

GROCERY LIST

MEATS

- 6 small boneless, skinless chicken breasts
- 2 pounds ground beef
- 1 pound bacon
- 2 (8 ounce) halibut filets
- 4 (2-inch thick pork chops)

PRODUCE

- 2 heads broccoli (or 12 ounce bag)
- 1 head cauliflower
- 2 heads garlic
- 1 lemon
- 2 sweet red peppers
- 1 onion
- 2 medium zucchini
- 1 bunch green onions
- Fresh basil
- Pecans
- Peanuts

Bonus Fudge Ingredients:

- Peanut butter
- Cocoa powder
- Vanilla extract

BONUS

PANTRY

- 1 (32 ounce) container beef broth
- 1 (15 ounce) can diced tomatoes
- 1 (4 ounce) can mild green chilis
- Tomato paste
- Soy sauce
- Worcestershire sauce
- Golden monk fruit or brown sugar Swerve
- Sesame oil
- Almond flour
- Ranch dressing
- Dry ranch seasoning
- Sriracha sauce

COLD

- 2 (8 ounce) packages cream cheese
- 1 (8 ounce) package shredded mozzarella
- 2 (8 ounce) packages shredded cheddar cheese
- Butter
- Parmesan cheese
- Heavy cream
- Eggs

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Cajun seasoning, Garlic powder, Onion powder, Paprika, Parsley

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

WEEKLY MEAL PLAN

MON

Green Chili Stuffed Chicken & Three-Cheese Basil Biscuits

Chicken makes 4 servings, 2.4 net carbs each.
Biscuits make 22 servings, 2 net carbs each.
1 stuffed breast + 2 biscuits = 6.4 net carbs

TUE

Bacon Cheeseburger Soup

Makes 8 servings;
5.9 net carbs per bowl
(still under 8 net carbs if you add a biscuit!)

WED

Parmesan Crusted Halibut & Roasted Cauliflower

Halibut makes 2 servings, 3 net carbs each;
Cauliflower makes 4 servings, 3.5 net carbs.
1 piece fish + 1 serving veggie = 6.5 net carbs

THU

Chicken Bacon Ranch Zucchini Boats

Makes 4 servings;
2.5 net carbs each

FRI

Asian Pork Chops & Sesame Broccoli

Makes 4 servings;
7.3 net carbs each

S / S

Bonus Recipe:
Keto Peanut Butter Chocolate Fudge
Makes 21 slices;
2.2 net carbs each

NOTES