

GROCERY LIST

MEATS

- 3.5 pounds boneless, skinless chicken breasts
- 1 pound ground Italian sausage
- 2 pounds ground beef
- 1 package bacon
- 1 pound shrimp

PRODUCE

- 2 heads cauliflower
- 1 pound asparagus
- 1 head cabbage
- 1 (8 ounce) package mushrooms
- 1 bell pepper
- 1 jalapeno
- 1 medium zucchini
- 3 cups spinach
- 1 bunch chives
- 1-2 heads garlic
- 1 bunch green onions (optional)

PANTRY

- 1 (32 ounce) container chicken broth
- 1 (32 ounce) container beef broth
- 1 (15 ounce) can tomatoes with green chilis (Ro-Tel)
- 1 (8 ounce) can tomato sauce
- 1 (15 ounce) can diced tomatoes
- 1 (6-7 ounce) can tomato paste
- 1 (1 ounce) package taco seasoning
- Mayonnaise
- Almond flour

COLD

- 2 (8 ounce) packages cream cheese
- 2 (8 ounce) package shredded cheddar
- 1 (8 ounce) package shredded gruyere
- 1 (8 ounce) package grated parmesan
- Butter
- Heavy cream
- Eggs
- Almond milk

Bonus Cookie Dough Bite Ingredients:

- Unsweetened shredded coconut
- keto-friendly maple syrup
- Golden monkfruit or brown sugar Swerve
- Coconut oil
- Vanilla extract
- Sugar-free chocolate chips

BONUS

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Italian seasoning, Garlic salt, Garlic powder, Onion powder, Paprika, Red pepper flakes

Misc: Cooking spray, Olive oil, Baking powder

WEEKLY MEAL PLAN

MON

Taco Cabbage Skillet

makes 4 servings;
5.7 net carbs each

TUE

Instant Pot Pizza Soup

Makes 8 servings;
7.1 net carbs per bowl

WED

Chicken Tenders & Cheesy Cauliflower Casserole

Chicken makes 12 tenders, 1.2 net carbs each;
Casserole makes 6 servings; 4.8 net carbs each
2 tenders + casserole = 7.2 net carbs

THU

Asparagus Stuffed Chicken & Bacon Cheddar Biscuits

Chicken makes 4 servings, 2.2 net carbs each;
Biscuits make 12 large biscuits, 4.1 net carbs.
1 stuffed chicken + large biscuit = 6.3 net carbs

FRI

Keto Shrimp & Grits

Makes 4 servings;
4.4 net carbs each

S / S

Bonus Recipe: Keto Cookie Dough Bites

Makes 18 bites;
1.2 net carbs each

NOTES