

# GROCERY LIST

## MEATS

- 3.5-4 pounds boneless, skinless chicken breasts
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- 1 pound ground Italian sausage
- 1 pound ground pork (or beef, turkey, chicken)
- 1 1/2 pound salmon

## PRODUCE

- 2 heads broccoli
- 1 head cauliflower
- 2 heads garlic
- 1 lemon
- 2 green bell peppers
- 1 onion
- 2 medium zucchini
- 3 jalapenos
- 1 red onion

### Bonus Pancake Ingredients:

- Almond flour
- Canned pumpkin
- Brown sugar monkfruit or Swerve
- More cream cheese
- Pumpkin spice
- Sugar-free syrup

**BONUS**

## PANTRY

- 2 (32 ounce) container chicken broth
- 1 (15 ounce) can tomatoes with green chilies (Ro-Tel)
- 2(4 ounce) can mild green chilis
- 1 (7 ounce) can tomato paste
- 1 (1 ounce) package taco seasoning
- Coconut flour
- Dijon mustard
- Pork rinds (for keto breadcrumbs)
- Black olives

## COLD

- 2 (8 ounce) packages cream cheese
- 2 (8 ounce) package shredded mozzarella
- 1 (8 ounce) packages shredded cheddar cheese
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- Cheddar cheese sticks, cubes, or block
- Butter
- Parmesan cheese (shredded or grated)
- Heavy cream
- Eggs

## MISC ITEMS YOU PROBABLY ALREADY HAVE

**Spices:** Salt, Pepper, Cumin, Chili powder, Garlic powder, Italian seasoning, Red pepper flakes, Basil

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

# WEEKLY MEAL PLAN

MON

## One-Pan Cheesy Jalapeno Chicken

makes 4 servings;  
4.3 net carbs each

TUE

## Cheesy Chicken Enchilada Soup

Makes 8 servings;  
6.3 net carbs per bowl

WED

## Supreme Pizza Bites & Cheesy Zucchini Breadsticks

Pizza Bites makes 36 bites, 1.1 net carbs each;  
Breadsticks makes 12, 1.9 net carbs.  
2 pizza bites + 2 breadsticks = 6 net carbs

THU

## Cheddar Stuffed Meatballs + Garlic Butter Mashed Cauliflower

Meatballs makes 6 servings, 0.6 net carbs each;  
Cauliflower makes 6 servings, 4.4 net carbs.  
1 serving (4 meatballs) + cauliflower = 5 net carbs

FRI

## Salmon & Broccoli Sheet Pan

Makes 4 servings;  
5 net carbs each

S / S

**Bonus Recipe:**  
**Keto Pumpkin Spice Pancakes**  
Makes 6 pancakes;  
2.6 net carbs each

## NOTES