

# GROCERY LIST

## MEATS

- 2.5 pounds Chicken (boneless, skinless breasts preferred)
- 1 pound Shrimp
- 2 pounds Chuck roast
- Pepperoni

## PRODUCE

- 3 small Onions
- 2 large Bell pepper
- 2 heads Garlic
- 1 small head Cauliflower (or 1 package of cauliflower rice)
- 3 small turnips
- 2 medium Zucchini (4 cups shredded)
- 1 large Carrot
- 1 bunch Celery
- 1 bunch Green onions
- 1 (8 ounce) package Mushrooms

### TIP:

You may want low-carb tortillas (for Chicken Fajitas). If you plan to make the Zucchini Keto Tortillas, grab 1 extra pack of shredded cheddar & 2 more zucchini.

## PANTRY

- 1 (32 ounce) Beef broth
- 1 (32 ounce) Chicken broth
- 1 (7 ounce) can Tomato paste
- Coconut flour
- Steak marinade
- Low-carb Marinara sauce

## COLD

- 1 (8 ounce) package shredded Cheddar cheese
- 3 (8 ounce) packages shredded Mozzarella cheese
- 1 (8 ounce) package Cream cheese
- Sliced Provolone cheese
- 1 dozen Eggs
- 1 pound Butter
- Heavy cream

### Bonus Cookie Ingredients:

- Almond flour
- Cocoa powder
- Baking soda
- Monkfruit sweetener
- Vanilla extract
- Lily's chocolate chips
- Chopped pecans

## DESSERT

## MISC ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Garlic powder, Onion powder, Paprika, Garlic Salt, Italian Seasoning, Cumin, Red pepper flakes, Rosemary, Chili powder

**Misc:** Cooking spray, Olive oil, Baking powder

# WEEKLY MEAL PLAN

MON

## Chicken Philly Cheesesteak Skillet

Makes 4 servings;  
4.5 net carbs per serving

TUE

## Keto Beef Stew

Makes 8 servings;  
5.1 net carbs per serving

WED

## Keto Shrimp & Grits

Makes 4 servings;  
4.4 net carbs per serving

THU

## Easy Sheet Pan Chicken Fajitas

Makes 4 servings;  
4.4 net carbs per serving  
(add 1.2 net carbs if adding Zucchini Tortilla,  
add 4 net carbs if adding Mission Carb Balance)

FRI

## Pepperoni Pizza Bites with Cheesy Zucchini Breadsticks

Makes 30 bites at 1 net carbs each.  
Makes 12 breadsticks at 1.9 net carbs each.  
3 pizza bites + 2 breadsticks = 6.8 net carbs

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### Bonus Recipe:

## Keto Double Chocolate Sheet Pan Cookies

Makes 24 cookies;  
3.6 net carbs per cookie

## NOTES

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