

GROCERY LIST

MEATS

- 3.5 pounds boneless, skinless chicken
- 1 pound shaved beef
- 1 (14-16 ounce) Andouille smoked sausage (or your favorite smoked sausage)
- 1 pound shelled shrimp

PRODUCE

- 2 large heads broccoli
- 1 head garlic (2 if you like extra or plan to double recipes)
- 1 small red onion
- 2 medium jalapenos
- 2 limes
- 2 medium green bell peppers
- 1 onion
- 1 pound asparagus
- 1 (8 ounce) package mushrooms
- 1 bunch cilantro
- Romaine or Iceberg lettuce

PANTRY

- 1 (6-7 ounce) can tomato paste
- 1 (32 ounce) container beef broth + 1 small can chicken or vegetable broth
- 1 (10 ounce) can tomatoes with green chiles
- 2 (4 ounce) can mild green chilis
- 1 (1 ounce) package taco seasoning*
- Steak marinade
- Italian dressing

COLD

- 1 (10 ounce) bag frozen cauliflower rice
- 1 (8 ounce) packages cream cheese
- 1 (8 ounce) package shredded or grated parmesan cheese
- 1 (8 ounce) packages shredded cheddar cheese
- Sliced provolone cheese
- Butter
- Heavy cream

Bonus Cheesecake Bar Ingredients:

- Almond flour
- 1 Egg
- 1 package Lily's sugar-free chocolate chips
- Granular Swerve
- Vanilla Extract
- 2 (8 ounce) packages cream cheese
- Powdered Swerve

BONUS

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Chili Powder, Cumin

*If you'd rather make your own taco seasoning, add Onion Powder, Garlic Powder, Smoked Paprika, and Chili Flakes

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Sausage Broccoli Cheddar Sheet
Pan Dinner

Makes 4 servings;
6.6 net carbs each

TUE

Cheesy Chicken Enchilada Soup

Makes 8 servings;
6.3 net carbs per bowl

WED

Cilantro Lime Shrimp &
Cauliflower Rice

Makes 4 servings;
6 net carbs each

THU

Philly Cheesesteak Lettuce Wraps

Makes 6 servings
3.4 net carbs each

FRI

Tuscan Chicken & Asparagus

Makes 4 servings;
2.5 net carbs

S / S

Bonus Recipe:

**Chocolate Chip Cheesecake
Bars**

Makes 24 cheesecake bars;
2.4 net carbs each

NOTES