

GROCERY LIST

MEATS

- 7 medium boneless, skinless Chicken breasts (about 2 pounds)
- 1-1/2 pound Salmon
- 1 pound Bacon
- 2 pounds Ground beef or turkey
- 1-1/2 pounds boneless Pork chops

PRODUCE

- 2 pounds Broccoli
- 2 heads Garlic
- 1 pound Green beans
- 1 Onion
- 1 Jalapeno
- 1 pound Asparagus
- 1" fresh ginger
- 1 Lime
- 1 Lemon (optional)

Bonus Pancake Ingredients:

- 1 (8 ounce) bag Shredded Mozzarella
- Coconut flour
- Everything Seasoning

PANTRY

- 1 (32 ounce) Beef broth
- 1 (15 ounce) can Tomatoes
- 1 (7 ounce) can Tomato paste
- Worcestershire Sauce
- Mustard
- Soy sauce (gluten free)
- Brown sugar monk fruit
- Sesame oil
- Rice vinegar
- Sriracha
- Almond Flour
- Mayonnaise

COLD

- 1 (16 ounce) shredded Cheddar
- 2 (8 ounce) container Cream cheese
- Shredded Parmesan cheese
- Shredded Gruyere cheese
- Eggs
- Butter
- Unsweetened almond milk

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Garlic powder, Onion powder, Paprika, Garlic Salt, Italian Seasoning, Cumin

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Broccoli Cheddar Chicken

Makes 4 servings;
6.6 net carbs per serving

TUE

Bacon Cheeseburger Soup

Makes 10 servings;
5.9 net carbs per serving
(only 7.8 net carbs as lunch with a cheddar
garlic biscuit!)

WED

Asparagus-Stuffed Chicken with Cheddar Garlic Biscuits

Chicken makes 4 servings at 2.2 net carbs each.
Biscuits make 22 at 1.9 net carbs each.
1 chicken + 2 biscuits = 5 net carbs

THU

Salmon with Jalapeno Lime Butter and Air-Fryer Broccoli

Both dishes make 4 servings;
0.4 carbs (salmon) + 3.1 carbs (broccoli) =
3.5 net carbs per meal

FRI

Sesame Pork & Green Beans

Makes 4 servings;
5.1 net carbs per serving

S / S

Bonus Recipe:

Pretzel Bites

with Cheese Sauce

Makes 80 bites, 8 bites per serving;
4.7 net carbs per serving + cheese

NOTES
