 1 Onion
- 3 Jalapenos
- 1 medium head Broccoli
- 1" fresh ginger

Bonus Pancake Ingredients:

- Almond flour
- Eggs
- Vanilla Extract
- Strawberries

PANTRY

- 2 (32 ounce) Chicken broth
- 1 (4.5 ounce) can Green chilis
- 1 (7 ounce) can Tomato paste
- Salsa verde
- Marinara (low carb)
- Soy sauce
- Brown sugar monk fruit
- Sesame oil
- Rice vinegar
- Mustard

COLD

- 1 (8 ounce) shredded Mozzarella
- 2 (8 ounce) shredded Cheddar
- 2 (8 ounce) package Cream cheese
- 1 bag Frozen Cauliflower Rice
- Heavy Cream
- Butter

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Cajun seasoning, Garlic powder, Onion powder, Chili powder, Oregano, Cumin

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

White Chicken Chili

Makes 10 servings;
7.5 net carbs per serving

TUE

Pizza Stuffed Peppers

Makes 4 servings;
4.9 net carbs per serving

WED

One Pan Easy Fajita Chicken

Makes 4 servings;
4.7 net carbs per serving

THU

Cheeseburger Zucchini Boats

Makes 6 servings;
4.8 net carbs per serving

FRI

Shrimp & Broccoli Stir-Fry

Makes 4 servings;
6.1 net carbs per serving

S / S

Bonus Recipe:

Strawberry Pancakes with Cream Cheese Glaze

Makes 12 pancakes
2.3 net carbs per pancake + glaze

NOTES
