

# GROCERY LIST

## MEATS

- 1 package Italian sausage links
- 1 pound Ground Beef
- 4 skinless Cod filets
- 4 large boneless, skinless Chicken breast (about 2 pounds)
- 12 ounces Smoked sausage (or andouille, keilbasa, whatever sausage you prefer \*check sugar content\*)

## PRODUCE

- 2 medium Zucchini
- 2 heads Broccoli
- 1 head Cabbage
- 1 green Bell Pepper
- 1 1/2 pound Green Beans
- 2 heads Garlic
- 2 Lemons
- Fresh Parsley

### Bonus Sausage Ball Ingredients:

- 1 pound breakfast sausage
- Cream cheese
- Shredded cheddar

BREAKFAST

## PANTRY

- 1 (6-7 ounce) can tomato paste
- 1 (32 ounce) container beef broth
- 1 (10 ounce) can tomatoes with green chiles
- Ranch dressing (or jalapeno ranch if you prefer some spice)
- Almond flour
- 1 small can Chicken, vegetable, or seafood broth

## COLD

- Butter
- 1 (8 ounce) package shredded parmesan cheese
- Eggs

### Bonus Cookie Ingredients:

- Granulated monkfruit sweetener
- Coconut flour
- Baking soda
- Sour cream
- Vanilla extract
- Cinnamon

DESSERT

## MISC ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Garlic powder, Onion powder, Paprika, Garlic Salt, Italian Seasoning, Cumin, Red pepper flakes, Cajun seasoning (or all purpose), Chili powder, Oregano

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

# WEEKLY MEAL PLAN

MON

## Cajun Chicken Sausage Skillet

Makes 4 servings;  
6.7 net carbs per serving

TUE

## Blackened Chicken & Zucchini Fries

Chicken makes 4 servings (1/4 pounds per serving); 2 net carbs each  
Fries makes 4 servings; 3.2 net carbs each  
1 serving of each = 5.2 net carbs

WED

## Cabbage Roll Soup

Makes 8 servings;  
5.8 net carbs per bowl

THU

## Sausage & Green Bean Sheet Pan Dinner

Makes 5 servings; 5.9 net carbs each  
(one serving is 1 sausage link + 3/4 cup green beans + parmesan)

FRI

## Garlic Butter Fish & Air Fryer Roasted Broccoli

Fish makes 4 servings, 2 net carbs each;  
Broccoli makes 4 servings, 3.1 net carbs each.  
1 serving of each = 5.1 net carbs

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### Bonus Recipe:

#### Keto Sausage Balls

Makes 25 sausage balls;  
0.8 net carbs per ball

### Bonus Recipe:

#### Keto Snickerdoodles

Makes 24 cookies;  
1.5 net carbs per cookie

## NOTES