

GROCERY LIST

MEATS

- 2.5-3 pounds boneless, skinless chicken breasts
- 1 (13 ounce) package smoked sausage
- 1 pound lobster meat
- 1 package bacon
- 1 pound ground beef or turkey

PRODUCE

- 1 small shallot
- 3 small onions
- 1 head cabbage
- 2 carrots
- 2 bell pepper
- 1 jalapeno
- 1 medium zucchini
- 1 lemon
- 1 bunch green onions
- 2-3 heads garlic
- Celery
- Cashews

PANTRY

- 1 (32 ounce) container seafood or vegetable broth
- 1 (6-7 ounce) can tomato paste
- 1 (15 ounce) can tomatoes with green chilis (Ro-Tel)
- 1 (8 ounce) can tomato sauce
- Dry white wine or chicken broth
- 1 (1 ounce) package taco seasoning
- Soy sauce
- Rice vinegar
- Brown sugar Swerve or golden monk fruit
- Sesame oil

COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar
- 1 (8 ounce) package grated parmesan
- 1 (10 ounce) package frozen cauliflower rice
- Heavy cream
- Butter

Bonus Bacon Bites Ingredients:

- Eggs
- Baking powder

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Italian seasoning, Old Bay seasoning

Misc: Cooking spray, Olive oil

WEEKLY MEAL PLAN

MON

Keto Chicken Skillet with Bacon Cream Sauce

Makes 4 servings;
3 net carbs each

TUE

Cabbage Sausage Foil Pack

Makes 4 servings;
7 net carbs each

WED

Lobster Bisque

Makes 6 servings;
7.5 net carbs per bowl

THU

Keto Taco Skillet

Makes 6 servings;
6.6 net carbs each

FRI

Sesame Chicken Stir-Fry

Makes 4 servings;
1.8 net carbs each

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Bonus Recipe:

Keto Bacon Egg Bites

Makes 24 bites;
0.8 net carbs each

NOTES
