

GROCERY LIST

MEATS

- 3 pounds boneless, skinless chicken (or 2 rotisserie chickens)
- 2 pounds ground beef or turkey
- 1 (16 ounce) Smoked sausage (or andouille, keilbasa, whatever sausage you prefer *check sugar content*)
- 1 pound shrimp (deveined, peeled)

PRODUCE

- 1 head broccoli
- 1 head garlic (2 if you like extra or plan to double recipes)
- 6 bell peppers (5 green, 1 red)
- 4 medium jalapenos
- 1 bunch radishes (1.5 cups)

Bonus Chaffle Ingredients:

- 1 bunch Green onions

*You can make 2 batches with the ingredients included in this list.

BONUS

PANTRY

- 1 (6-7 ounce) can tomato paste
- 1 (32 ounce) container beef broth
- 1 (10 ounce) can tomatoes with green chiles
- 1 (15 ounce) can tomato sauce
- 1 (4 ounce) can mild green chiles
- Unsweetened almond milk
- Almond flour
- 1 (1 ounce) packet Ranch dressing mix

COLD

- 2 (8 ounce) packages cream cheese
- 3 (8 ounce) packages shredded cheddar cheese
- Butter
- Heavy cream
- Eggs

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Garlic powder, Onion powder, Paprika, Italian Seasoning, Cumin, Red pepper flakes, Cajun seasoning, Chili powder, Oregano

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Jalapeno Popper Skillet & Cheddar Garlic Keto Biscuits

Skillet makes 6 servings, 2.9 net carbs each;
Biscuits make 22 biscuits, 2 net carbs each
1 serving skillet + 2 biscuits = 6.9 net carbs

TUE

Easy Keto Chili

Makes 8 servings;
8.5 net carbs per bowl

WED

Green Chile Chicken Stuffed Peppers

Makes 8 servings (1/2 pepper each);
4.7 net carbs per serving

THU

Sausage Veggie Sheet Pan Dinner

Makes 4 servings
6.2 net carbs each

FRI

Cajun Shrimp & Roasted Radishes

Shrimp makes 4 servings, 1.3 net carbs each;
Radishes make 2 servings, 1.3 net carbs each.
1 serving shrimp + 1 serving radishes = 2.6 net carbs (add 2 cheddar garlic biscuits = 6.6)

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Bonus Recipe:

Bacon Cheddar Chaffles

Makes 5 cheese waffles (4" round);
2.2 net carbs each

NOTES