GROCERY LIST

MEATS

- 4 1/2-5 pounds boneless, skinless chicken breasts (or 3 pounds of breasts + 1 rotisserie chicken)
- 2 pounds chuck roast
- 2 2-inch thick pork chops (8 ounce each)
- 1 package bacon

PRODUCE

- 1 large onion
- 1 head garlic
- 2-3 large carrots
- 1 bunch green onions
- 1 (16 ounce) package baby bella mushrooms
- 1 bunch celery
- 1/2 pound turnips
- 3 small or 1 1/2 large tomatoes
- 1 large avocado
- 1 lime
- Parsley
- Chives

PANTRY

- 1 (32 ounce) container beef broth
- 2 (4 ounce) cans mild green chilis
- 1 (15 ounce) can tomatoes with green chilis (Ro-Tel)
- 1 (15 ounce) can green chili enchilada sauce
- Low-carb small tortillas (12-count or more if serving with pollo con queso)
- Tomato paste
- Worcestershire sauce
- Steak marinade
- Balsamic vinegar
- Tomato paste

COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar
- 1 (8 ounce) package shredded white American cheese
- 1 (8 ounce) package shredded pepper jack cheese
- 1 (8 ounce) container sour cream
- Shredded parmesan
- Heavy cream
- Butter

Bonus Cookie Ingredients:

- Sugar-free butterscotch chips
- Sugar-free dark chocolate chips
- Almond flour
- Golden monkfruit
- Vanilla extract
- 1 egg

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Chili powder, Paprika, Garlic powder, Onion powder, Cumin, Oregano, Rosemary, Thyme, Bay leaves, Cajun seasoning

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

WEEKLY MEAL PLAN

MON

One Pan Keto Pollo con Queso

Makes 6 servings;
2.8 net carbs each

TUE

Low Carb Vegetable Beef Soup

Makes 8 servings;
5.1 net carbs per bowl

WED

Thick-Cut Pork Chops & Italian Baked Mushrooms

Pork chops makes 2 servings, 1.1 net carbs each; Mushrooms makes 6 servings, 4.4 net carbs each. 1 serving of each = 5.5 net carbs.

THU

Bacon Wrapped Chicken and Avocado Salsa

Makes 4 servings;
3.1 net carbs each

FRI

Keto Sour Cream Chicken Enchiladas

Makes 6 servings;
7.8 net carbs per 2 enchiladas

S / S

Bonus Recipe:
Keto Butterscotch Cookies

Makes 28 cookies;
2.4 net carbs each

NOTES