

GROCERY LIST

MEATS

- 1 pound ground Italian sausage
- 1 pound uncooked lobster or crab meat
- 6 large boneless, skinless Chicken breast (or 3 breasts + 1 rotisserie chicken)
- 4 Pork chops (boneless or bone-in, your choice)

PRODUCE

- 1 small Onion
- 1 small Zucchini
- 2 heads Garlic
- 1 small bunch Spinach
- 1 bunch Green onions
- 1 pound Asparagus
- 2 medium Carrots
- 1 bunch Celery
- 2 Lemons

Bonus Muffin Ingredients:

- Brown sugar Swerve
- Coconut flour
- Pumpkin pie spice & cinnamon
- Pumpkin puree
- Eggs
- Unsweetened almond milk
- Chopped pecans or walnuts

BREAKFAST

PANTRY

- Low-carb tortillas
- Chicken broth
- Beef broth
- 1 carton (32 ounce) Seafood stock
- 1 (7 ounce) can Tomato paste
- Coconut flour
- Green chilis
- Salsa
- Almond flour
- Sauvignon Blanc or other dry white wine
- Capers
- Low-carb Marinara sauce

If you plan to make the Zucchini Tortillas instead, grab 1 extra pack of shredded cheddar & 2 more zucchini.

COLD

- 1 (8 ounce) package shredded Cheddar cheese
- 1 (8 ounce) packages shredded Mozzarella cheese
- Shredded Gruyere cheese
- Grated Parmesan cheese
- Sour cream
- Heavy cream
- Butter

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Garlic powder, Onion powder, Paprika, Garlic Salt, Italian Seasoning, Cumin, Red pepper flakes, Old Bay

Misc: Cooking spray, Avocado Oil (or other frying oil), Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Lasagna Skillet

Makes 6 servings;
4.3 net carbs per serving

TUE

Lobster Bisque

Makes 6 servings;
7.5 net carbs per serving

WED

Cajun Pork Chops with Fried Cabbage

Makes 4 servings;
3.7 net carbs per serving

THU

Chicken Chimichangas

Makes 6 servings;
6.6 net carbs per serving (using Mission Carb Balance Tortilla. If you use keto zucchini tortilla recipe instead, it's about 4 each)

FRI

Chicken Piccata & Cheesy Roasted Asparagus

Piccata makes 6 servings bites at 2.6 net carbs each; Asparagus makes 4 servings at 2.5 net carbs each. About 5 carbs for 1 serving of each.

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Bonus Recipe: Keto Pumpkin Muffins

Makes 12 muffins;
5 net carbs per muffin

NOTES
